



CRANLEIGH
GOLF & COUNTRY CLUB

JUNIOR PROGRAMME

SPRING
2019



Classes
(Acro Dance,
and Yoga)
are **FREE** for
Junior Members.

 swim safe



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10:00						Fish Stage 4	Children 1-1
10:30						Duck Stage 1	Children 1-1
11:00				Adult & Toddler		Frog Stage 2	Frog Stage 2
11:30	Adult Swim Fit	Adult & Toddler		Adult & Baby	Adult & Toddler	Adult & Toddler	Starfish Stage 3
12:00	Adult Swim Fit	Adult & Baby		Duck Stage 1	Adult & Toddler	Duck Stage 1	Penguin Stage 5
12:30	Adult Swim Fit	Young Ducks	Adult Swim Fit	Children 1-1	Children 1-1	Children 2-1	Children 1-1
13:00	Adult Swim Fit		Adult Swim Fit	Adult & Toddler	Adult & Toddler	Children 1-1	Children 1-1
14:00	Young Ducks	Young Ducks	Adult Swim Fit	Young Ducks	Adult Swim Fit	Children 1-1	Children 1-1
14:30	Children 2-1	Children 1-1	Adult Swim Fit	Children 1-1	Children 2-1	Children 1-1	Children 1-1
15:00	Children 2-1	Duck Stage 1	Children 1-1	Duck Stage 1	Children 2-1	Children 1-1	Children 1-1
15:30	Starfish Stage 3	Frog Stage 2	Frog Stage 2	Frog Stage 2	Duck Stage 1	Frog Stage 2	Frog Stage 2
16:00	Frog Stage 2	Duck Stage 1	Fish Stage 4	Duck Stage 1	Penguin Stage 5	Starfish Stage 3	
16:30	Starfish Stage 3	Starfish Stage 3	Fish Stage 4	Fish Stage 4	Frog Stage 2	Starfish Stage 3	
17:00	Fish Stage 4	Fish Stage 4	Penguin Stage 5	Starfish Stage 3	Fish Stage 4	Penguin Stage 5	
17:30	Penguin Stage 5	Whale Stage 7	Children 1-1	Children 1-1	Children 1-1	Children 1-1	

Please contact Swim Safe to book
 1:1 or 1:2 swimming lessons.
swimsafeschool@btinternet.com
 07539 952135

Activities

TEEN GYM

MON, TUES, WEDS & THUR

16:00 - 17:30

12 - 15 YEARS

FRI

16:00 - 17:30

ACCOMPANIED BY AN ADULT

SAT

11:00 - 12:00

12 - 15 YEARS

SUN

15:00 - 17:00

ACCOMPANIED BY AN ADULT

STUDIO CYCLING

MON, TUES, WED, THURS, FRI

16:45 - 17:20

17:45 - 18:20

SAT AND SUN - FAMILY TOUR

11:00 - 11:35

15:00 - 15:35

17:15 - 18:15

DANCE*

FRI - ACRO DANCE

16:30 - 17:30

5+ YEARS

JUNIOR YOGA*

WED

16:30 - 17.15

5+ YEARS

Term Dates Junior Yoga

Wed Yoga

9th Jan - Wed 3rd Apr
(no class 20th Feb)

Fri Acro Dance

Fri 11th Jan - Fri 5th Apr
(no class 22nd Feb)

Junior members are free.
Non-members can book via
reception or by calling
01483 268855

***ALL CLASSES TO BE BOOKED IN ADVANCE VIA RECEPTION**

GOLF

Charlie runs the Junior Golf Academy with a variety of lessons available throughout the week and school holidays.

Please contact Charlie
pro@cranleighcountryclub.co.uk
for more details.

TENNIS

Group Tennis lessons are available on a Monday, Tuesday, Wednesday and Saturday.
Please contact
Ollie Kirk
07801 257123
or email
tennis@cranleighcountryclub.co.uk
for more details.

PARTIES

We run Birthday Parties with Synergy Dance.
Please contact
childrensmanager@cranleighcountryclub.co.uk
for more details