






# Armley Sport & Leisure Centre

## Spring Bank holiday programme, Monday 26<sup>th</sup> May – Sunday 1<sup>st</sup> June 2008

ACTIVITY	DAY & TIME	DESCRIPTION	PRICE
<b>Tadpoles</b> 	<b>Monday - Friday</b> <b>16.00 – 16.30</b>	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 good stroke techniques. <b>Age 5 upwards</b>	<b>£23.00</b> <b>L/C £20.50</b>
<b>Tiddlers</b> 	<b>Monday - Friday</b> <b>16.30 – 17.00</b>	For complete beginners. Emphasis will be placed on water confidence, water safety, play and rules of the swimming pool environment. The children will be introduced to the three main strokes. It's advisable for the child to have attended a swimming session prior to enrolling in this class. <b>Age 4+</b>	<b>£23.00</b> <b>L/C £20.50</b>
<b>Fun Session</b> 	<b>Monday - Friday 14.15 – 15.45</b> <b>Saturday 10.15 – 11.45</b>	Will it be the Aquarun or the slide? Only one way to find out – come and see. Open to all ages, must be able to swim 50 meters unaided to go on the inflatable. <b>(Under 8's must be accompanied by an adult).</b>	<b>Prices available at Reception</b>
<b>Junior Bodyline</b> 	<b>Monday – Friday 11.00 – 16.00</b>	Come along and train in the gym with all the latest equipment. Improve your fitness with one of our qualified instructors. <b>Age 12 – 15 years</b>	<b>£1.80</b> <b>Breeze £1.50</b>
<b>Striker 9 workshop</b> 	<b>Friday 13.30 – 15.00</b>	Shoot, Turn, Running, In & out dribbling, Keep ups / control, 'Ed the ball, Right & left foot passing. <b>Ages 6 – 11</b>	<b>£3.80</b> <b>L/C £3.30</b>

### Swimming pool programme

ACTIVITY	Adults only	General Swimming Lane swim *	Learn to Swim Top up lessons**	Private bookings	Fun session	Ladies only	Training scheme	Disability	Aquafit
<b>DAY</b>									
<b>Monday</b>	CLOSED								
<b>Tuesday</b>	8.30-9.30 21.00-22.00	9.30-10.30* 11.30 – 14.00* 17.00-19.00*	9.30 – 10.30** 16.00-17.00pm		14.15 – 15.45	20.00-21.00		19.00-20.00	10.30 – 11.15
<b>Wednesday</b>	7.30-9.30 21.00-22.00	9.30-14.00* 17.00-19.00*	9.30 – 10.30** 16.00-17.00		14.15 – 15.45	20.00-21.00	19.00-20.00		
<b>Thursday</b>	8.30-9.30 20.30-21.30	9.30-14.00* 17.00-18.30*	9.30 – 10.30** 16.00-17.00	19.30 – 20.30	14.15 – 15.45		18.30-19.30		
<b>Friday</b>	7.30-9.30 20.00-21.00	9.30-14.00* 17.00-18.30*	9.30 – 10.30** 16.00-17.00pm (booking essential)		14.15 – 15.45		18.30-20.00		
<b>Saturday</b>		9.00 – 10.00 12.00 – 15.45 18.00 – 19.00 (family swim)		16.00-17.00 19.00-20.00	10.15 – 11.45				
<b>Sunday</b>	20.00-21.00	9.00-16.00* 19.00-20.00*					16.00-19.00		

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