

Fitness Programme

Membership feels great...

All classes are included in the price of the membership. Non members £7 per class, £5 senior citizens.

- All classes are term time only.
- Holiday classes are usually 7pm on Tuesdays and Thursdays. Please check with reception and book in advance online at www.aquasplash.je
- Classes are 1 hour, please arrive promptly and remember to bring:
 - Water in plastic bottle
 - Supportive one piece swimsuit (or with a sports bra underneath)
No bikini's please!
 - A smile!
- All classes include deep water work. If you are unsure please consult the instructor before the start of the class. Children aged 12+ are welcome but must be accompanied by an adult.

AquaSplash

The Waterfront Centre, St Helier JE2 4HE

Telephone: +44 (0)1534 734524

Email: info.aquasplash@leisure.serco.com

Web: www.aquasplash.je

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.



Opening Times*

Monday-Friday
06.30am - 22.00pm
Saturday
08.00am - 20.00pm
Sunday
08.00am - 20.00pm

*Please note opening times subject to change



Time	Activity	Level	Instructor
Monday 09.30am - 10.30am	Aqua Action	All	Leigh
Tuesday 09.30am - 10.30am	Aqua J'abs	All	Sal or Julia
Tuesday 08.30pm - 9.30pm	Aqua Combat	Advanced	Sal
Wednesday 09.30am - 10.30am	Aqua	Beginner/ Intermediate	Leigh
Thursday 08.00pm - 09.00pm	Aqua Jam	Beginner/ Intermediate	Sal or JP
Friday 09.30am - 10.30am	Aqua Action	All	Leigh



all part of
feeling
great

Please check with reception – booking is essential