






Garforth Squash & Leisure Centre Summer Half Term Holiday Programme Information 26/5/08 – 30/5/08

Activity	Symbol	Duration	Description	Price
Bank Holiday Monday 26/5/08		All Day and Evening	Sorry the Centre is closed today but we are open as normal from tomorrow onwards.	
Bouncy Castle Tuesday 27/5/08		10am Until 11am	Tire the little ones out as they bounce around to their hearts content to top tunes. Ages 3-7yrs Booking Essential Parents of children under 8 must stay in the building	£2.90 Std £2.50 with a Breeze card
Sports Afternoon Wednesday 28/5/08		1.30pm Until 3pm	An afternoon of sports from football & cricket, to space hopper races. Come along and enjoy the fun. Ages 5yrs + Booking Essential Parents of children under 8 must stay in the building	£2.90 Std £2.50 with a Breeze card
Kraft Workshop Thursday 29/5/08		1.30pm Until 3pm	MODEL MAKING Make anything you like out of our special air hardening clay and enjoy making lots of mess! Ages 5yrs + Booking Essential Parents of children under 8 must stay in the building	£2.90 Std £2.50 with a Breeze card
Football Skills Friday 30/5/08		10.30am Until 12pm	See who has the skills in our Football morning. Practice your shooting and passing or Just play lots of games. Ages 5yrs + Booking Essential Parents of children under 8 must stay in the building	£2.90 Std £2.50 with a Breeze card

Garforth Squash & Leisure Centre
Ninelands Lane
Garforth
LS251NX
0113 286 0225

ALSO AT GARFORTH SQUASH & LEISURE CENTRE

FITNESS CLASSES

MONDAY					
10.00-12.00	Sport Active	Martin	*		SPORTS HALL
13.00-14.30	Pilates	Pat	*		STUDIO
18.00-18.45	Cardio Tone	Sara	**		STUDIO
19.00-20.00	Circuit	Sara	**		SPORTS HALL
20.00-21.00	Kick Fit	Maxine	**		STUDIO
TUESDAY					
12.30-14.00	Line Dancing	Molly	*		STUDIO
4.00-4.45	Multi Skills NEW	Martin	*	8-11Yrs	STUDIO
5.00-5.45	Fat Burner NEW	Martin	*		STUDIO
WEDNESDAY					
17.45-18.30	Tone Zone	Leann	*		STUDIO
18.30-19.30	Pilates (Beginners)	Leann	*		STUDIO
19.00-20.00	Circuit	Paul/Sara	**		SPORTS HALL
19.30-20.30	Pilates (Intermediate)	Leann	*		STUDIO
THURSDAY					
10.00-11.30	Active life	Martin	*		SPORTS HALL
4.30- 5.30	Children`s Dance NEW	Victoria	*	4-9Yrs	STUDIO
18.00-20.00	Aikido (Juniors)	Rob	*	6+ Yrs	STUDIO
20.00-21.30	Aikido (Seniors)	Rob	*		STUDIO
FRIDAY					
09.00-10.00	Pilates	Martin	*		SQUASH COURT 1
10.00-11.00	Pilates	Martin	**		SQUASH COURT 1
18.30-19.15	Step NEW	Claire	**		STUDIO
SATURDAY					
10.00-11.00	Tone Zone	Sara	*		STUDIO
10.00-11.00	Children`s Dance Class	Victoria	*	4 – 9 Yrs	ACTIVITY TWO
11.00-12.00	Children`s Dance Class	Victoria	*	10 –16	STUDIO
SUNDAY					

GARFORTH SQUASH & LEISURE CENTRE

Fitness Programme Tel: 0113-2860225 Your Managers are: Alison & Tammy

CLASS DESCRIPTIONS

HI LOW TO GO An aerobics class with some dance moves and toning.

STEP An exercise class with choreography, based on/off a step with toning elements.

CIRCUIT TRAINING An exercise circuit with a mixture of aerobic & toning exercises using weights.

BODY BLITZ/TONE ZONE A lively hour of cardiovascular work & toning exercise aimed at increasing fitness.

KICKFIT An all over body workout, combining basic aerobics, with boxing combinations set to music.

SPORT ACTIVE /ACTIVE LIFE A range of sporting activities to suit all ages and fitness levels.

FAT BURNER/CARDIO TONE A combination of aerobic conditioning work, working all the body with the hand weights, to achieve the optimum fat burner.

PILATES All over body conditioning work with Pilates principles. Ideal for improving core stability, posture and strength in the lower back.

MULTISKILLS Teaches children 8-11years the balance, stability, agility, speed and co-ordination skills they need to take part in sports such as Football, Basket Ball, Rugby and Cricket.

CHILDREN'S DANCE CLASS Free Style, Street Dance, Salsa, Rock & Roll, Ballroom & Latin.

BODYLINE GYM

	MON	TUES	WED	THUR	FRI	SAT	SUN
Opening Times	7.00am to 9.30pm	9.00am To 9.30pm	7.00am To 9.30pm	9.00am To 9.30pm	7.00am To 9.30pm	9.00am To 6.00pm	9.00am To 6.00pm
Off Peak	7.00am to 4.00pm	9.00am to 4.00pm	7.00am to 4.00pm	9.00am to 4.00pm	7.00am to 4.00pm	All Day	All Day
*Junior 12-16yrs Term time	2.30pm to 4.30pm	2.30pm to 4.30pm	2.30pm to 4.30pm	2.30pm to 4.30pm	2.30pm to 4.30pm	12.00am to 2.30pm	12.00am to 2.30pm
*Junior 12-16yrs Holiday Period	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm	10.00am to 4.00pm

COMING SOON "YOGA"

*Suitable for those who enjoy a low intensity workout.

**Classes that can be adapted for all suitability's.

***Increased intensity workouts suitable for higher fitness levels.

Please arrive ten minutes prior to class time

No glass to be taken into the studio.

Classes may have alternative instruction to that advertised; we reserve the right to change the instructor.

PLEASE NOTE THAT ALL CLASSES ARE FOR CUSTOMERS AGED 16+yrs OR 14yrs WITH AN ADULT, UNLESS OTHERWISE STATED.

Issue No 029-31/3/08