

THE FITNESS CLUB

HILLGROVE HOTEL

BABY SWIM LESSONS

SUNDAY 10:00AM - 10:30AM

SUNDAY 10:30AM - 11:00AM

Aqua tots 3 months – 4 years

CHILDRENS SWIM LESSONS

WEDNESDAY 4.00PM – 6.30PM

THURSDAY 4.00PM – 6.30PM

SATURDAY 9.00AM – 1.00PM

We cater for all levels in Child lessons from beginners at Level 1 up to Stroke improvement at Level 5

ADULT SWIM LESSONS

THURSDAY (BEGINNERS LEVEL) 6.30PM – 7.00PM

THURSDAY (IMPROVERS LEVEL) 7.00PM – 7.30PM

Booking available for new participants
Call 047 73232 for more information

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CHILDREN GROUP LESSONS

Wednesday 4-4:30pm - Level 1

Wednesday 4:30-5pm - Level 2

Wednesday 5-5:30pm - Level 3

Wednesday 5:30-6pm - Level 4

Wednesday 6-6:30pm - Level 5

Thursday 4-4:30pm - Level 1

Thursday 4:30-5pm - Level 2

Thursday 5-5:30pm - Level 3

Thursday 5:30-6pm - Level 4

Thursday 6-6:30pm - Level 5

Saturday 9-9:30am - Level 1

Saturday 9:30-10am - Level 2

Saturday 10-10:30am - Level 2

Saturday 10:30-11am - Level 3

Saturday 11-11:30am - Level 3

Saturday 11:30-12pm - Level 4

Saturday 12-12:30pm - Level 5

Saturday 12:30-1pm - Level 5

AQUA TOT LESSONS

Sunday 10 - 10.30am 3month to 2years

Sunday 10.30 - 11am 3 & 4-year-olds

ADULT LESSONS

Thursday 6:30 - 7pm - Adult Swim Lessons