

### Pool Monday 3rd September - Sunday 21st October

Mon	06.30-07.30 Members Lane Swim	07.30-09.30 Members	09.30-10.30 Aqua Aerobics	10.30-11.30 Members	11.30-12.50 Members <small>Excludes 03/09, 17/09, 01/10</small>	12.50-14.00 Members	16.45-19.00 Bluecoat Swim School	19.05 - 19.30 Members	19.30-20.00 Members/Ready and Able	20.00-21.00 Members	
Tue	06.30-07.30 Members Lane Swim	07.30-10.30 Members	10.30-11.30 Aqua Aerobics	11.30-13.00 Members <small>Excludes 04/09, 18/09, 02/10</small>	13.00-14.00 Senior Swim/Adults Only <small>Excludes 11/09</small>	14.00-15.55 Members <small>Excludes 11/09</small>	16.00-18.00 Bluecoat Swim School	18.05-19.15 Members	19.15-21.15 Bluecoat Adult Swim School	21.15-22.00 Members	
Wed	06.30-07.30 Members Lane Swim	07.30-10.30 Members	10.30-11.30 Deep Water Aqua Aerobics	10.30-11.30 Waterbabes	10.30-11.30 Parent & Baby Drop In	11.35-13.55 Members	16.00-18.00 Bluecoat Swim School	18.05-20.00 Members		21.30-22.00 Members	
Thu	06.30-07.30 Members Lane Swim	07.30-08.30 Members	08.30-9.45 Members <small>Excludes 13/09, 27/09, 11/10</small>	09.50-10.30 Members	10.30-11.30 Members/SwimFit	11.30-13.00 Members	13.00-14.00 Senior Swim/Adults Only	16.00-18.00 Bluecoat Swim School	18.05-19.45 Members	19.45-20.30 Aqua Aerobics	20.30-22.00 Members
Fri	06.30-07.30 Members Lane Swim	07.30-08.30 Members	08.30-09.45 Members <small>Excludes 07/09, 21/09, 05/10</small>	09.45-10.45 Aqua Aerobics	10.45-13.10 Members	13.15-14.15 Bluecoat Swim School	13.15-14.15 Waterbabes	16.00-18.30 Bluecoat Swim School	18.35-21.00 Members		
Sat	07.00-07.45 Members	09.00-12.00 Bluecoat Swim School	12.05-13.40 Members	16.00-17.00 Fun Splash	17.00-18.00 Members or Pool Party	18.00-20.00 Members					
Sun	07.00-10.30 Members	10.30-11.15 Fun Splash	11.30-12.15 Fun Splash	12.15-13.25 Members	15.30-17.30 Members	17.30-18.30 SwimFit / Members	18.30-21.00 Members				

## Adult Courses

Tuesday	19.15-20.15	Tuesday	19.15-20.15	Tuesday	20.15-21.15	Tuesday	20.15-21.15	Friday	13.15-14.15
Adult Beginners 10 Weeks: 31/07 - 02/10 M:£58.00 NM:£69.50 16+	Adult Improvers 10 Weeks: 31/07 - 02/10 M:£58.00 NM:£69.50 16+	Adult Advanced 10 Weeks: 31/07 - 02/10 M:£58.00 NM:£69.50 16+	Adult Front Crawl Clinic 9 Weeks: 31/07 - 02/10 M:£52.20 NM:£62.55 16+ <small>Excludes 07/08</small>	Adult Beg/Imp 10 Weeks: 31/07 - 02/10 M:£58.00 NM:£69.50 16+					

## Junior Courses

Wednesday	10.40-11.00	Friday	13.15-13.35	Friday	13.40-14.00
Waterbabes 14 Weeks: 05/09 - 12/12 M:£53.20 NM:£67.90	<small>Excludes 26/10 (Half-term) Time change after half-term 31/10 - 12/12 11.10 - 11.30</small>	Waterbabes 14 Weeks: 07/09 - 14/12 M:£53.20 NM:£67.90	<small>Excludes 26/10 (Half-term)</small>	Waterbabes 14 Weeks: 07/09 - 14/12 M:£53.20 NM:£67.90	<small>Excludes 26/10 (Half-term)</small>

### Pool Monday 29th October - Sunday 16th December

Mon	06.30-07.30 Members Lane Swim	07.30-09.00 Members	09.00-09.45 Aqua Aerobics	11.10-12.30 Members <small>Excludes 05/11, 19/11, 03/12</small>	12.55-14.00 Members	16.45-19.00 Bluecoat Swim School	19.05 - 19.30 Members	19.30-20.00 Members/Ready and Able	20.00-21.00 Members			
Tue	06.30-07.30 Members Lane Swim	07.30-09.45 Members	09.50-10.30 Members <small>Excludes 30/10, 13/11, 27/11</small>	10.30-11.30 Aqua Aerobics <small>Excludes 30/10, 13/11, 27/11</small>	11.30-13.00 Members <small>Excludes 06/11, 20/11, 04/12</small>	13.00-14.00 Senior Swim/Adults Only	14.00-15.55 Members	16.00-18.00 Bluecoat Swim School	18.05-19.15 Members	19.15-21.15 Bluecoat Adult Swim School	21.15-22.00 Members	
Wed	06.30-07.30 Members Lane Swim	07.30-09.45 Members	11.00-11.45 Deep Water Aqua Aerobics	11.00-11.30 Waterbabes	11.00-11.30 Parent & Baby Drop In	12.50-13.55 Members	16.00-18.00 Bluecoat Swim School	18.05-20.00 Members		21.30-22.00 Members		
Thu	06.30-07.30 Members Lane Swim	07.30-09.50 Members	09.50-10.30 Members <small>Excludes 01/11, 15/11, 29/11</small>	10.30-11.30 Members/SwimFit <small>Excludes 01/11, 15/11, 29/11</small>	13.00-14.00 Senior Swim/Adults Only	16.00-18.00 Bluecoat Swim School	18.05-19.45 Members	19.45-20.30 Aqua Aerobics	20.30-22.00 Members			
Fri	06.30-07.30 Members Lane Swim	07.30-08.30 Members	08.30-09.45 Members <small>Excludes 09/11, 23/11, 07/12</small>	09.45-10.30 Aqua Aerobics <small>Excludes 09/11, 23/11, 07/12</small>	10.30-11.05 Members <small>Excludes 09/11, 23/11, 07/12</small>	11.05-11.30 Members	11.30-13.10 Members <small>Excludes 02/11, 16/11, 30/11</small>	13.15-14.15 Bluecoat Swim School	13.15-14.15 Waterbabes	14.20-15.55 Members	16.00-18.30 Bluecoat Swim School	18.35-21.00 Members
Sat	07.00-07.45 Members	09.00-12.00 Bluecoat Swim School	12.05-13.40 Members	16.00-17.00 Fun Splash	17.00-18.00 Members or Pool Party	18.00-20.00 Members						
Sun	07.00-10.30 Members	10.30-11.15 Fun Splash	11.30-12.15 Fun Splash	12.15-13.25 Members	15.30-17.30 Members	17.30-18.30 SwimFit / Members	18.30-21.00 Members					

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Whilst we aim to maximise the availability of the facilities, please be aware that they are also used by Christ's Hospital School. All timetables are subject to change.

# BluecoatSports

Christ's Hospital

- ✓ 25m Swimming Pool
- ✓ Sauna
- ✓ 45 Station Fitness Suite
- ✓ 90+ Classes Per Week
- ✓ 6 Squash Courts
- ✓ 15 Outdoor Tennis Courts
- ✓ Sports Hall
- ✓ Crèche
- ✓ Kids Club
- ✓ Coffee Shop
- ✓ Free WiFi
- ✓ Free Parking

## Club Information

- To maximise the class experience we would politely remind attendees should you no longer be able to make a class that you cancel giving as much notice as possible
- We warmly welcome newcomers to the club though would suggest if you are attending a class for the first time you arrive 5 minutes before enabling the instructor to take you through the class content and any equipment that maybe used
- Parking at the club is free of charge though can be busy at times therefore additional parking is available in the main CH School car park a short walk away from Bluecoats
- Class type is subject to change to a like for like class

## Events

Fitness Showcase Friday 21st & Saturday 22nd September

MacMillan Coffee Morning Friday 28th September

Come and see the Bluecoats Team at the Barns Green half marathon & 10k Sunday 30th September

# BluecoatSports

Christ's Hospital



## Michaelmas 2018 Programme

Monday 3rd September 2018 - Sunday 16th December 2018

### Opening Times

Mon-Fri 06.30-22.00  
Saturday 07.00-20.00  
Sunday 07.00-21.00

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Bluecoat Sports Health and Fitness Club, Christ's Hospital, Horsham RH13 0YB  
Email: info@bluecoatsports.co.uk

Key **Aerobic** **Mind/Body** **Racquets** **Core Stability** **Pool** **Strength** **Flexibility & Core**

## Exercise Classes

<b>Mon</b>	09.15-10.00 All Indoor Cycling £6.60 14+	09.30-10.30 All Body Blast £5.60 14+	09.30-10.30 All Aqua Aerobics Until 15/10 £5.60 14+	09.00-09.45 All Aqua Aerobics From 29/10 £5.10 14+	09.30-11.00 All Racquets Session £6.50 14+	10.40-11.40 All Yoga £6.30 16+	10.45-11.30 All TRX £6.45 16+	11.15-11.45 MEMS BoxFit NEW £6.30 14+	12.00-13.00 All Yoga £6.30 16+	12.30-13.30 All Body Balance £5.90 16+	12.30-13.30 Snr Senior Gym £3.40 Snr	18.00-19.00 All Health Tai Chi From 24/09 £6.30 16+	18.15-19.15 All Step Aerobics £5.60 14+	18.30-19.30 Int/Adv Pilates* £6.30 16+	19.15-20.15 All Indoor Cycling £6.90 14+	19.30-20.30 All Body Combat £5.90 14+	19.30-20.30 All Circuits £5.60 14+	19.45-20.15 MEMS HIIT NEW £14+	19.45-20.45 Int/Adv Pilates* £6.30 16+			
<b>Tue</b>	08.15-09.00 All Indoor Cycling £6.60 14+	09.15-10.15 All Indoor Cycling £6.90 14+	09.25-10.25 All Legs, Bums & Tums £5.60 14+	09.30-10.30 Int/Adv Pilates* £6.30 16+	10.00-11.30 All Racquets Session £6.50 14+	10.30-11.30 All Aqua Aerobics Excludes 30/10, 13 & 27/11 £5.60 14+	10.30-11.15 MEMS Womens Weights Session £6.45 16+	10.30-11.15 All Kettlebells £6.45 16+	11.30-12.30 All Power Yoga £6.30 16+	12.00-12.30 MEMS Ab Attack NEW £6.30 16+	18.00-19.00 All Yoga £6.30 16+	19.00-20.00 All Body Pump ** £5.90 16+	19.05-20.05 All Social Badminton £5.00 14+	19.15-20.15 All Body Balance £5.90 16+	18.30-19.15 All Circuits £5.10 14+	19.15-20.00 All Circuits £5.10 14+	19.30-20.30 All Indoor Cycling £6.90 14+	20.15-21.00 All TRX £6.45 14+				
<b>Wed</b>	09.25-10.25 All Step Aerobics £5.60 14+	09.30-10.30 Int/Adv Pilates* £6.30 16+	09.30-10.15 All Indoor Cycling £6.60 14+	10.30-11.30 All Body Balance Excludes 24/10 £5.90 16+	10.30-11.30 Snr Senior Fit £4.75 Snr	10.30-11.30 All Deep Water Aqua Until 24/10 £5.60 14+	11.00-11.45 All Deep Water Aqua From 31/10 £5.10 14+	11.35-12.35 All Body Balance £5.90 16+	12.45-13.45 Int/Adv Pilates* £6.30 16+	18.00-19.00 All Health Tai Chi From 26/09 £6.30 16+	18.30-19.30 Int/Adv Pilates* £6.30 16+	18.30-19.15 All Kettlebells £6.45 16+	18.50-19.50 All Legs, Bums, Tums & Arms £5.60 14+	19.30-20.00 All CX WORX £5.25 16+	19.30-20.30 All Indoor Cycling £6.90 14+	20.00-21.00 All Body Balance £5.90 16+						
<b>Thu</b>	08.15-09.00 All Indoor Cycling £6.60 14+	09.15-10.00 All Indoor Cycling £6.60 14+	09.30-10.30 All Body Combat £5.90 14+	09.30-10.30 Int/Adv Pilates* £6.30 16+	10.00-11.30 All Improver Tennis £6.50 14+	10.30-11.30 All Yoga £6.30 16+	10.30-11.15 MEMS Womens Weights Session £6.45 16+	10.30-11.30 Int/Adv Swim Fit Excludes 01/11, 15/11 & 29/11 £5.60 10+	10.45-11.30 All TRX Until 25/10 £6.45 16+	10.40-11.25 All TRX From 01/11 £6.45 16+	12.00-13.00 All Body Balance £5.90 16+	18.15-19.15 All Body Balance £5.90 16+	18.30-19.30 All Ladies Squash Night £5.60 14+	18.30-19.15 All TRXFit £6.45 16+	19.10-20.10 All Social Badminton £5.00 14+	19.30-20.15 All Indoor Cycling £6.60 14+	19.30-20.30 All Dance Fusion £5.60 14+	19.30-20.30 Int/Adv Pilates* £6.30 16+	19.30-21.30 All Adult Squash Night £7.00 14+	19.35-20.35 All Boxercise £5.60 16+	18.30-19.15 MEMS Kettlebells £6.45 16+	19.45-20.30 All Aqua Aerobics £5.10 14+
<b>Fri</b>	09.15-10.00 All Indoor Cycling £6.60 14+	09.15-10.15 All Social Running £5.60 14+	09.30-10.00 MEMS Flex & Stretch NEW £6.30 16+	09.45-10.30 All Aqua Aerobics Excludes 9/11, 23/11, 07/12 £5.60 14+	09.25-10.25 All Dance Fusion £5.60 14+	10.00-11.30 All Racquets Session £6.50 14+	10.35-11.20 All Body Pump Express ** £5.40 16+	10.30-11.30 All Yoga £6.30 16+	12.00-13.00 Int/Adv Pilates* £6.30 16+	11.45-12.45 All Yoga £6.30 16+	13.15-14.15 Int/Adv Pilates* £6.30 16+	13.00-14.00 All Yoga £6.30 16+	18.15-19.15 All Body Combat Excludes 21/09 £5.90 14+	18.30-19.15 All Indoor Cycling Excludes 21/09 £6.60 14+	19.00-20.30 All Family Tennis Excludes 21/09 £6.50 14+	19.20-20.05 All Indoor Cycling Excludes 21/09 £6.60 14+						
<b>Sat</b>	09.00-10.00 All Indoor Cycling Excludes 22/09 £6.90 14+	09.00-10.00 All Body Pump ** Excludes 22/09 £5.90 16+	09.00-11.00 All Adult Squash Morning Excludes 22/09 £7.00 14+	10.15-11.15 All Power Yoga Excludes 22/09 £6.30 16+																		
<b>Sun</b>	09.00-09.45 All Indoor Cycling £6.60 14+	09.00-09.30 MEMS BoxFit NEW £14+	09.15-10.15 All Body Combat £5.90 14+	10.00-10.45 MEMS Womens Weights Session £6.45 16+	17.30-18.30 All Swim Fit £5.60 10+																	

\*For those new to Pilates a Beginners course will need to be attended before joining a class

\*\* An online Body Pump video is available for viewing giving tips & advice for those who are new to this class. A 1:2:1 clinic can also be arranged with an instructor prior to an initial class please contact Reception for more details

See our website for the regular and holiday timetables.  
Half Term Monday 22nd October - Sunday 28th October

## Adult Courses

<b>Tuesday</b> 10.35-11.35 Beginners Pilates 6 Weeks: 11/09 - 16/10 M:£36.00 NM:£48.00 16+	<b>Wednesday</b> 19.45-20.45 Beginners Pilates 6 Weeks: 12/09 - 17/10 M:£36.00 NM:£48.00 16+	<b>Wednesday</b> 10.35-11.35 Beginners Pilates 6 Weeks: 31/10 - 05/12 M:£36.00 NM:£48.00 16+
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Junior Key **0-5 yrs** **5+ yrs** **10+ yrs**

## Junior Classes

<b>Monday</b> 10.00-11.00 Mighty Minis Excludes 22/10 FM:FREE NM:£5.70 Walking-4	<b>Wednesday</b> 10.30-11.30 Parent & Baby Drop In Swim Until 24/10 FM:FREE NM:£5.70 3mths-2	<b>Wednesday</b> 11.00-11.30 Parent & Baby Drop In Swim From 31/10 FM:FREE NM:£4.50 3mths-2	<b>Wednesday</b> 12.00-12.45 Mini Gym Excludes 24/10 FM:FREE NM:£5.10 3-5	<b>Wednesday</b> 13.00-13.45 Mini Gym Excludes 24/10 FM:FREE NM:£5.10 3-5	<b>Friday</b> 13.15-14.00 Bouncy Tots Excludes 26/10 FM:FREE NM:£5.10 3-5		
<b>Wednesday</b> 16.15-16.45 FUNDamentals Squash Beginners Excludes 24/10 FM:FREE NM:£4.50 5+	<b>Wednesday</b> 16.45-17.30 FUNDamentals Squash 5-8 Excludes 24/10 FM:FREE NM:£5.10 5+	<b>Wednesday</b> 17.30-18.15 FUNDamentals Squash 8+ Excludes 24/10 FM:FREE NM:£5.10 8+	<b>Thursday</b> 18.00 - 19.00 Football Excludes 25/10 FM:FREE NM:£5.70 8+	<b>Friday</b> 17.00-17.45 FUNDamentals Squash 5-8 Excludes 21/09 FM:FREE NM:£5.10 5-8	<b>Friday</b> 17.45-18.30 FUNDamentals Squash 8+ Excludes 21/09 FM:FREE NM:£5.10 8+	<b>Friday</b> 18.00-19.00 Junior Tennis 7/8 Excludes 21/09 FM:FREE NM:£5.70 10+	<b>Friday</b> 18.45-20.15 Junior squash Night FM:£3.70 NM:£7.35 10+
<b>Sunday</b> 09.00-09.45 Junior Tennis 1 FM:FREE NM:£5.10 5+	<b>Sunday</b> 09.50-10.35 Junior Tennis 2 FM:FREE NM:£5.10 5+	<b>Sunday</b> 10.45-11.30 Junior Tennis 3 FM:FREE NM:£5.10 5+	<b>Sunday</b> 10.45-11.30 Junior Tennis 4 FM:FREE NM:£5.10 5+	<b>Sunday</b> 11.35-12.20 Junior Tennis 5 FM:FREE NM:£5.10 5+	<b>Sunday</b> 11.35-12.20 Junior Tennis 6 FM:FREE NM:£5.10 5+		
<b>Monday</b> 16.30-17.15 Junior Fit Club FM:FREE NM:£5.10 10-15	<b>Monday</b> 17.15-18.00 Junior Fit Club FM:FREE NM:£5.10 10-15	<b>Wednesday</b> 17.00-17.45 Junior Circuits FM:FREE NM:£5.10 10-15	<b>Thursday</b> 16.15-17.00 Junior Fit Club FM:FREE NM:£5.10 10-15	<b>Saturday</b> 17.00-18.00 Junior Fit Club Excludes 22/09 FM:FREE NM:£5.70 10-15			
<b>Saturday</b> 16.00-17.00 Fun Splash Members ONLY Guest Adult £4.30 Child £2.15 All	<b>Sunday</b> 16.00-17.00 Fun Splash Members ONLY Guest Adult £4.30 Child £2.15 All	<b>Sunday</b> 10.30-11.15 Fun Splash Members ONLY Guest Adult £4.30 Child £2.15 All	<b>Sunday</b> 11.30-12.15 Fun Splash Members ONLY Guest Adult £4.30 Child £2.15 All				

## Junior Courses

<b>Monday</b> 13.00-13.45 Gym Babes 14 Weeks: 03/09 - 10/12 Excludes 22/10 FM:£57.40 NM:£71.40 3-5	<b>Tuesday</b> 16.15 - 17.00 Trampoline 14 Weeks: 04/09 - 11/12 Excludes 23/10 FM:£57.40 NM:£71.40 5+	<b>Tuesday</b> 17.00 - 17.45 Trampoline 14 Weeks: 04/09 - 11/12 Excludes 23/10 FM:£57.40 NM:£71.40 5+	<b>Tuesday</b> 17.45 - 18.30 Trampoline 14 Weeks: 04/09 - 11/12 Excludes 23/10 FM:£57.40 NM:£71.40 5+	<b>Wednesday</b> 16.30-17.30 Gymnastics 14 Weeks: 05/09 - 12/12 Excludes 24/10 FM:£65.80 NM:£79.80 5+	<b>Wednesday</b> 17.30 - 18.30 Gymnastics 14 Weeks: 05/09 - 12/12 Excludes 24/10 FM:£65.80 NM:£79.80 8+
<b>Thursday</b> 15.45 - 16.45 Gymnastics 14 Weeks: 06/09 - 13/12 Excludes 25/10 FM:£65.80 NM:£79.80 5+	<b>Thursday</b> 16.45 - 17.45 Gymnastics 14 Weeks: 06/09 - 13/12 Excludes 25/10 FM:£65.80 NM:£79.80 8+	<b>Saturday</b> 9.30 - 10.30 Tennis 13 Weeks: 08/09 - 15/12 Excludes 22/09 & 27/10 FM:£61.10 NM:£74.10 5-6	<b>Saturday</b> 10.30-11.30 Tennis 13 Weeks: 08/09 - 15/12 Excludes 22/09 & 27/10 FM:£61.10 NM:£74.10 7-8	<b>Saturday</b> 11.30-12.30 Tennis 13 Weeks: 08/09 - 15/12 Excludes 22/09 & 27/10 FM:£61.10 NM:£74.10 9+	

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