

North Solihull Sports Centre

Open Day Timetable - Saturday 22nd September

Time	Swimming Pool		Spin Studio	Gym	Sports Hall		Studio	Oceans of Fun Event	Time	
08:30		Swimming Lessons							08:30	
09:00									09:00	
09:30							Body Combat		09:30	
10:00									10:00	
10:30	FREE Family Swimming				Gym Challenges		Body Pump		10:30	
11:00		RPM						11:00		
11:30								11:30		
12:00								12:00		
12:30								Registration	12:30	
13:00						Gymnastics Taster	Football Taster	Grant Turner Presentation	13:00	
13:30								Children Change	13:30	
14:00						Zorbing (under 10's)		Pool Activities, 'Race an Olympian' and Medal Presentation	14:00	
14:30						Zorbing (over 10's)			14:30	
15:00						Sports Day	Fit For Sport			15:00
15:30	FREE Family Swimming					Battle Archery				
16:00						Goggle Football				16:00
16:30									16:30	
17:00									17:00	