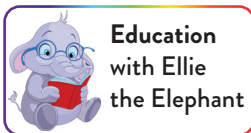




Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

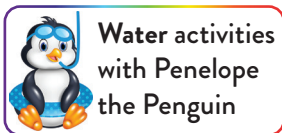
Education, Fun, Water & Fitness.



Education
with Ellie
the Elephant



Fun with
Marty the
Monkey



Water activities
with Penelope
the Penguin



Fitness
with Syd
the Slug

	ACTIVITY	TIME	AGE	COST	JOIN
Monday	Story Time	11.00-12.00	2-7	Free	Ellie
Tuesday	Crafty Hands	09.00-10.00	2-7	£3.50	Ellie & Marty
	Swim School	10.30-11.30	2.5yrs+	£6.25*	Penelope
Wednesday	Rhyme Time	09.30-10.00	4wks - 8yrs	Free	Ellie & Marty
	Swim School	16.00-18.00	4+	£6.25*	Penelope
Thursday	Tennis	17.00-18.00	8-14	Free	Marty & Syd
	Crafty Hands	09.00-10.00	2-7	£3.50	Ellie & Marty
	Swim School	16.00-18.00	4+	£6.25*	Penelope
Friday	Zen Stretch	17.00-18.00	5-11	Free	Marty & Syd
	Rhyme Time	09.30-10.00	4wks - 8yrs	Free	Ellie & Marty
	Street Dance	17.00-18.00	5-11	Free	Marty & Syd
Saturday	Golf	09.00-10.00	5+	£5.00	Syd
	Super Sports	10.00-11.00	5-11	Free	Syd
	Family Splash	11.30-12.30	All	Free	Penelope
Sunday	Super Sports	09.45-10.30	5-11	Free	Syd
	Family Splash	11.30-12.30	All	Free	Penelope

*Swim School sessions are sold in a blocks of 5 or 6weeks.

Fit Club Classes

Super Sports - A wide range of sports and sport themed games to widen their knowledge and develop a variety of new skills.

Story Time - A session without parents so your child can enjoy the delights of stories within a small group of children, allowing them to explore their imagination.

Crafty Hands - For the creative minds to get a bit messy in the crèche.

Tennis - Get outside and learn some new tennis skills, and play some fun tennis inspired games.

Rhyme Time - Come and join in singing songs and making music.

Street Dance - A free-flowing improvised dance class that can include hip-hop and break-dancing to create a fun dance style more suited to the street.

Zen Stretch - A class to learn new poses which will increase strength, flexibility and co-ordination.

Family Splash - Splash sessions are during family times where large floats are available for the children to enjoy. Children must be supervised by an adult.

Golf - Do you have a budding Rory McIlroy or Luke Donald at home? If so, Junior Golf Lessons are available with one of our PGA qualified Golf Professionals. Group tuition covering all aspects of the game.

A full list of class descriptions can be found on www.woodburypark.co.uk