

Fleetwood YMCA and Lofthouse Classes and Activities Timetable March 2010

Mon	9:15am - 10:00am	Spinning with Caroline*
	10:00am - 11:00am	Gentle Pop & Swim with Caroline*
	11:00am - 12:00am	Tai Chi*
	6:00pm - 7:00pm	Pilates**
	6:00pm -6:45pm	Spinning with Keith
Tue	9:15am - 10:15am	Hip, Thighs Tums and Bums with Irina*
	9.30am - 10:15am	Aqua Aerobics with Helen*
	10:30am - 11:15pm	Spinning with Helen*
	3:00pm - 4:00pm	Low Impact circuits with YMCA staff
	6:15pm - 7:00pm	Spinning with Fran
	7:00pm - 8:00pm	Hip, thighs, tums & bums with Karen
Wed	9.15am – 10am	High Energy Circuits with Simon*
	9.30am – 10.15am	Aqua Aerobics with Dawn* (Term time only)
	5:30pm - 6:15pm	Spinning with Fran
	5:30pm - 6:30pm	Family Fit**
	8:00pm - 9:00pm	Thump UK**
Thurs	9:00am – 10.00am	Aqua Aerobics with Helen*
	10.15am – 11:00am	Spinning with Helen*
	5:30pm - 6:15pm	Spinning with Fran
	6:30pm - 7:00pm	Adult swimming lessons with Diane
	7:45pm - 8:30pm	Spinning with Caroline
	8:00pm - 9:00pm	Recreation Night (Badminton)
	8:30pm – 9.15pm	High Energy Circuits with Simon
Fri	9:15am - 10:15am	Thump UK*
	1.30pm – 2.30 pm	Body Conditioning with Irina
	5.30pm – 6.15pm	Spinning with Keith
Sat	9.30am – 10.15am	Spinning with Steve

*Crèche facilities available (Booking on the day required) Ask at reception for details.

** Classes held at The Lofthouse Building, London St, Fleetwood

Swimming Timetable

Monday

TIME	SESSION
7.30 – 9.00am	Ladies only session
9.00 – 10.00am	Men only session
10.00 – 12.00pm	Sessional swimming day rate and members only
12.00 – 13.00pm	Public swim (inc free swim over 60s/under 16s)
13.00 – 16.00pm	Sessional swimming day rate and members only
16.00 – 18.30pm	Public swim (inc free swim over 60s/under 16s)

Tuesday

TIME	SESSION
7.00 – 12.00pm	Sessional swimming day rate and members only
9.30 - 10.15pm	Aqua Aerobics with Helen
12.00 – 13.00pm	Public swim (inc free swim over 60s/under 16s)
13.00 – 16.00pm	Sessional swimming day rate and members only
16.00 – 19.30pm	Public swim (inc free swim over 60s/under 16s)

Wednesday

TIME	SESSION
7.30 – 12.00pm	Sessional swimming day rate and members only
9.30 – 10.15am	Aqua Aerobics with Dawn
12.00 – 13.00pm	Public swim (inc free swim over 60s/under 16s)
13.00 – 16.00pm	Sessional swimming day rate and members only
16.00 – 18.30pm	Public swim (inc free swim over 60s/under 16s)

Thursday

TIME	SESSION
7.00 – 12.00pm	Sessional swimming day rate and members only
9.00 – 10.00am	Aqua Aerobics with Helen*
12.00 – 13.00pm	Public swim (inc free swim over 60s/under 16s)
13.00 – 16.00pm	Sessional swimming day rate and members only
16.00 – 19.30pm	Public swim (inc free swim over 60s/under 16s) Adults only 18.30 – 19.30

Friday

TIME	SESSION
7.30 – 12.00pm	Sessional swimming day rate and members only
12.00 – 13.00pm	Public swim (inc free swim over 60s/under 16s)
13.00 – 16.00pm	Sessional swimming day rate and members only
16.00 – 17.30pm	Public swim (inc free swim over 60s/under 16s)

Saturday/Sunday

TIME	SESSION
9.00 – 12.00pm	Public swim (inc free swim over 60s/under 16s)
12.15 – 13.15pm	Pool Party Bookings
13.30 – 15.15pm	Public swim (inc free swim over 60s/under 16s)
15.20 – 16.20pm	Pool Party Bookings

Creepy Crawlies Times

Mon 1.30am 3.15pm
Tues 9.30am 11.30am
Wed 1.30pm 3.15pm
Thurs 10am 12 noon
Fri 10am 12 noon

Crèche Times

Mon 9.15am 12.15pm
Tues 9.15am 12.15pm
Wed 9.15am 11.15am
Thurs 9.15am 11.15am
Fri 9.15am 11.15pm

Gym Opening Times

Mon & Wed 6:30am - 9:00pm
Tues & Thursday 7:00am - 9:00pm
Fri 6:30am - 8:00pm
Sat & Sun 7:30am - 4:30pm

Fleetwood YMCA Leisure Centre

The Esplanade
Fleetwood
FY7 6HF
Tel: 01253 771505

The Lofthouse Building

London St
Fleetwood
FY7 6JL
Tel: 01253 872320

Part of the Fylde Coast YMCA