

# CLUBS AND CLASSES

Classes included in annual membership:

| Day      | Time      | Class                   | Level                 | Venue   | Instructor |
|----------|-----------|-------------------------|-----------------------|---------|------------|
| Monday   | 1930-2100 | Yoga                    | All Levels            | Stables | Helen      |
| Tuesday  | 1800-1900 | Aerobics                | All Levels            | Studio  | Jules      |
| Tuesday  | 1900-2000 | Pure Step               | All Levels            | Studio  | Jules      |
| Tuesday  | 1930-2030 | Swimfit                 | Intermediate/Advanced | Pool    | Ruth       |
| Thursday | 1800-1900 | Insanity                | Intermediate/Advanced | Studio  | Jules      |
| Thursday | 1900-2000 | Total Body Conditioning | All Levels            | Studio  | Jules      |

Other Clubs/Classes:

| Monday    | Club/Class             | Level/Age   | Venue       | Instructor            |
|-----------|------------------------|-------------|-------------|-----------------------|
| 1840-1940 | Warrington Water Polo  | 10-12 Years | Pool        | Warrington Water Polo |
| 1840-2010 | Warrington Water Polo  | 12+ Years   | Pool        | Warrington Water Polo |
| 1815-1915 | Circuits               | All Levels  | Small Gym   | Huw Thomas            |
| 1945-2045 | Zumba                  | All Levels  | Small Gym   | Hayley Shatliff Smith |
| Tuesday   | Club/Class             | Level/Age   | Venue       | Instructor            |
| 1800-1900 | Gymnastics             | All Levels  | Sports Hall | Bev Smith             |
| 1800-2000 | Taekwondo              | All Levels  | Sports Hall | Matt Cheadle          |
| 1830-1915 | Adult Swimming Lessons | Beginners   | Pool        | Nancy&Charlotte       |
| Wednesday | Club/Class             | Level/Age   | Venue       | Instructor            |
| 1730-1930 | Karate                 | 8+ Years    | Sports Hall | Dave Shipton          |
| 1900-2000 | Pilates                | All Levels  | Studio      | Vikki Davies          |
| 1830-1930 | Zumba                  | All Levels  | Small Gym   | Hayley Shatliff Smith |
| Friday    | Club/Class             | Level/Age   | Venue       | Instructor            |
| 1900-2200 | Lymm Bowling Club      | All Levels  | Small Gym   | Ken Scully            |
| Saturday  | Club/Class             | Level/Age   | Venue       | Instructor            |
| 0900-1300 | Gymnastics             | All Levels  | Sports Hall | Bev Smith             |
| 0900-1300 | Little Kickers         | All Levels  | Sports Hall | Little Kickers        |
| Sunday    | Club/Class             | Level/Age   | Venue       | Instructor            |
|           | Karate                 | All Levels  | Small Gym   | Dave Shipton          |

## Club/Class Telephone Contacts

|                       |                          |              |              |
|-----------------------|--------------------------|--------------|--------------|
| Hayley Shatliff Smith | 07912562621              | Dave Shipton | 01925 753320 |
| Bev Smith             | 07955185888              | Vikki Davies | 07977309099  |
| Little Kickers        | 01614 425713             | Jules        | 07790575825  |
| Warrington Water Polo | 01925 697172/07879402641 | Matt Cheadle | 07525340284  |
| Ken Scully            | 01925 759198             |              |              |