



SWIM

Fun Floats and Family

Family swimming time, parents with children. Floats etc in the main pool. Floats must be kept behind the red line shallow end.

Craft Fun - under 8's

Making things with materials, the children can take what they make home. 3 years – under 8 years
Parents / Guardian can go in for the lunchtime swim.
Held in the theatre

Free swim for under 16 years

Under 8's must be accompanied by a fee paying adult. Both pools.

Nintendo Wii

6 years – 14 years (In the Theatre)
Parents must accompany children under the age of 8 years.
For children to experience playing the Nintendo Wii on a big screen.



Junior Swimming Lessons

A comprehensive programme of swimming lessons for children under the Gedling swim scheme. Including water skills, confidence building and distance awards. Details are available from reception.

Crèche

We have an excellent Crèche facility for children over the age 6 weeks up to 8 years. Subject to availability.



Children's Parties

Why not have a party for your child's birthday, We have Pirate,s playground which is a fun packed party for children including inflatable Pirate's Ship, Ball Pit, soft play, cannon and boat and other games. Suitable for ages 3 - 8 years. Or a Cinema party so you can watch your favourite film with your friends. In the pool we have an Aqua run party with an inflatable obstacle run and selection of floats. Suitable for ages 8 - 14 years or for the younger children small pool hire with toys and floats. (Age below 10 years)

Yoga (14 years plus)

A positive exercise which promotes health, well being and harmony engaging mind and body

Line Dancing (14 years plus)

A fun creative form of exercise to music, a great way to make new friends

Aerobics (14 years plus)

Low impact aerobics session to improve overall fitness and conditioning of the body



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from
**GEDLING
LEISURE**

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Activity Options at Arnold Leisure Centre



Printed by Phase 01 773 764288 - August 2008 - 27223

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