



PREMIER HEALTH CLUB

Kids Swimming Times

Monday	10.30 – 17.00
Tuesday	10.30 – 17.00
Wednesday	10.30 – 17.00
Thursday	10.30 – 17.00
Friday	10.30 – 18.00
Saturday	11.30 – 18.00
Sunday	11.30 – 18.00

Adult Only Swimming Times

Monday	06.30 – 10.30 & 17.00 - 22.00
Tuesday	06.30 – 10.30 & 17.00 - 22.00
Wednesday	06.30 – 10.30 & 17.00 - 22.00
Thursday	06.30 – 10.30 & 17.00 - 22.00
Friday	06.30 – 10.30 & 18.00 - 20.00
Saturday	08.00 – 11.30
Sunday	08.00 – 11.30



Swim School

Learn to swim whatever your age or ability in a group or individually.

Collect an application form at reception or for more information call **Sophie** on **07781 138870**.



Aqua Fit

Get fit in the water with our Aqua Fit classes with Sophie

Monday at 09.30-10.30
 Wednesday at 09.30-10.30
 Saturday at 09.00-10.00

Free for members
 £15.00 for non-members

Relax

Use the Jacuzzi, sauna and steam room to ease aching muscles after your work out or simply relax after a stressful day

