

ALTRINCHAM L.C.

FAMILY FUN DAY

SUNDAY 4th JULY 2010

PROGRAMME OF **FREE** ACTIVITIES

| TIME | HALL 1 | HALL 2 | MAIN POOL |
|---------------|--|--|-------------------------------|
| 11 - 11.30 | PRE-SCHOOL TRAMPOLINING GYMNASTICS | BOUNCY CASTLE FACE PAINTING SPINNING | FREE SWIMMING SCUBA DIVING |
| 11.30 - 12 | PRE-SCHOOL TRAMPOLINING AIKIDO | BOUNCY CASTLE FACE PAINTING STRONG HEARTS | FREE SWIMMING SCUBA DIVING |
| 12 - 12.30 | ADULT / CHILD TRAMPOLINING GYMNASTICS | BOUNCY CASTLE FACE PAINTING AEROBICS | FREE SWIMMING SCUBA DIVING |
| 12.30 - 1 | ADULT / CHILD TRAMPOLINING AIKIDO | BOUNCY CASTLE FACE PAINTING AEROBICS | FREE SWIMMING SCUBA DIVING |
| 1 - 1.30 | ADULT / CHILD TRAMPOLINING GYMNASTICS | BOUNCY CASTLE FACE PAINTING | FREE SWIMMING SCUBA DIVING |
| 1.30 - 2 | ADULT / CHILD TRAMPOLINING GYMNASTICS | BOUNCY CASTLE FACE PAINTING MIXED MARTIAL ARTS | FREE SWIMMING SCUBA DIVING |
| 2 - 2.30 | GYMNASTICS | BOUNCY CASTLE FACE PAINTING MIXED MARTIAL ARTS | FREE SWIMMING |
| 2.30 - 3 | GYMNASTICS | BOUNCY CASTLE FACE PAINTING MIXED MARTIAL ARTS | FREE SWIMMING |

**PLUS – TABLE TENNIS, RAFFLE, CAFÉ &
BBQ, CAKE STAND, ICE CREAM &
MEMBERSHIP OFFERS.**

AVAILABILITY IS SUBJECT TO CHANGE

Press Release.

On Sunday 4th July 2010 Altrincham Leisure Centre is hosting a FREE Family Fun Day, welcoming all the community to come down and join in the fun!

Altrincham Leisure Centre has been offering swimming, fitness, and sporting facilities to the public for over 35 years. Throughout this time the centre has gone through many changes and developments and in an attempt to raise awareness and increase physical activity across the area the centre is hosting a free open day to let the community see what the centre now offers.

Altrincham Leisure Centre is located on the outskirts of Altrincham town centre and is managed by Trafford Community Leisure Trust. The centre boasts 2 light and airy pools that offer public swimming, lessons and fun sessions for all the family; a double sports hall that caters for 5-a-side football, badminton, trampolining, gymnastics and netball as well as a range of other activities; plus we also have a hi-tech fitness gym boasting the latest cardiovascular and strength equipment, and free weights area. Additionally the centre has a café, aerobics studios, 2 squash courts and a separate Spinning Studio.

Sue Ward, Leisure Centre manager says “The open day, provides us with the perfect opportunity to let the community come through the doors for free to see what we offer. The role this centre plays in increasing levels of physical activity and developing young people in exercise are often forgotten. This open day provides a means to let people see what they can do and what fun activities people can enjoy here.”

The open day takes place from 11am on Sunday the 4th July. Sue adds, “All are welcome on the day, and all the activities are free. Between 11am and 4pm we will have face painting, bouncy castles, A prize draw raffle, martial arts displays, exercise classes, Scuba Diving, Swimming, a range of sports, and refreshments. We will be welcoming guests in from 11am for a swim, use the gym or take part in any of our activities throughout the day until 4pm, and remember it’s all free!”

For more details on the open day call Altrincham Leisure Centre on 0161 926 3255 or email info@traffordleisure.co.uk

Plus log on to www.traffordleisure.co.uk for more information.

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For any further details please contact;
Simon Blair, Marketing Manager

Sue Ward, Centre Manager