

FEBRUARY HALF-TERM PROGRAMME

WEST NORWOOD HEALTH & LEISURE CENTRE

Monday 18th – Friday 22nd February 2019

Swim School Crash Courses

Monday – Friday

Crash Courses are great for children who are either new to swimming or for those wanting to improve on their existing skills.

9:30-10am	Pre School 1 & 2
10-10:30am	Stage 3 & 4
10:30-11am	Stage 5 & 6
11-11:30am	Stage 1
11:30am-12pm	Stage 2

Book at reception or online at
www.betterlessons.org.uk

Cost: £28.25 standard, £21.25 concessionary



Junior Gym (11-15 years)

Monday – Friday

10am-12pm & 3:30-5:30pm

During these sessions, juniors can enjoy full use of our cardiovascular equipment, in a safe and structured environment while achieving a fulfilling workout. All sessions are fully supervised and are available for those with a Better Health and Fitness Junior membership.

Please speak to our Membership Team for more information.

Soft Play

Tuesday 9-10:45am

Friday 1:45-3:30pm

Our brand new bouncy castle and soft play equipment will be set up in the community room. Suitable for under 5s. This now includes new sensory equipment such as mood light, black out tent, and liquid floor tiles amongst other equipment.

Cost: £2.50 per child.

Aqua Splash

Monday – Friday 1:30-3:30pm

Saturday 12-2pm. Sunday 10am-1pm

Aqua Splash is a fun pool session filled with floats. This session is open to everyone of all ages and abilities.

