

**HAVE FUN!**  
but always tell your  
parents or guardians  
where you are going  
& what you're doing.  
**NEVER TALK TO  
STRANGERS!**



# LEISURE PLUS

ACTIVITY PROGRAMME

**PARENTS, LET YOUR  
CHILDREN KNOW  
WHERE YOU ARE!**  
Although most events are  
supervised, we cannot take  
responsibility for individual  
children, who remain the  
responsibility of the parent/  
guardian at all times.

## KRAZY KREW ACTIFUN



Host of different fun activities & competitions for kids of all ages.

## WHAT WILL YOU DO TODAY?



## TENNIS COACHING

6+ Let us offer you the opportunity to spend time with one of our professionally qualified coaches to practice and perfect your tennis skills. Book your place in advance to make sure you don't miss out. Details are available from our leisure booking area.



## FENCING

8+ Learn the art of fencing then take on one of our very own musketeers in a sword fence to see if you can come out on top, beware they may have some tricks up their sleeve.

### MINI FENCING

For all of our 6-10 year olds, why not try this exciting new activity for 2009 "FOAM FENCING"



## SWIMMING LESSONS

4+ Years Put yourself in the hands of our fully qualified instructor as we offer you an opportunity to learn to swim or maybe just improve your stroke. (Beginner and Intermediate classes available).



## MYSTERY ACTIVITY

Leave it up to us to have some fun and keep you busy for an hour of mystery.

6+



## WATER WALKERZ



You may have seen hamsters having fun running around in a plastic ball, but they make it look easy. How about putting yourself in one and trying to walk on water, you will not even get wet. This is an activity taking the world by storm why not try it out here at Talacre leisure complex. Limited places available.

## ARCHERY

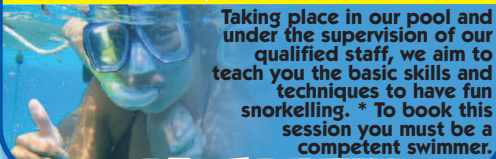
8+ Years Take a lesson with one of our trained professional instructors and learn some basic skills, take a second session and you could progress into Robin Hood by hitting the mark each time.

## FAMILY SPORTS DAY



Join your leisure and entertainments team for a fantastic activity for the whole family.

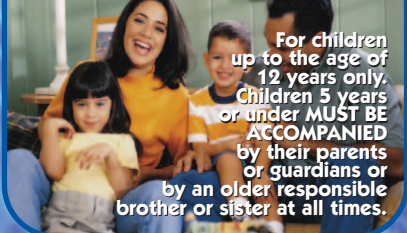
## SNORKELLING



Taking place in our pool and under the supervision of our qualified staff, we aim to teach you the basic skills and techniques to have fun snorkelling. \* To book this session you must be a competent swimmer.

Teeny Krew Activities	under 5
Board Games	6+
Mystery Fun Hour	6+
Football Activities	6+
Mini Fencing	6+
Tennis Coaching	6+
Basketball Coaching	6+
Aqua Fun/Water Walkerz	8+
Scuba Diving	8+
Snorkelling	8+
Fencing	8+
Aeroball	8+
Archery	8+
Shuffleboard	8+
Gym Inductions	16+
Pool Parties (normal pool rules apply)	

## FAMILY ROOM



For children up to the age of 12 years only, Children 5 years or under MUST BE ACCOMPANIED by their parents or guardians or by an older responsible brother or sister at all times.

## SCUBA DIVING

Working with a fully qualified PADI/BSAC instructor. Participants will safely learn the basic techniques and skills of Scuba diving. Why not try something new today. 8+ years.

## LOADS OF FUN!

### WHAT TO WEAR

For most activities you should bring long trousers, a long sleeve top, socks and trainers (check with the leisure staff when you book your place). No jewellery or valuables. Long hair must be tied back. Remember safety comes first, so if the weather is unsuitable we will try and replace the activity. Persons can and will be asked to leave the activity if they are being unruly or the activity will be stopped.

### HOW DO I BOOK AN ACTIVITY

- Step 1 Go to the swimming pool reception desk where we will be happy to help you.
- Step 2 If you are under the age of 16 a parent/guardian must come with you to sign a consent form.
- Step 3 All leisure activities must be booked in advance, but, no more than 48 hours - you cannot just turn up.
- Step 4 For all activities you must meet at the swimming pool 5 minutes before the session starts.
- Step 5 If you are late "sorry" you will not be able to take part.
- Step 6 If you cannot make your booked session please let us know in advance

### NOTES

Krazy Krew activities ie Actifun etc do not have to be booked just meet in the designated areas. Limited places for booking sessions up to 48 hours in advance are available. Programmed activities requiring exclusive use of the swimming pool are as follows: Snorkelling / Disco Pool Parties / Lifeguard Rookie School / Aqua Aerobics / Aqua Fun / All Swimming Lessons & Water Walkerz / Scuba Tri Dives / Adult & Child Swim Session and Ladies Swim