

**We also offer a fantastic range of First Aid courses**

Need to run a first aid course? Why not hire one of our highly experienced first aid instructors to teach one of our three essential courses?

All courses are exclusive to your booking and come with lunch provided. Phone reception for prices.

**Emergency First Aid at Work**

This one day course teaches the essential basics of first aid. These skills are vital and can make a real difference in a life and death situation.



**First Aid at Work**

This is a three day course that more in depth than the Emergency First Aid at Work course. It gives a more detailed look at life saving skills and general first aid.

**Defibrillator Training**

In the event of cardiac arrest quick access to a defibrillator hugely increases the chance of survival. In this one day course we will teach you when to use one and how to use with CPR.



# Meeting Room

## North Mainland Leisure Centre



With our flexible range of packages we can offer something for everyone!

### **Bronze**

**£8.55 per hour**

This is our basic package, perfect for short meetings. This package offers tables and chairs set up in any of the shown fashions and has no minimum time requirement. Tea, coffee and snacks are available for purchase at reception.



### **Silver**

**£20.00 per hour**

This Package is similar to our bronze option. This option adds unlimited teas and coffee served in the room. This can be set up in any of the shown fashions and has non minimum time requirement. This option is perfect for slightly longer meetings or courses.



### **Gold**

**£25.00 per hour**

The gold package builds on the silver and is designed for those morning meetings everyone loves. As well as unlimited tea and coffee in the room this package also includes a mid morning bacon roll. This option has a minimum booking time of 4 hours.



### **Platinum**

**£35.00 per hour**

This is our premium package, designed for those all day meetings and courses. It includes everything from the gold package as well as a lunch of soup and sandwiches.

This option has a minimum booking time of 6 hours.