



Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

Education, Fun, Water & Fitness.



	ACTIVITY	TIME	AGE	COST	JOIN
Monday	Swim School	13.00-14.00	All	Cost	Penelope
	Swim School	15.30-18.00	All	Cost	Penelope
	Junior Gymnastics	15.45-16.30	5-11	Free Member £6.75 Guest Pass	Syd
	Tri Golf	16.30-17.15	4-8	Free Member £6.75 Guest Pass	Syd
Tuesday	Swim School	11.00-12.30	All	Cost	Penelope
	Musical Minis in the Crèche*	11.15-12.00	0-5	Crèche Rate	Ellie & Marty
Wednesday	Mini Gym	12.30-13.00	2 ½ - 5	Free Member £6.75 Guest Pass	Syd
	Stage Stars	15.45-16.30	4-10	Free Member £6.75 Guest Pass	Ellie & Marty
	Swim School	16.00-18.00	All	Cost	Penelope
	Musical Minis	16.30-17.15	0-5	Free Member £6.75 Guest Pass	Ellie & Marty
Thursday	Tri Golf	16.30-17.15	4-8	Free Member £6.75 Guest Pass	Syd
	Little Ones Yoga in the Crèche	11.00-11.45	0-5	Free Member £6.75 Guest Pass	Syd
	Infant Yoga	15.45-16.30	5-7	Free Member £6.75 Guest Pass	Syd
Friday	Splash Time	16.00-17.00	All	Free Member £6.75 Guest Pass	Penelope
	Swim School	11.00-12.30	All	Cost	Penelope
	Musical Minis in the Crèche*	12.30-13.15	0-5	Crèche Rate	Ellie & Marty
Saturday	Swim School	16.00-18.00	All	Cost	Penelope
	Splash Time	13.00-14.00	All	Free Member £6.75 Guest Pass	Penelope
Sunday	Family Yoga	11.30-12.30	All	Free Member £6.75 Guest Pass	Syd
	Splash Time	13.00-14.00	All	Free Member £6.75 Guest Pass	Penelope

Fit Club Classes

Tri-Golf - Introduces youngsters to golf, using youngster friendly equipment, including chippers, over sized club heads, putters, foam balls.

Mini Gym - A fun fitness session, movement and play.

Musical Minis - A fun pre-school music group for babies and toddlers. Each session encourages communication, language, cognitive, physical, emotional, and social development. Must be accompanied by an Adult.

***Musical Minis in the Crèche** - This is included in the regular crèche session so parental supervision is not required.

Junior Gymnastics - A fun class learning the basics of gymnastics, develop skills in balance, strength, control and flexibility.

Infant Yoga - Relaxing and fun way to show children how to create very basic yoga postures, helping them to stimulate their visualisation through fun story telling and giving them plenty of room to express and relax themselves.

Stage Stars - Use stories, adventures and music to explore your imagination. Improve confidence by learning the basic stage skills.

Family Yoga - A fun way for the whole family to experience yoga. Making the fundamentals of yoga easier for everyone to enjoy.

*Family' - Includes all ages in any variation of dynamic group with parent/s/carers warmly welcomed.

A full list of class descriptions can be found on www.charthampark.com