WHAT'S GOING ON DURING THE WEEKEND...

SATURDAY 26TH JANUARY

10.30am	Opening
10.45am	School Winner - 1st person to jump in pool with Rebecca Adlington
10.50 - 11.15am	Fun swim session for school children (over 8yrs)
11.15am - 12pm	Master class with Club Squads & Rebecca Adlington
12pm	Swim Challenge
12 - 1pm	Swim for Everyone
1 - 2pm	Swim for Fitness
2 - 4pm	Taster sessions - Adults, Rookie, Water Polo
4 - 6pm	Swim for Everyone
6pm - overnight	Challenge Swim

Sports Hall

10am	Gladiators Fitness
11am	Barking & Dagenham Youth Dance Club and Alex Danson Hockey Academy
12pm	Mavericks Netball
2pm	Reggae Salsa
3pm	Everyone Active Football
4pm	Elitez Karate

Studio

12pm - 1pm	Yoga

Jolly Jungle

10am - 1pm	Free Jolly Jungle Session

Gym

9am - 5pm	Free Gym Sessions (30mins Taster) and Fitness Challenge

SUNDAY 27TH JANUARY

9 - 10am	Swim for Fitness
10am - 12pm	Swim for Everyone
12pm	Swim Challenge Finishes
12 - 2pm	Aqua Aerobics class
2 - 4pm	Disability Swim
4 - 6pm	Swim for Everyone

Sports Hall

10am	Gladiators Fitness
11am	Barking & Dagenham Youth Dance Club and Alex Danson Hockey Academy
12pm	Mavericks Netball
2pm	Reggae Salsa
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Jolly Jungle

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Gym

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Timings are correct at time of going to print but may be subject to change. All activities are subject to availability. Gym users will be required to complete a health commitment statement and an induction prior to use.