

## Health & Fitness Club entrance times for Junior members

Monday	9am - 12pm	2pm - 5.30pm
Tuesday	9am - 12pm	2pm - 5.30pm
Wednesday	9am - 12pm	2pm - 5.30pm
Thursday	9am - 12pm	2pm - 5.30pm
Friday	9am - 12pm	2pm - 7pm
Saturday	9am - 12pm	2pm - 7pm
Sunday	9am - 12pm	2pm - 7pm

There will be a charge for hotel residents children to take part in classes and activities, **£2.50** for 30mins, **£3.45** for 45mins and **£5.00** for 60mins

For Safety reasons in the swimming pool children must be supervised to the following ratios: 1 adult to 1 child under 5 years. 1 adult to 2 children providing both children are between the age of 5 to 8 years. 1 adult to 3 children providing 2 of the children are between the age of 5 to 8 years and the 3rd child is over 8years and a competent swimmer. No child under the age of 16 is allowed in the pool area unattended

# All you can eat SUNDAY CARVERY

5 course Buffet  
12.30pm till 8.00pm

**£12.95** Adults **£6.95** Kids

Members Discount Available  
Booking recommended



Roast



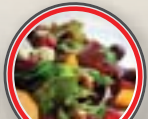
Waffles



Fish



Pasta



Salads

verve  
grill

# PERFECTFIT KIDS TIMETABLE



GET MORE OUT OF LIFE  
WITH PERFECT FIT

DESIGNED BY *Dame Kelly Holmes.*

To pre book call

**0844 980 8041**

or visit Leisure reception

January 4th - 31st March 2011



**Karate** - A fun class for all ages and abilities where you learn new skills and techniques to improve your fitness.

**Family Vibe Cycle** - Come and have fun at an exciting vibe cycle class

**Table Tennis** - Learn how to use our new table tennis tables and enjoy games and tournaments

**Olympic Dreams** - Learn how to use the gym and enjoy studio games.

**Street Dance Performance** - Is a combination of different dance styles from funk to new skool hip hop.

# PERFECTFIT KIDS TIMETABLE

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Time:	Class	Studio	Duration	Instructor
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## Friday

5.00pm	Olympic Dreams	2	60mins	Luke
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## Saturday

9.00am	Karate	1	60mins	Paul
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9.00am	Family Cycle	2	45mins	Luke
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11.00am	Street Dance Performance	3	60mins	Kim
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## Sunday

9.00am	Karate	1	60mins	Paul
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## Swimming Lessons



Class Name	Level	Start Time	End Time	Age From	Age To	Class Description
<b>Friday</b>						
Beginners	Armbands	9:00am	9:30am	4+		New Swimmer
Beginner +	5-15m	9:30am	10:00am	4+		Out of Armbands
Beginner	Armbands	4:00pm	4:30pm	4+		New Swimmer
Advanced Beg	Confident in Armbands	4:30pm	5:00pm	4+		Confident Swimmer
Beg +	5-15m	5:00pm	5:30pm	4+		Out of Armbands
Improver 1	25-50m	5:30pm	6:00pm			Stroke Improvement
Improver 2	100m+	6:00pm	6:30pm			Technique & Stamina
Enjoy Swimming	New Born	10:00am	10:30am	2 mths	6 mths	Discover the water together
Enjoy Swimming	Infant Aquatics	10:30am	11:00am	6 mths	2 years	Discover the water together

## Saturday

Beginner	Armbands	9:30am	10:00am	4+		New Swimmer
Advanced Beg	Confident in Armbands	10:00am	10:30am	4+		Confident Swimmer
Beg+	5-15m	10:30am	11:00am	4+		Out of Armbands
Imp 1	25-50m	11:00am	11:30am			Stroke Improvement
Adult & child	with parent	11:30am	12:00am	2 years		Fun & Games

## Adult & Child Classes

Incorporating the new and structured "Swim a Song" theme, these classes are designed for children from the age of 4months - 3.5 years. Classes are designed to encourage children to learn to be safe and confident in the water whilst learning the introductory steps of swimming strokes. Instructions are given by the use of adapted nursery rhymes & songs which make the lessons fun for the children, the adults and the teachers. A great introduction to the water.

### Beginners

A class designed for children to gain confidence wearing armbands. They will swim on the front and the back and learn to float (Learning to swim) Swimming is taught through water games and loads of fun and smiles.

### Advanced Beginner

Children in this class will still require arm bands but will be able to float independently, jump in and get their faces wet without any fear.

### Beginners +

Children are able to swim 5 metres unaided and without undue stress and will start to learn conventional strokes.

### Improvers 1

Children will be able to swim 25 metres unaided in a relaxed manner. The strokes will now start to become recognisable as Breaststroke, Front crawl and Back crawl

### Improvers 2

Children will be expected to swim 100 metres comfortably. The strokes will continue to be refined in this class. Butterfly will be introduced.

### Improvers 3

Children will be able to swim up to 300 metres. Their strokes will become efficient and well co-ordinated with controlled breathing.



To pre book call **0844 980 8041**  
or visit Leisure reception

## How to register your child or find out more information



See Leisure reception team



Call swim time direct 01213710498



E-mail westmids@swimtime.org



Web www.swimtime.org