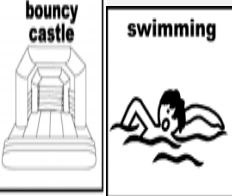





KIRKSTALL LEISURE CENTRE

SPRING BANK HOLIDAY PROGRAMME

26TH MAY – 1ST JUNE 2008



SYMBOL	ACTIVITY	DAY AND TIME	DESCRIPTION	PRICE
	Parents 'n' Tots Fun time	Wednesday 10.00 – 12.00	This is an extremely popular Parents 'n' tot's fun time with our session leader Sharon. Start in the pool where toys and floats will be used to get your child enjoying a pool based experience. From here it's into the activity room for more fun and games on the inflatable ball pool Booking Essential	£5.20 L/C £4.70 LC/X £4.50
	Learn to Swim	Tues – Fri 15.30 – 16.00	For children who have already started school and have received some basic instruction before. The class will concentrate on developing water skills, confidence and introducing basic stroke techniques. <i>Age 5 – 8</i> Booking Essential	£18.30 L/C £16.20 LC/X £15.20
	Water Confidence	Tues – Fri 16:00 – 16.30	For complete beginners. Water safety, play and rules of the swimming pool environment. The children will be introduced to a series of games and fun activities aimed at developing water skills and confidence <i>Age 3 – 5</i> Booking Essential	£18.30 L/C £16.20 LC/X £15.20
	Go Carting	Wed 13.15 – 14.15 14:15 – 15:15 15:15 – 16:15	The U.K'S newest and most exciting children's activity. Watch the children's eyes light up with their first ever real driving experience. The karts travel between 1 + 6 mph inside an inflatable track. Totally SAFE! Totally FUN! Book able in 1 Hr sessions <i>Age 4 – 9</i> Booking Essential	£4.20
	Cheerleading.	Wed 14.00 – 15.00	You've seen the film, now it's your chance to be a U.S.A CHEERLEADER. Come along for a taster session with our U.S.A trained Cheerleading staff. All levels of dance /Gym/ cheerleaders welcome, no experience needed. For boys and girls. (Trainers, track pants /shorts, t-shirts must be worn. Soft drink required). <i>Age 5 - 10</i> Booking Essential	£3.00 L/C £2.50

<p>art and craft</p> 	<p>Mess – A - Mania</p>	<p>Tues Thurs</p> <p>10:00 – 12:00 10:00 – 12:00</p>	<p>Paints and mess galore, bring your children along to create a master piece without ruining your best carpet or table cloths. You supply an old t-shirt, we provide the fun. Age 4 – 8 Booking Essential</p>	<p>£3.00 L/C£2.50</p>
<p>dance</p> 	<p>Dance Mat Diva</p>	<p>Tuesday Tuesday Wednesday Thursday Thursday</p> <p>16:00 – 16:45 17:00 – 17:45 16:00 – 16:45 16:00 – 16:45 17:00 – 17:45</p>	<p>Join in the latest FUN and FUNKY craze. Dance the time away on our fantastic NEW DANCE MATS. For complete beginners through to professionals, simply step yourself into fun and fitness with our easy to use equipment. JOIN THE DANCE MAT REVOLUTION NOW! Bookable in 45 min sessions Age 7 + Booking Essential</p>	<p>SPECIAL PRICE £1.50</p>
<p>swimming</p> 	<p>Pool Beach Party</p>	<p>Weekdays</p> <p>14.30 – 15.30</p>	<p>A chance for all the family to get together and spend time splashing and swimming around with the pool toys listening to music. Don't forget to bring your inflatable toy with you. No Booking Required</p>	<p>Adult £3.00 Kids £1.60</p>
<p>dance</p> 	<p>Roller Disco</p>	<p>Tuesday</p> <p>15.15 – 16.15</p>	<p>Blades, Boards, Skates or Scooters. Anything goes at our Roller Disco. Enjoy our very cool disco lights to the sounds of top tunes and you know you'll enjoy yourself. Don't worry however if you don't have your own kit 'cos we have loads of pairs of blades so you can enjoy the party too. Age 7 - 12 Booking Essential</p>	<p>2.20 L/C £1.80</p>
<p>sport</p> 	<p>Fantastic Fun day</p>	<p>Friday</p> <p>10:00 – 16:00</p>	<p>Take part in our action packed multi-activity day of fun and laughter. Join our energetic and lively hosts as they take you through a day of games and sports. The day ends with a fun-packed pool session. Please note swimwear and towel will be needed plus a packed lunch and drink. For children aged 8+. Booking Essential</p>	<p>£9.50 LC £9.00 LCX £8.50</p>

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN POOL	09.00 - 14.00* 16.00 - 19.00*	07.30 - 08.30 09.00 - 14.00 16.00 - 19.00	07.30 - 08.30 09.00 - 14.00 17.00 - 19.00	07.30 - 08.30 09.00 - 14.00 16.00 - 19.00	07.30 - 08.30 09.00 - 14.00 16.00 - 19.00*	09.30 - 15.45	09.00 - 17.00*
SMALL POOL	10.30 - 14.00* 14.30 - 15.30* 16.30 - 18.00*	10.30 - 14.00 14.30 - 15.30 16.30 - 18.00	10.45 - 14.00 14.30 - 15.30 17.00 - 18.00	10.30 - 14.00 14.30 - 15.30 16.30 - 18.00	10.30 - 14.00 14.30 - 15.30 16.30 - 18.00*	09:30 - 15.45	09.00 - 17.00*
FUN SESSION	14.30 - 15.30*	14.30 - 15.30	14.30 - 15.30	14.30 - 15.30	14.30 - 15.30		
ADULT ONLY	20.15 - 22.00*	20.00 - 22.00	21.00 - 22.00	21.00 - 22.00			
AQUA AEROBICS	19.30 - 20.15*		20:30 - 21:00				
LADIES ONLY SWIM				20.00 - 21.00			
CITY OF LEEDS CLUB		19.00 - 20.00	19.00 - 20.30	19.00 - 20.00			17:00 - 19:30
ADULT SWIMMING LESSON	19.00 - 19.30*						
FAMILY SWIMMING					20:00 - 21:00		
LEEDS ASTHMA CLUB					19:00 - 20:00		

PLEASE NOTE KIRKSTALL L.C. WILL BE OPEN B.H MONDAY 26TH MAY 10:00 - 7:00

Children under eight years of age must be accompanied in the water at all times by a responsible adult. 16 Yrs +

One adult can supervise a maximum of two children under the age of eight.

Lockers are provided in the changing areas and require a one pound coin in order to operate these (refundable)

A lane for swimmers is not available during the fun sessions.