



Forest Leisure Coleford

Berry Hill, Coleford, Glos GL16 7JT

Tel. 01594 835388

www.forestleisure.org.uk

FEBRUARY 2012



Action packed fun for YOU!



Need swimming session times?

Call Timeline - the Talking Timetable at anytime

Tel. 01594 812600

or visit our website www.forestleisure.org.uk

PARENT AND CHILD ZUMBA

Monday 13th February

9.30am – 10.15am

Start the holidays with an energetic dance class to wake you up ready for the day ahead.
Ring Hayley Tel: 07765 883442

Only £3.50 per adult

£2.75 per child

LUNCH

Monday 13th February, Wednesday 15th and Friday 17th February

12.00pm – 1.00pm

Bring a healthy lunch to eat with your friends!

Ages 4 - 11 years

Only £1.00 per child

Booking Essential

BALL GAMES

Monday 13th February

10.00am – 12.00noon

Come along and learn new games including playing dodge ball, kwik cricket and basketball!

Optional swim 11.00am - 12noon for competent swimmers over 8 years old. Remember your kit!! If you are under 8yrs old or can not swim bring your adult for a swim. Special swim price of £1.55 for adults.



Only £3.00 per child (Ages 4-7 years and 8-11 years)

Booking essential

CRAFTY KIDS

Monday 13th February

1.00pm - 3.00pm

Be creative and take your masterpieces home. You will be making and designing photo frames, wind chimes, bookmarks and masks for you to take home and show off!

Ages 4 - 11 years

Only £4.50 per child

Booking Essential

FOREST FOLLY

Wednesday 15th February

10.00-3.00pm

Come and join the nature walks around the centre and surrounding woods and record all the animals you can spot. You will also be picking up crafts for the afternoon where you will make a boat and attempt to float it in our pool!

Only £10.00 per child for the day
Ages 4-7 years and 8-11years
Booking essential

Superhero Circuits!

Friday 17th February

10.00am - 12.00pm



Why not have a go at our superhero circuits and challenge your fitness levels whilst having fun! To include obstacles such as benches, soft mats, ropes, hoops and bouncy castle fun.

Optional swim 11.00am - 12noon for competent swimmers over 8 years old. Remember your kit!!

If you are under 8yrs old or can not swim bring your adult for a swim. Special swim price of £1.55 for adults.

Only £3.00 per child! Ages 4-7 years and 8-11 years.
Booking essential

Racket Sports

Friday 17th February

1.00-3.00pm.

Yes it's back again by Popular Demand! Come and enjoy a game of Tennis, Badminton and Squash and challenge your friends



Only £3.00 per child! Ages 4-7 years and 8-11 years. Booking essential



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Monday 13th February to Sunday 19th February 2012

MONDAY

7.30am - 8.45am Early Bird
9.00am - 11.00am Family Swim²
12.30am - 1.30pm Aqua Aerobics ¹
2.00pm - 3.00pm Public Swim
3.00pm - 4.00pm Aqua fun
4.30pm - 5.30pm Family Swim²
5.30pm - 7.30pm Public Swim
7.30pm - 8.15pm Aqua Aerobics
8.15pm - 9.30pm Adults Only

TUESDAY

1.00pm - 2.00pm 50+ Swim
6.00pm - 7.00pm Funsplash Swim
7.00pm - 8.00pm Public Swim
8.00pm - 9.30pm Ladies Only

WEDNESDAY

7.30am - 8.30am Early Bird
9.00am - 11.00am Family Swim²
1.30pm - 2.30pm Adults Only Swim
3.00pm - 4.00pm Aqua fun
4.00pm - 5.00pm Public Swim
5.30pm - 6.30pm Aqua Aerobics
6.30pm - 7.30pm Public Swim
7.30pm - 8.30pm Adults Only
8.30pm - 9.45pm Lane Swim

THURSDAY

10.00am - 11.00am Waterbabies
12noon - 12.45pm Aqua Aerobics
1.00pm - 2.00pm 50+ Swim
6.00pm - 6.45pm Public Swim
6.45pm - 7.30pm Aqua Aerobics
7.30pm - 8.30pm Public Swim
8.30pm - 9.30pm Adults only

FRIDAY

7.30am - 8.45am Early Bird
9.00am - 11.00am Family Swim²
1.00pm - 2.00pm Adults Only
2.00pm - 3.00pm Public Swim
3.00pm - 4.00pm Aqua fun
5.30pm - 6.30pm Aqua Aerobics
6.30pm - 7.30pm Public Swim
7.30pm - 8.30pm Aqua Fun
8.30pm - 9.30pm Diving Club

SATURDAY

10.30am - 12.00noon Family Swim²
12.15pm - 2.15pm Public Swim
2.30pm - 3.30pm Party Hire

SUNDAY

9.00am - 11.00am Family Swim²
11.00am - 11.30am Party Hire
11.30am - 12.30pm Public Swim
4.00pm - 7.00pm Public Swim

1 Block Course, prior booking required
2 Family Groups Only

For safety reasons each session has a designated maximum. No further admissions will be made if this number is reached.

Childrens' Admissions Policy: To swim without adult supervision children must be 8 or over AND be able to swim competently. Children 7 years and under MUST BE SUPERVISED IN THE WATER BY AN ADULT (over 16 years) at a maximum ratio of one adult to two children. Children 8 and over must use their own gender changing room or a family cubicle