



BORN TO MOVE

Friday 3rd September – Sunday 5th December (11 weeks)
(excl. 22nd – 31st Oct & 12th – 14th Nov)

Prices: Free for child members of Kings / non-members £75
for the whole term (paid upfront) or £8 per session for drop-ins

TENNIS

Monday 13th September – Saturday 11th December (12 weeks)
(excl. 25th – 30th Oct)

Prices: Ages 3–5 years – £81 members / £90 non-members
Ages 6+ – £108 members / £120 non-members

ACRO

Monday 13th September – Saturday 11th December (12 weeks)
(excl. 25th – 30th Oct)

Prices: £81 members / £90 non-members

SWIMMING

Monday 13th September – Friday 17th December (13 weeks)
(excl. 25th – 30th Oct)

Price for the Term: £105 child members / £150 non-members

TEEN BOOTCAMP

Monday 13th September – Saturday 11th December (12 weeks)
(excl. 25th – 30th Oct)

Prices: £81 members / £90 non-members



Timetable

AUTUMN TERM 2021



To register your child, you will need to complete a Kings Child Registration Form and hand it in together with payment in full by cheque / card / cash (cheques to be made payable to Kings Premier Health Club).

All payments should be made through Kings reception only. T&Cs apply.



Kings Premier Health Club, Kings Road,
St Peter Port, Guernsey GY1 1QF

T: 01481 723366 | E: kids@kings.gg | W: www.kings.gg/kids



TIME	DESCRIPTION	AGE	INSTRUCTOR
MONDAY			
GROUP SWIMMING LESSONS			
1545-1615	Non-Swimmer	4-6 yrs	Sophie
1615-1645	Swims 5-10m unaided	6-7 yrs	Sophie
1645-1715	Swims 10+m unaided	7-9 yrs	Sophie
1715-1745	Swims 20+m unaided	9+ yrs	Sophie
GROUP TENNIS LESSONS			
1530-1615	Blue Ball	4-5 yrs	Rob / Joel
ACRO (ACROBATIC ARTS)			
1445-1530	Pre-School	3-4 yrs	Olivia
1545-1630	Years 1 & 2	5-7 yrs	Olivia
1645-1730	Years 3-6	8-11 yrs	Olivia

TUESDAY			
GROUP SWIMMING LESSONS			
1100-1130	Pre-School	2-3 yrs	Sophie
1130-1200	Pre-School	2-3 yrs	Sophie
1545-1615	Non-Swimmer	4-6 yrs	Sophie
1615-1645	Swims 5-10m unaided	6-7 yrs	Sophie
1645-1715	Swims 10+m unaided	7-9 yrs	Sophie
1715-1745	Swims 20+m unaided	9+ yrs	Sophie
GROUP TENNIS LESSONS			
1600-1655	Red Ball	6-8 yrs	Rob / Joel
1700-1755	Yellow Ball	13+ yrs	Rob / Joel
TEEN BOOTCAMP			
1630-1715	Teen Bootcamp	13-18 yrs	Kings Personal Trainer

WEDNESDAY			
GROUP SWIMMING LESSONS			
1045-1130	Parent & Toddler	1-2 yrs	Sophie
1545-1615	Non-Swimmer	4-6 yrs	Sophie
1615-1645	Swims 5-10m unaided	6-7 yrs	Sophie
1645-1715	Swims 10+m unaided	7-9 yrs	Sophie
1715-1745	Swims 20+m unaided	9+ yrs	Sophie
GROUP TENNIS LESSONS			
1600-1655	Orange Ball	9-10 yrs	Rob / Joel
1700-1755	Green / Yellow Ball	10+ yrs	Rob / Joel

Key: Colour Guide

 Tennis	 Swimming	 Born to Move (Free to members)
 ACRO (Acrobatic Arts)	 Teen Bootcamp	

THURSDAY			
GROUP TENNIS LESSONS			
1510-1555	Tots Tennis	3-4 yrs	Rob / Joel
1600-1655	Red Ball	6-8 yrs	Rob / Joel
TEEN BOOTCAMP			
1630-1715	Teen Bootcamp	13-18 yrs	Kings Personal Trainer

FRIDAY			
GROUP SWIMMING LESSONS			
1100-1130	Pre-School	2-3 yrs	Sophie
1130-1200	Pre-School	2-3 yrs	Sophie
1545-1615	Non-Swimmer	4-6 yrs	Sophie
1615-1645	Swims 5-10m unaided	6-7 yrs	Sophie
1645-1715	Swims 10+m unaided	7-9 yrs	Sophie
1715-1745	Swims 20+m unaided	9+ yrs	Sophie
ACRO (ACROBATIC ARTS)			
1545-1630	Years 1 & 2	5-7 yrs	Olivia
1645-1730	Years 7-10	12-15 yrs	Olivia
BORN TO MOVE			
1610-1700	School Years	8-12 yrs	Kate

SATURDAY			
GROUP TENNIS LESSONS			
0910-0955	Blue Ball	4-5 yrs	Rob / Joel
1000-1055	Red Ball	6-8 yrs	Rob / Joel
1100-1155	Orange Ball	9-10 yrs	Rob / Joel
ACRO (ACROBATIC ARTS)			
0910-0955	Years 1 & 2	5-7 yrs	Olivia
1000-1045	Pre School	2-3 yrs	Olivia
1050-1135	Years 3-6	8-11 yrs	Olivia
BORN TO MOVE			
0930-1010	Early Years	2-3 yrs	Dave

SUNDAY			
BORN TO MOVE			
1000-1050	School Years	4-6 yrs	Zoe
1000-1050	School Years	7-10 yrs	Kate

To book call 723366 or email: kids@kings.gg | W: www.kings.gg/kids