

Junior activities

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Striker Football Coaching		Age 5-7 4.00-5.00pm Age 8+ 5.00-6.00pm				Age 5-7 9.00-10.00am Age 8+ 10.00-11.00am	
Crossgates Cougars Athletics			Age 8-12 4.30-5.30pm				
Life Saving				5.00-6.00pm			
Bounce and Play							Age 5-7 10.00-12noon
Tae Kwon Do	Age 5+ 7.00-8.00pm				Age 5+ 7.00-8.00pm		
Ju Jitsu				Age 5+ 6.00-7.00pm			
Flex Dance						Age 5-11 10.00-12noon	
Swimming Lessons	Swimming Lessons are available six days a week, please contact reception for details and availability.						
Junior Bodyline Sessions	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm	12noon-1.00pm	
Badminton Courts Table Tennis Tables and Tennis Courts	Courts and Tables are available at various times please contact reception to book.						