

Hengrove Park Leisure Centre

ALL  
ACTIVITIES  
ARE FREE

# Family Open Day

Saturday 8th June 2013

**THERE'S SOMETHING  
FOR EVERYONE!  
SPECIAL OFFERS AVAILABLE**



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leisurecentre.com

# Family Open Day

Join us on the 8th June  
& check out the facilities available

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## Main Pool

10.30 - 2.30pm Family Swim  
10.30 - 4.00pm Public Swimming  
11.00- 12.00pm Aqua Aerobics  
12.00 - 1.00pm Water Polo Tasters  
1.00 - 2.00pm Club Swimming Tasters  
2.00 - 3.00pm Synchronised Swimming Taster  
3.00 - 4.00pm Inflatable Fun

## Teaching Pool:

12.30 - 3.30pm Floats and Fun

## Studio 1:

11.05 - 11.55am Body Combat  
12.00 - 12.30pm Meta Circuit  
2.00 - 2.45pm Sway Dance  
3.00 - 3.45pm Pilates

## Studio 2:

11.00 - 11.45am Sway Dance  
1.00 - 4.00pm Jump and Jiggle (0 - 5 years)

## Studio 3:

11.05 - 11.50 Spin  
1.00 - 1.45pm Spin

## Climbing Wall:

10.30 - 4.00pm Open Climbing Wall Tasters

## Sports Hall:

11.00 - 4.00pm Free 30 minute badminton & table tennis Courts 1 & 2  
12.30 - 2.30pm Trampoline Courts 3 & 4

## Health Suite:

10.30 - 4.00pm Free 30 minute sessions

## expressions Gym:

10.30 - 4.00pm Free gym tasters 16+ years  
12.30 - 4.00pm Free teen gym\*\* tasters 11-15 years

## Heathy Living Zone:

10.30 - 3.00pm KK Threading- Free Beauty Treatments Main Reception Foyer  
10.30 - 4.00pm Free Therapy Tasters Main Reception Foyer

## Creche:

10.00 - 1.00pm Creche registration 0 - 5 years

## 50+ Walk:

10.30 - 11.30am 50+ Walk - All levels Leaves from Café Vita  
12.00 - 1.00pm 50+ Walk - All levels Leaves from Café Vita

## Plaza:

12.00 - 12.45pm Zumba  
1.00 - 1.45pm Sway Dance

\*\*a health questionnaire must be completed prior to use, this must be signed by a parent or guardian for those under 16 years.

## Hengrove Park Leisure Centre

Hengrove Promenade, Hengrove Park,  
Bristol, BS14 0DE  
Tel: 0117 9370 200

[leisurecentre.com](http://leisurecentre.com)



Parkwood Community Leisure working  
in partnership with Bristol City Council

