

# I AM TEAM GB

## PLAN & TIMETABLE

KEY:



Swimming Pool



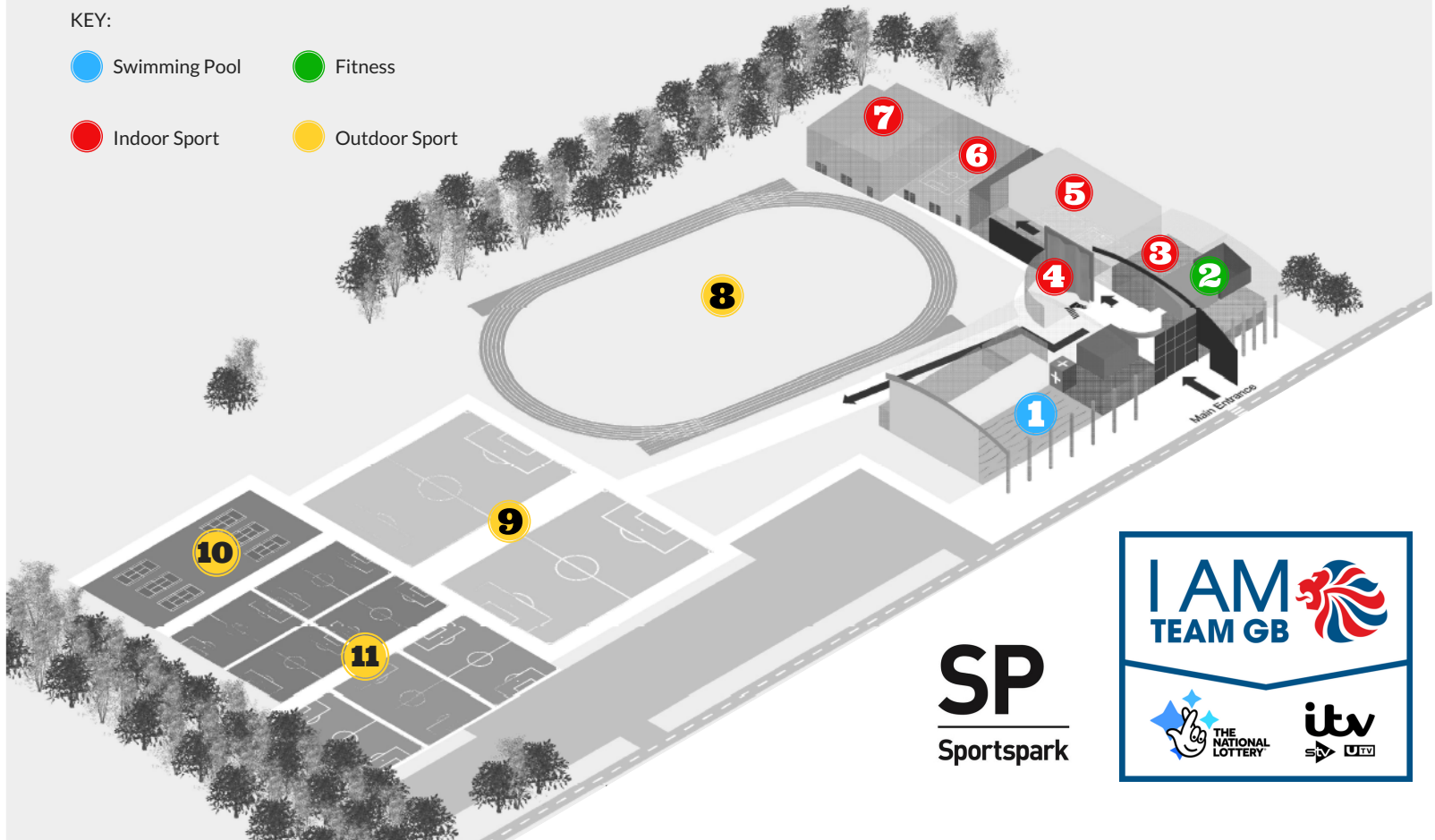
Fitness



Indoor Sport



Outdoor Sport



**SP**  
SportsPark



	Time	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30
<b>1</b>	Shallow Pool Deep Pool	Try our Olympic 50m Pool		Pool closed for changeover	Young Swimmers	Finding Dory		Family Team Games		General Swim			
					General Swim				General Swim				
<b>2</b>	Fitness Centre	Olympic based fitness challenges outside the fitness centre including rowing and cycling.											
	Functional Studio		Body Balance Class			Synrgy	Spin Class		Myride Virtual Sessions				
	Studio		Body Pump Class			Zumba Gold Class		Family Zumba Class		Pilates Class		Body Combat Class	
<b>3</b> <b>4</b> <b>5</b> <b>6</b> <b>7</b>	Squash Courts	Self Service (collect equipment from reception)											
	Climbing Wall	Hourly Taster Sessions											
	Hall 1	Academy Netball	Come & try Netball including Walking Netball				Walking Football			Wheelchair Basketball			
	Hall 2	Badminton											
		Fencing				Boccia				New Age Curling/ Short Mat Bowls			
	Hall 3	Archery											
		Paddleball				Badminton							
	Hall 4	Korfball				Volleyball				Basketball			
		Softplay, Spacehoppers, Hoola-hoops, Face Painting, Bouncy Castle, Les Mills Born to Move 1pm - 3pm (3 - 7yrs)											
	KMS	Karate							Table Tennis				
	Gymnastics Centre	1/2 Hourly Play Sessions											
<b>8</b>	Athletics Track	Come & try Athletics	Running Taster Sessions, Golf with Barnham Broom, Tug of War										
<b>9</b> <b>10</b>	Astro Pitches	Come & try Hockey											
		Come & try Rugby 7's											
<b>11</b>	Tennis Courts	Come & try Tennis								Self Service (equipment from reception)			
	3G Pitches	Self Service (collect equipment from reception)											