

#01

2019

#FTW

NEW FAMILY PROGRAMME!

FAMILY TIME WEEKENDS

13:30-14:30
SPECIAL
ACTIVITY

GREAT SANKEY NEIGHBOURHOOD HUB

SATURDAYS

12:00-14:00	JUNIOR GYM	FITNESS SUITE
12:30-15:30	ARTS/CRAFTS	LIBRARY
12:30-15:30	SOFT PLAY	SPORTS HALL
12:30-15:30	FAMILY SWIM	BOTH POOLS
13:30-14:30	SPECIAL ACTIVITY	
12:30-13:15	PARENT AND CHILD VIRTUAL SH'BAM	STUDIO 1
14:45-15:30	PARENT AND CHILD VIRTUAL BODY COMBAT	STUDIO 1



10:00-11:00
SPECIAL
ACTIVITY

SPECIAL ACTIVITIES:

- WEEK 1: BALL GAMES
- WEEK 2: PLAYGROUND
- WEEK 3: FAMFIT (BOOTCAMP)
- WEEK 4: HEALTHY EATING
- WEEK 5: DANCE
- WEEK 6: FAMILY DODGEBALL
- WEEK 7: TEAM BUILDING
- WEEK 8: PHYZ QUIZ GAME SHOW
- WEEK 9: KARATE
- WEEK 10: OBSTACLE COURSE
- WEEK 11: FAMILY RUGBY
- WEEK 12: AWARDS CEREMONY

ORFORD NEIGHBOURHOOD HUB

SUNDAYS

09:00-12:00	ARTS/CRAFTS	LIBRARY
09:00-12:00	SOFT PLAY	MIKE HANNON SUITE LEFT
09:00-10:00	GENERAL SWIM	TEACHING POOL
10:00-11:00	SPECIAL ACTIVITY	
10:00-12:00	FAMILY SWIM	BOTH POOLS
12:00-13:00	JUNIOR GYM	FITNESS SUITE



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