

# WEST MAINLAND LEISURE CENTRE

## Junior & Adult Activity Guide

# Easter 2019

Saturday 30th March — Sunday 14th April inc.




ACTIVITY	AGE /CLASS	PRICE	DESCRIPTION
Easter Sunday Dive	All ages	Public Swim Price	Whilst in for a swim collect a ring from the bottom of the pool to be in with a chance of winning an Easter Egg! Just pay for a swim as normal. *Pool admission rules apply.
Climbing Tasters	All ages	£8.35 £5.20	Come and have a go on our climbing wall and learn the basic skills
Bounce Mania	All ages	£3.90 Per child	Bouncy Castle, soft play, and more! Children aged under 6 years must be accompanied by an adult & children under 1 years go free.
3 Hours of Fun	P 2 +	£7.00	A busy three hour sessions will keep your child amused. Bouncy Castle, a quick lunch break in our Community Room & games followed by fun in the Pool. Bring swimming kit & a packed lunch!
Pool Inflatable	All ages	£3.10*	See if you can get to the end of our Shiver Me Timbers pool inflatable without falling off! *Pool admission rules apply
Parent & Child	Pre-School & Primary	£2.95 Per Adult & 1 child	Take your child to soft play, swimming pool or both for only £2.95 plus £1 for every extra child or adult attending. Great social session & good for burning off some energy.
Roller Rampage	All ages	£2.60	Bring your own scooter, bike, roller-skates to this fun session. Its all about navigating the course & maintaining balance whist on wheels.
Football Camp	All ages	£2.60	Football fun through various drills and games.
Floats & Flippers	All ages	£3.10*	Enjoy a session in the pool with our big floats, pool toys, flippers & maybe experience the water cannons! *Pool admission rules apply
1 to 1 Swim Lessons	3+ years	£16.60 30 min	1 to 1 swimming lessons can help boost confidence in the water or simply improve swim strokes. Please ask at reception for full range of times as there may be more times available.
Aqua Circuits	Secondary 4 +	£4.70	Water based workouts are suitable for all, with a variety of aerobic & toning stations that work the entire body.
50 +	50+ years	£3.75	Exclusive use of the Pool, Health Suite & Fitness Suite facilities.
Yoga	Secondary 4+	£7.05	Practise postures & sequences to increase strength & flexibility. All ages & abilities welcome.
Adults Evening	Secondary 4 +	£5.15	Exclusive use of Fitness Suite from 1800, Pool & Health Suite from 1900 & a choice of Racket Sports in the Hall from 1930.
Spinning	Secondary 4 +	£4.70	Excellent all round class for all ages where you can push it as hard as you like on the spinning bikes.
Circuits	Secondary 4+	£4.70	A total body workout, compromising simple but effective exercises to tone & strengthen the body.
Gamefit	Secondary 4+	£3.60	A 20 minute workout that will work you to the max, with 10 minute recovery stretches. Our fun yet challenging class will leave you feeling accomplished.





# WMLC ACTIVITY TIMETABLE



SATURDAY 30th	SUNDAY 31st	MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
Centre Swim Classes 1215 - 1415  	Easter Dive 1100 - 1600  Climbing Tasters 1200 - 1530	Bounce Mania 1500 - 1630  1 to 1 Swim 1900 - 1930  Aqua Circuits 1930 - 2015	50+ 1100 - 1300  3 Hours of Fun 1400 - 1700  Climbing Tasters 1700 - 2030	Pool Inflatable 1500 - 1600  Yoga 1900 - 2030  1 to 1 Swim 1630 - 1730	Parent & Child 1000 - 1200  Roller Rampage 1500 - 1600  Adults Evening 1800 - 2100  Yoga 1330-1500 1730 - 1900	50+ 1100 - 1300  Football Camp 1400 - 1500  
SATURDAY 6th	SUNDAY 7th	MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
1 to 1 Swim 1200 - 1330  Floats & Flippers 1500 - 1600	Easter Dive 1100 - 1600  Climbing Tasters 1200 - 1530  	Bounce Mania 1500 - 1630  Gamefit 1815 - 1845  1 to 1 Swim 1900 - 1930  Aqua Circuits 1930 - 2015	50+ 1100 - 1300  3 Hours of Fun 1400 - 1700  Climbing Tasters 1700 - 2030	Pool Inflatable 1500 - 1600  Circuits 1815 - 1900  Yoga 1900 - 2030  1 to 1 Swim 1630 - 1730	Parent & Child 1000 - 1200  Roller Rampage 1500 - 1600  Adults Evening 1800 - 2100  Yoga 1330-1500 1730-1900	Spin & Tone 0915 - 1000  50+ 1100 - 1300  Fun & Games 1400 - 1500
SATURDAY 13th	SUNDAY 14th	MONDAY 15th		Junior —PURPLE    Adult—GREEN    Mixed—RED  <ul style="list-style-type: none"> <li>Activity description is on the back of the flyer.</li> <li>All classes have maximum numbers so its best to book to reserve a place.</li> <li>Please refer to our Timetable for opening times.</li> </ul> <b>Call 01595 807713 to book or for more details.</b>		
1 to 1 Swim 1200 - 1330  Floats & Flippers 1500 - 1600	Easter Dive 1100 - 1600  Climbing Tasters 1200 - 1530	Back to school  New Adult & Junior activities begin.  Watch for separate flyer.				