

# Junior Activities Timetable

## Kids Programme

Accurate as of 11/07/2025

Times for Friday 29 January			
Time	Session	Facility	Type
09:00 - 09:30	Adult & Baby	Pelhams Park	Family Swim
10:30 - 11:00	Adult & Baby	Littledown	Family Swim
11:00 - 11:45	Mini Gym	Littledown	Family Classes
12:00 - 12:45	Mini Gym	Littledown	Family Classes
13:00 - 13:45	Pre Club Gym	Littledown	Under 5s
14:30 - 15:00	Adult & Baby	Littledown	Family Swim
16:00 - 16:30	813 Cardio	Littledown	813
16:30 - 17:00	813 Cardio	Littledown	813
17:30 - 18:00	813 Swim Skills	Littledown	813