

MEMBERS PROGRAMME

Friday 17th October - Sunday 26th October 2025

MEMBERSHIP ELIGIBILITY	ACTIVITY	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 17 th / 24 th	Saturday 18 th / 25 th	Sunday 19 th / 26 th
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	SWIM <i>(Lane Swimming)</i> (Age 16yrs+)	07:30 – 08:30	07:30 – 08:30	12:30 -13:30	07:30-08:30	07:30-08:30	08:00 – 08:45	08:00 – 08:45
		18:30 – 19:30	17:30-18:30	18:00 – 19:30	17:30-18:30			13:30 – 14:30
	FAMILY FUN SWIM	12.30 – 13.30	12.30 – 13.30				13.30 – 15.30	15:00 – 16:00
Silver (incl) Gold (incl) Sennockian (incl)	FITNESS SUITE	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	08:00 - 17:45	08:00 - 17:45
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	STUDIO CLASSES (Age 16yrs+)	Bootcamp 07:30 – 08:15	Boxercise 07:30 – 08:15	Sweat & Shape 07:30 – 08:15	HIIT 07:30 – 08:15	LBT 07:30 – 08:15	Bootcamp 08:30 – 09:15	Boxercise 09:30 – 10:15
		Hybrid Training 18:45 – 19:30	Circuits 18:45 – 19:30		Kickboxing 19:15 – 20:00	Beginners Lifting 18:45 – 19:30		
Silver (PAYG) Gold (incl) Sennockian (incl)	OUTDOOR TENNIS COURTS	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00
	BADMINTON COURTS						09:30-12:30	09:30-10:30
	SQUASH COURTS	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00

EXCEPTIONS AND NOTICES

NETWORK OUTAGES DURING HALF TERM SO ESSENTIAL TO PRE BOOK CLASS/SWIM/COURTS
 POOL CLOSED: Wednesday 29th October / Female Pool Change closed until 4pm on 30th October
 INDOOR TENNIS HALL CLOSED: 17th October – 2nd November
Check Sportskey for latest updates on pool / class / court bookings

SIGN UP FOR MEMBERSHIP

To access the Fitness Suite, book classes / swim sessions / courts, sign up to our new members platform here :
<https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships> or scan QR code

* Membership Eligibility – refer to your SportsKey account for PAYG Swim / Class / Court fees



MEMBERS PROGRAMME

Monday 27th October - Sunday 2nd November 2025

MEMBERSHIP ELIGIBILITY *	ACTIVITY	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st	Saturday 1 st	Sunday 2 nd
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	SWIM <i>(Lane Swimming)</i> (Age 16yrs+)	07:30 – 08:30	07:30 – 08:30	Pool closed	07:30-08:30 (limited female change)	07:30-08:30	08:00 – 08:45	08:00 – 08:45
		18:30 – 19:30		Pool closed		12:30-13:30		13:30 – 14:30
	FAMILY FUN SWIM	12.30 – 13.30	12.30 – 13.30	Pool closed				15:00 – 16:00
Silver (incl) Gold (incl) Sennockian (incl)	FITNESS SUITE	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	08:00 - 17:45	08:00 - 17:45
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	STUDIO CLASSES (Age 16yrs+)	Bootcamp 07:30 – 08:15	Boxercise 07:30 – 08:15	Sweat & Shape 07:30 – 08:15	HIIT 07:30 – 08:15	LBT 07:30 – 08:15	Bootcamp 08:30 – 09:15	Boxercise 09:30 – 10:15
		Hybrid Training 18:45 – 19:30	Circuits 18:45 – 19:30		Kickboxing 19:15 – 20:00	Beginners Lifting 18:45 – 19:30		
Silver (PAYG) Gold (incl) Sennockian (incl)	OUTDOOR TENNIS COURTS	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00
	BADMINTON COURTS	16:30-17:30	16:30-17:30	16:30-17:30	16:30-17:30	16:30-17:30	09:30-12:30	09:30-10:30
	SQUASH COURTS	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00

EXCEPTIONS AND NOTICES	NETWORK OUTAGES DURING HALF TERM SO ESSENTIAL TO PRE BOOK CLASS/SWIM/COURTS POOL CLOSED: Wednesday 29th October / Female Pool Change closed until 16:00 on 30th October INDOOR TENNIS HALL CLOSED: 17th October – 2nd November <i>Check Sportskey for latest updates on pool / class / court bookings</i>
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