

LANCASTER WEST IDEAS DAY

Saturday 27th January 2018
Kensington Leisure Centre
11am to 4pm

Come & be involved! There will be lots of free activities for Lancaster West residents on the day. There's no need to book - just come along!

TIME	ACTIVITY	AGE	PRICE	LOCATION
11am - 1pm	Table Tennis	ALL	FREE	Sports Hall
11am - 1pm	Swimming*	ALL	FREE	All pools
11am - 2pm	Spa Experience Chair Massage	16+	FREE	Reception
11am - 4pm	10% discount on all cafe items	ALL	-	Cafe
11am - 4pm	30% discount on spa products & spa gift cards	16+	-	Spa
11am - 4pm	Cardiowall games	ALL	FREE	1st Floor
11am - 12pm	Boxing Coaching (with Dean Richardson)	ALL	FREE	Sports Hall
12pm - 1pm	Boxing Coaching (with Dean Richardson)	ALL	FREE	Sports Hall
12pm - 2pm	Junior Gym**	11-15	FREE	Gym
12pm - 2pm	Gym**	16+	FREE	Gym
1pm - 3.30pm	Swimming*	ALL	FREE	All pools
1pm - 4pm	Basketball	ALL	FREE	Sports Hall
1pm - 4pm	Badminton	ALL	FREE	Sports Hall
2.30pm - 3pm	Extreme Interval Fitness***	16+	FREE	Studio 1
3pm - 3.30pm	Core Stability***	16+	FREE	Studio 1

*Under 8's and non swimmers must be accompanied in the water by an adult. One adult can supervise maximum of 2 under 8's or non swimmers.

**Gym requires health check and induction with fitness instructor to be completed first, and juniors will require signed parental consent on the day.

***Classes have set capacities so spaces available on a first come first served basis.