

JUNIOR TIMETABLE

DAY	CLASS	INSTRUCTOR	TIME	LOCATION	AGE
Monday	Discovery Night	JA Team	16.30 - 20.00	Junior Activities	5-15 yrs
	Dragon Sports	Gym Team	16.30 - 17.30	Holistic Studio	5-12 yrs
Tuesday	Crazy Crafts	JA Team	16.30 - 20.00	Junior Activities	5-15 yrs
	Junior Circuits	Gym Team	17.30 - 18.30	Aerobics Studio	8-15 yrs
Wednesday	Street Dance	Vicky	16.30 - 17.30	Holistic Studio	5-10 yrs
Thursday	Junior Gym	Gym Team	16.30 - 17.30	Gym	10-15 yrs
	Squash	Chris	16.00 - 16.45	Squash Court	6-10 yrs
	Squash	Chris	16.45 - 18.00	Squash Court	11-15 yrs
	Yoga Kidz	Claire	16.30 - 17.30	Holistic Studio	5-8 yrs
	Cinema Night	JA Team	16.30 - 20.00	Junior Activities	5-15 yrs
Friday	PGA	JA Team	16.30 - 20.00	Junior Activities	5-15 yrs
Saturday	Fencing	Frank	10.00 - 11.00	Holistic Studio	8yrs +
	Junior Gym	Amy	11.00 - 12.00	Gym	10-15 yrs
	Junior Circuits	Amy	12.00 - 13.00	Holistic Studio	8-15 yrs
Sunday	Junior Gym	Gym Team	11.00 - 12.00	Gym	10-15 yrs

SWIMMING TIMETABLE

DAY	CLASS	TIME	AGE GROUP
Monday	Aqua Tots	12.15 - 13.15	4 mths-3 yrs
	Ducklings	13.15 - 13.15	3 yrs+
	Ducklings	13.45 - 14.15	3 yrs+
	Bronze	16.15 - 17.00	Awards
	Gold/Silver	17.00 - 18.00	Awards
	Personal Survival	18.00 - 18.45	Awards
Tuesday	Improvers	16.30 - 17.30	5 yrs+
	Improvers	17.30 - 18.30	5 yrs+
	Water Skills	18.30 - 19.15	5 yrs+
	Rookie Lifesaving	19.15 - 20.00	8 yrs+
Wednesday	Beginners	16.00 - 16.45	5 yrs+
	Improvers	16.45 - 17.30	5 yrs+
	Beginners/Improvers	17.30 - 18.15	5 yrs+
	Fitness*	18.30 - 19.30	5 yrs+
Thursday	Improvers	16.30 - 17.30	5 yrs+
	Improvers	17.30 - 18.30	5 yrs+
	Fitness*	18.30 - 19.30	5 yrs+
	Friday	Aqua Tots	10.00 - 11.00
Beginners		16.30 - 17.15	5 yrs+
Beginners		17.15 - 18.00	5 yrs+
Saturday		Waterskills	09.15 - 10.00
	Waterskills	10.00 - 10.45	5 yrs+
	Waterskills	10.45 - 11.30	5 yrs+
	Waterskills	11.30 - 12.15	5 yrs+
	Improvers	14.15 - 15.00	Awards
	Gold/Silver	15.00 - 16.00	Awards
	Fitness*	16.00 - 17.00	Awards
	Sunday	Beginners	09.15 - 10.00
Improvers		10.00 - 10.45	5 yrs+
Improvers		10.45 - 11.30	5 yrs+
Improvers		11.30 - 12.15	5 yrs+
Improvers		12.15 - 13.15	5 yrs+
Improvers		13.15 - 14.15	5 yrs+
Improvers		17.00 - 18.00	5 yrs+
Improvers		18.00 - 19.00	5 yrs+

All swimming lessons are subject to the child's ability level and the instructor's approval. Additional charge applicable. An adult may be required to accompany the child.

Half Term swimming crash courses run Monday-Friday 09.00-09.45 / 09.45-10.30.

*Gold certification required before participating on this course.



CHILDREN'S CHOICE

AWARDS	Bronze / Silver / Gold Awards for advanced swimmers over 5 years.
AQUA TOTS	An introduction to water for 4 months to 3 years old in a playful and relaxing way.
BEGINNERS	An opportunity for children 5 years and over to learn the correct swimming technique from a basic level.
CINEMA NIGHT	A chill out evening – watch a film and eat popcorn with friends!
CRAZY CRAFTS	Class is designed to give your child the opportunity to design and take home crafts!
CRECHE	For children aged 3 months to 5 years old. The creche gives the children a chance to play and learn, enjoying arts and crafts, cooking, puzzles, play doh, building blocks, painting and much, much more.
DISCOVERY NIGHT	Children's discovery provides educational information in a positive learning environment nurturing emotional, social and physical development.
DRAGON SPORTS	Children participate in a variety of dragon sports and activities, led by one of our fully qualified dragon sports co-ordinators!
DUCKLINGS	An introduction to basic swimming skills for children aged 3 years and over in a fun and friendly atmosphere.
FENCING	Professional advise on technique and combat.
IMPROVERS	Advancing on from the basic swimming techniques for children 5 years and over.
JUNIOR ACTIVITIES	For 5-15 years after school fitness and fun sessions. Dragon sports activities such as tennis, basketball, hockey, football and rugby (subject to weather conditions). Studio activities include ball games, musical mats and running games.
JUNIOR CIRCUITS	Junior circuit class specifically aimed at 8-15 year olds. A jam-packed hour of fun.
JUNIOR GYM	A fun-packed hour of studio and gym workouts. This class will introduce all teenagers to a future healthier lifestyle.
PERSONAL SURVIVAL & ROOKIE LIFE SAVING	Basic pool life saving, rescues, personal safety and basic first aid skills. For all age groups over 5 years and of a suitable ability.
STREET DANCE	Fun dancing for all abilities.
WATERSKILLS	A lesson aimed at improving swimming skills and water confidence of children 5 years and over.
YOGA KIDZ	A fun yoga class designed specifically for children!

All the swimming lessons described are subject to the child's ability, age and instructor's guidance and approval. Additional charge applicable.

Please consult the swimming instructor or leisure reception team before entering any of the lessons.

NB: Please note, due to the popularity of these lessons a waiting list may apply.

CRECHE / JUNIOR ACTIVITIES

DAY	CLASS / LOCATION	TIME	AGE GROUP
Monday	Creche*	09.00 - 18.00	3 mths-5 yrs
	Junior Activities	16.30 - 20.00	5-15 yrs
Tuesday	Creche*	09.00 - 18.00	3 mths-5 yrs
	Junior Activities	16.30 - 20.00	5-15 yrs
Wednesday	Creche*	09.00 - 18.00	3 mths-5 yrs
	Junior Activities	16.30 - 20.00	5-15 yrs
Thursday	Creche*	09.00 - 18.00	3 mths-5 yrs
	Junior Activities	16.30 - 20.00	5-15 yrs
Friday	Creche*	09.00 - 18.00	3 mths-5 yrs
	Junior Activities	16.30 - 20.00	5-15 yrs
Saturday	Creche*	10.00 - 14.00	3 mths-5 yrs
	Junior Activities	10.00 - 14.00	5-15 yrs
Sunday	Creche*	10.00 - 14.00	3 mths-5 yrs
	Junior Activities	10.00 - 14.00	5-15 yrs

* Chargeable



HEALTH & RACQUETS CLUB

TIMETABLE OF ACTIVITIES

Vale
RESORT
★★★★

To book any of the activities telephone: 01443 665800

OPENING TIMES

Monday-Friday 06.30 - 22.30 Saturday & Sunday 08.00 - 22.00
(All facilities close half an hour prior to the club closing.
Times may vary during bank holidays and school holidays).

ADULT TIMETABLE

DAY	CLASS	INSTRUCTOR	LEVEL	TIME	LOCATION	
Monday	X-Biking	Amy	D	06.45 - 07.15	XS	
	40+ Circuit	Gym Team	D	09.30 - 10.00	Gym	
	Pilates	Claire	D	09.30 - 10.30	HS	
	Step & Tone	Maria	A	09.30 - 10.30	AS	
	Buggy Babies	Abbey/Gemma	D	10.00 - 11.00	MPC	
	X-Biking	Grafton	D	10.00 - 10.45	XS	
	Aerobics	Maria	A/B	10.30 - 11.30	AS	
	Interval Aqua	Claire	D	10.30 - 11.30	P	
	L.B.T.	Maria	D	17.15 - 18.00	AS	
	Foundation Yoga	Louise	D	18.00 - 19.00	HS	
AM	Step & Tone	Maria	B/C	18.00 - 19.00	AS	
	Boot Camp	Steve		18.00 - 19.00	TC	
	X-Biking	Jenna	D	18.30 - 19.15	XS	
	Interval Aqua	Claire	D	18.45 - 19.30	P	
	Progressive Yoga	Louise	D	19.00 - 20.30	HS	
	Body Sculpt	Maria	A/B	19.00 - 20.00	AS	
	PM	Body Dynamics	Grafton	D	09.30 - 10.30	AS
		Kangoo Jumps	Ian	D	10.30 - 11.30	AS
		Dance Jam	Christine	D	10.30 - 11.30	HS
		Aqua	Mel	D	10.45 - 11.45	P
PM	Progressive Pilates	Claire	D	18.00 - 19.00	HS	
	X-Biking	Brenda	D	18.15 - 19.00	XS	
	Forces PT Circuits	DOS	D	19.00 - 20.00	AS	
	Pilates/Max	Amanda	A/B	19.00 - 20.00	HS	
Wednesday	X-Biking	Grafton	D	06.45 - 07.15	XS	
	Cross Training Mania	Grafton	D	09.30 - 10.30	AS	
	Yoga	Louise	A/B	11.00 - 12.30	HS	
PM	Zumba/Dance	Christine	D	17.30 - 18.15	AS	
	X-Biking	Jenna	B/C	18.30 - 19.15	XS	
	Body Dynamics	Richard	D	18.30 - 19.30	AS	
	Pilates	Richard	D	19.30 - 20.30	HS	
	Zumba	Yasmine	D	19.30 - 20.30	AS	

DAY	CLASS	INSTRUCTOR	LEVEL	TIME	LOCATION	
Thursday	Step & Tone	Maria	D	09.30 - 10.30	AS	
	Pilates/Core	Claire	D	10.30 - 11.30	HS	
	AM	Body Conditioning	Maria	D	10.30 - 11.30	AS
		Aqua Zumba	Caroline	D	11.30 - 12.30	P
		X-Biking	Claire	D	18.00 - 18.45	XS
	Flex 'n' Tone	Amanda	D	18.00 - 19.00	AS	
	PM	Interval Aqua	Claire	D	18.50 - 19.50	P
		Boxercise Blast	Emma	D	19.00 - 20.30	AS
		Kangoo Jumps	Ian	D	20.00 - 21.00	HS
	Friday	X-Biking Circuits	Brenda	D	06.45 - 07.45	XS
Zumba		Tina	D	09.30 - 10.30	AS	
AM		Buggy Babies	Abbey/Gemma	D	10.00 - 11.00	MPC
		Yoga	Louise	A/B	10.30 - 11.30	HS
Aqua	Tina	D	10.30 - 11.30	P		
PM	Boot Camp	Abbey/Claire	D	18.00 - 19.00	AS	
	Saturday	X-Biking	Gym Team	D	09.15 - 10.00	XS
Aero Attack		Abbey	D	10.00 - 11.00	AS	
Fencing		David	D	11.00 - 12.00	HS	
AM	Pump Dynamic	Abbey	D	11.00 - 12.00	AS	
	Sunday	Body Sculpt	Maria	A/B	10.00 - 11.00	HS
Step & Tone		Maria	B/C	11.00 - 12.00	HS	
PM	Kangoo Jumps	Ian	D	17.00 - 18.00	HS	
	Touch Rugby	Carl/Keiron	D	17.00 - 18.30	IA	
	Members Football	Carl/Keiron	D	18.30 - 20.00	IA	
	Open Level Yoga	Louise	A/B	18.30 - 20.00	HS	
	Aqua	Claire/Mike	D	19.00 - 20.00	P	

CLASSES MUST BE BOOKED

Class Reminders:

- You may book your class a week in advance, either by phone or in person at reception.
- You must arrive five minutes prior to the class commencing.
- If you arrive after the class commences the instructor may refuse you entry.
- If unable to attend your booked class, you are asked to inform reception asap.

DON'T MISS - FREE COFFEE IN THE POOL GALLERY BEFORE 09.00 MONDAY - FRIDAY ONLY

Key	A	B	C
	Easy	Intermediate	Advanced
	D	AS	XS
	All Levels	Aerobics Studio	X-Biking Studio
	HS	IA	P
	Holistic Studio	Indoor Arena	Swimming Pool
	TC	SC	
	Tennis Court	Squash Court	

CHOOSE THE CLASS THAT SUITS YOU!

40+ CIRCUITS	Cardio & Conditioning in a Gym based circuit under the lead of a Vale trainer - add some variety to your routines.
AEROBICS	Cardio & Toning set to music, with fun and fresh routines.
AERO ATTACK	Upbeat aerobic combat. Fat burning at its best.
AQUA ZUMBA	Zumba in water. Make a splash and get a great safe low impact cardio/Toning workout.
BODY DYNAMICS/CONDITIONING	Movement, Balance & Conditioning to achieve strength & body control.
BODY SCULPT	Works beyond the standard conditioning class, sculpting the body and increasing tone.
BOOT CAMP	Laugh those inches away with exciting calorie burning exercises and the added outdoor experience.
BOXERCISE BLAST	Strength Stamina and control to boost your balance and co-ordination combined with BoxFIT.
BUGGIE BABIES	A fun OUTDOOR workout for parent & child. Great way to get active after birth.
CROSS TRAINING MANIA	Mixture of coreboard, Xbiking & Conditioning - maximum variety for the total body workout
DANCE JAM	Boost your confidence, flexibility, fitness and musicality. Various styles of dance to burn those calories off.
FLEX & TONE	A fun energetic workout for all levels
FOOTBALL	Indoor & Outdoor controlled games for beginners to advanced.
FORCES CIRCUITS	Fit By Friday! Its no surprise why HM Forces are the worlds best, experience how they circuit train. Do it like the Military do!
FOUNDATION YOGA	This class is for all levels of yoga practitioners, from the beginner to the more experienced. This session focusses on letting go of our day, both mentally and physically; working progressively though the body freeing stressed and tired joints and muscle.
INTERVAL AQUA	A fast paced aqua class based on interval training. Improve your cardiovascular system without the impact. Prepare to work hard!
KANGOO JUMPS	Low impact, Fun,Fat burning class that will make you bounce your way to fitness!
L.B.T	Aerobic workout to effectively target the Legs, bums and tums
OPEN LEVEL YOGA	This is an all encompassing class, appropriate from beginners to the more experienced. Within the class we combine breathwork; fluid movement and classic asanas (postures) to help strengthen problem areas, release muscular tensions and help slow the pace.
PILATES	The staple of ballet dancers for years, now widely used by athletes & those who wish to Improve body awareness & posture as well as strengthen the core muscles.
PILATES/MAX	The staple of ballet dancers for years, now widely used by athletes & those who wish to Improve body awareness & posture as well as strengthen the core muscles.
PROGRESSIVE PILATES	A faster paced class designed for the more advanced participant with a good understanding of the major principles. A low impact deep reaching workout for your core.
PROGRESSIVE YOGA	This is a more challenging yoga class often containing vinyasas (sequences) and strengthening work which lead into a deepening of the yoga practice. A prior knowledge of yoga is desirable before attendance of this class.
PUMP DYNAMIC	Total body workout with weighted bar exercises to music.
STEP & TONE	A cardio workout for all steppers.
TOUCH RUGBY	Indoor & Outdoor controlled games for beginners to advanced.
X BIKING	Fun & variety, simulating Hill climbs, varied speeds and terrain. The most effective workout on a bike to date.
X BIKING CIRCUITS	Combining the buzz of Xbiking with conditioning exercises - maximum effect in minimum time!
YOGA	This class is suitable for beginners and those more practiced in yoga, and as a 1hr class gives us the 'time-out' from our life that we sometimes need. We focus on classic asanas (postures); combined with breath and body co-ordination.
ZUMBA MEETS DANCE	First steps into Zumba and choreographed Aerobics classes. Utilising Latin,Swing,Jazz you will smile while you dance your way to fitness.
ZUMBA/ ZUMBA CELEBRATIONS/ ZUMBA 1ST STEPS	Exciting style fuses latin rhythms with easy to follow moves to create a one of a kind fitness programme to put a smile on your face.

CHARGEABLE ACTIVITIES FOR ADULTS & CHILDREN

ACTIVITY	DAY	INSTRUCTOR	TIME	LOCATION	AGE GROUP	FEE
Monkey Music	Tuesday	Emma	11.30 & 14.30	HS	2-8yrs	POA
Rugby Rascals	Tuesday	Gavin	16.30 -17.00	SC/AS	2-8yrs	POA
Monkey Music	Thursdays	Emma	11.30 & 14.30	HS	2-8yrs	POA
Tennis Courses	Friday	Rob	Various	TC	6 yrs+/Adult	£36 (6 weeks)
Tae Kwon Do	Friday	Steve & Pat	18.30-19.30	SC	4 yrs+/Adult	£4 per session
Pre Primary Ballet	Saturday	Various	14.30-15.15	HS	4-5yrs	POA
Primary Ballet	Saturday	Various	15.15-16.15	HS	6-7yrs	POA
Made Stage School	Sunday	Various	9.30-16.30	HS	3-5/5-7/11	POA
Tae Kwon Do	Sunday	Steve & Pat	11.30-12.30	SC	4 yrs+/Adult	£4 per session
Personal Training	Various	Various	Various	Various	16 yrs+/Adults	£26 per hour
1 to 1 Tennis Lessons	Various	Rob	Various	TC	6 yrs+/Adult	£20 per hour
Swimming Courses	Various	Various	Various	P	4 months+/Adult	POA
1 to 1 Swimming Lessons	Various	Various	Various	P	4 months+/Adult	POA
Junior Squash Courses	Various	Chris	Various	SC	6 yrs+/Adults	POA
1 to 1 Squash Sessions	Various	Chris	Various	SC	6 yrs+/Adults	£20 per hour

SQUASH

Junior Squash	Thursday	Chris	16.00-18.00	SC	6 yrs+	POA
Adult Club Night	Sunday	Not Supervised	18.00	SC	Adults	Free of charge

