

Children's Class Timetable

Starts from 11 February 2019

Monday			
10.45am–11.30am	Aquafit	Pool	Ages 8+
12.30pm -1.15pm	Parent&Toddler Gymnastics	Sports Hall	Ages walking -5
1.45pm – 2.30pm	Gymnastics (Course)	Sports hall	Ages 3 – 4
2.30pm – 3.15pm	Gymnastics (Course)	Sports hall	Ages 3 – 4
3.30pm – 4.40pm	Gymnastics (Course)	Sports hall	Ages 5 – 8
4.00pm – 4.45pm	Tae Kwon Do	Sports hall	Ages 3 – 5
4.30pm – 5.30pm	Gymnastics (Course)	Sports hall	Ages 5 - 8
5.00pm – 6.00pm	Tae Kwon Do	Sports hall	Ages 5 +
5.30pm – 6.30pm	Trampoline course (Beg)	Sports hall	Ages 8 - 17
6.00pm – 7.00pm	Ju-Jitsu	Sports hall	Ages 5 - 16
6.30pm – 7.30pm	Trampoline course (Imp)	Sports hall	Ages 8 - 17
7.00pm – 8.00pm	Ju-Jitsu	Sports hall	Ages 5 +
7.30pm – 8.30pm	Trampoline course (Adv)	Sports hall	Ages 8+
Tuesday			
7.15pm – 8.15pm	Ju-Jitsu	Sports hall	Ages 5 - 16
Wednesday			
3.45pm – 4.20pm	Monkeynastix	Balcony Rm	Ages 2 - 4
4.30pm – 5.05pm	Monkeynastix	Balcony Rm	Ages 2 - 4
5.15pm – 5.45pm	MonkeyNastix	Balcony Rm	Ages 5 - 8
5.15pm – 6.00pm	Toddler Soccer	Sports Hall	Ages 2 - 5
6.00pm-6.45pm	Mini Soccer	Sports Hall	Ages 6 -13
Thursday			
7.00pm – 8.00pm	Stroke Clinic	Pool	Ages 8+
8.00pm- 8.45pm	Aquafit	Pool	Ages 8+
Saturday			
9.30am – 10.00am	Baby & Toddler class	Pool	1.5 – 3.5yrs
10.00am-10.30am	Baby & Toddler class	Pool	12 wks–18 mths
3.00pm – 4.30pm	Badminton Club	Sports hall	Ages 5 – 9
4.30pm – 6.00pm	Badminton Club	Sports hall	Ages 10+

New Family Memberships for £39 per month now available

 **Included in Family membership package**

Book 1 week in advance for classes

Beg = Beginners Imp = Improvers Adv = Advanced

Stroke clinic = Swim school (Advanced swimming)

Swimming Lessons for Children

Pre School swimming lessons

3 ½ - 5 years (Children must be 3 years and 4 months old before being added to waiting list)

Flipper swimming lessons

5 years +

Application forms can be found at reception or online
Proof of DOB needed

Birthday Parties at Sixmile

Price £66 includes hall for 1 hour and 45 mins in our party room (Self catering)

Available on Saturdays and Sundays.
Can book up to 1 month in advance.

For more information or to book visit
antrimandnewtownabbey.gov.uk/sixmile
or T. 028 9334 1818