

Saturday 2nd July - Balloon modelling & giant jenga throughout the day, providing lots of family fun!

	Exercise Studio	Spinning Studio	Sports Hall	Main Pool		Teaching Pool	Outside	
10.00am			Gymnastics taster	Liquid Bootcamp	Free Swimming	Liquid Lanes / Swim Clinics		
10.30am		Spinning	Gymnastics taster					
11.00am	Zumba			Liquid Latin			Kids Club	Health Walk
11.30am	Body Combat						Kids Club	
12.00am	Body Pump	Spinning	Circuits	Liquid Mixer			Kids Club	
12.30am							Kids Club	
1.00pm			Table Tennis taster	Liquid Bootcamp			Kids Club	Health Walk
1.30pm		Spinning	Table Tennis taster				Kids Club	
2.00pm	Pilates		Badminton taster	Liquid Shallow			Kids Club	
2.30pm	Zumba		Badminton taster					
3.00pm	Bodypump	Spinning	Basketball taster	Aqua Zone Fun Session				
3.30pm			Basketball taster					

FREE £30 GOODY BAG FOR EVERY MEMBERSHIP SOLD

Sunday 3rd July - Balloon modelling and plate spinning throughout the day - come along and give it a go!

	Exercise Studio	Spinning Studio	Sports Hall	Main Pool		Teaching Pool	Outside	
10.00am				Liquid Bootcamp	Free Swimming	Liquid Lanes / Swim Clinics		
10.30am	Bodypump	Spinning						Kids Club
11.00am			Bodycombat	Liquid Latin			Kids Club	Health Walk
11.30am	Yoga						Kids Club	
12.00am		Spinning		Liquid Mixer			Kids Club	
12.30am	Zumba						Kids Club	
1.00pm	Bodycombat		Tae Kwon Do	Liquid Bootcamp			Kids Club	Health Walk
1.30pm		Spinning					Kids Club	
2.00pm	Bodypump			Liquid Shallow			Kids Club	
2.30pm	Zumba							
3.00pm		Spinning		Aqua Zone Fun Session				
3.30pm								

BOOK YOUR FREE ACTIVITY NOW!



Book your free activities NOW!

Opening Weekend!

Win a Family Membership

2nd & 3rd July 10am – 4pm
Moor Park Health & Leisure Centre
 Booking hotline 01253 478474

Blackpool Council

www.sportblackpool.co.uk

Opening weekend!

To celebrate the opening of Moor Park Health & Leisure Centre Blackpool Council is hosting a fun packed weekend of free activities for everyone.

From treasure hunts, competitions, taster sessions and goodies bags galore there is something for everyone, so come on down and have some fun!

The new site boasts a fantastic range of facilities, including:

- 44 station Fitness Studio
- Exercise Class Studio
- Dedicated Spinning Studio
- 4 court Sports Hall
- 25 meter pool and separate teaching pool
- Outside play park
- Library
- Atrium Café

All of the activities can be booked in advance either online at www.sportblackpool.co.uk or by calling our booking line on 01253 478474, or you can just turn up on the day and join in the fun.

Gymnastics Taster

Discover the basics of recreational gymnastics with guidance from one of our gymnastics coaches.

Table Tennis Taster

Coach led taster session to try your hand at Table Tennis. The session will also include some fun 'off table' games to take part in.

Badminton Taster

Coach led taster session in the popular and growing sport of Badminton. Including some additional fun games and challenges.

Tae Kwon Do

A 20 minute demonstration to display the martial art of Taekwondo. This will be followed by taster sessions for children to try out taekwondo for themselves.

Liquid Bootcamp

Just what it says on the tin, an intense shallow water workout not for the faint hearted.

Liquid Latin

For those who strictly love fun. A lively workout with a latin flavour.

Liquid Mixer

If you like variety this is the class for you. It offers you the opportunity to exercise different parts of your body using a range of equipment.

Liquid Shallow

A shallow water workout using mitts to increase upper body resistance.

WIN A YEARS FAMILY MEMBERSHIP worth over £600, just take part in our fun TREASURE HUNT which takes you on our tour around our fantastic new facilities. Once you've completed it simply hand your answers into reception to be entered into the PRIZE DRAW!

Aqua Zone Fun Session

A fun session for all the family with large floats, inflatables and funky music! Some come on in and take a dip!

Kids Club

Book your children into these sessions and they'll enjoy fun in the water with one of our qualified instructors, whilst you try one of our Aqua Aerobics classes.

Bodycombat

An empowering cardio workout where you are totally unleashed - strike, punch, kick and kata your way through calories to superior cardio fitness.

Spinning

Spinning welcomes participants of all fitness levels, whether a newcomer or athlete. With no complicated moves, and music that begs your legs to pedal, getting into shape has never been so much fun.

Circuits

These sessions are open to all abilities regardless of levels of fitness as you can work at your own pace, giving a full body workout.

Pilates

A relaxing way to exercise, enabling you to increase your self awareness, learn about breathing, bodymechanics, balance, co-ordination, positioning of the body and spatial awareness.

Yoga

A combination of physical and mental disciplines, yoga can help combat stress, but will also tone the muscles, increase flexibility, stimulate the nervous system and help to correct your posture.



Zumba

A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system.

Health Walk

A scenic walk outdoors encompassing the new measured walks and more, suitable for all the family.

Mini Health checks

Mini health checks will be available throughout the day, so book yours now!

Basketball

Coach led taster sessions delivered by Blackpool Lights Basketball Club for anyone who likes to shoot some hoops!

All activities can be booked in advance via our booking line on 01253 478474.

Goody bags available for everyone that takes part in one of our activities!

FREE Swim on us

This voucher entitles you to swim for free during any casual swimming or inflatable fun session.

This voucher can be used at Moor Park Pool or Palatine Leisure Centre. Please visit our website to view the pool programme.

BlackpoolCouncil

EXPIRES: 31st July 2011

www.sportblackpool.co.uk

FREE Climb on us

This voucher entitles you to attend a climbing taster session for free.

This voucher can be used at Bancroft Park Climbing Towers.

BlackpoolCouncil

EXPIRES: 31st July 2011

www.sportblackpool.co.uk

£1 OFF

This voucher entitles you to £1.00 off any Sport Blackpool Leisure Activity.

This voucher can be used at any Sport-Blackpool Leisure Facility.

BlackpoolCouncil

EXPIRES: 31st July 2011

www.sportblackpool.co.uk

HALF PRICE Exercise Class

This voucher entitles you to a half price exercise class.

This voucher can be used at Blackpool Sports Centre or Palatine Leisure Centre.

BlackpoolCouncil

EXPIRES: 31st July 2011

www.sportblackpool.co.uk

BRING A FRIEND for free!!

This voucher entitles you to bring a friend along to a swimming session for free.

This voucher can be used at Palatine Leisure Centre.

BlackpoolCouncil

EXPIRES: 31st July 2011

www.sportblackpool.co.uk

LIQUID ASSETS

This voucher entitles you to

£5 off Liquid Assets Swim Clinic

Expiry Date 31st July 2011

LIQUID ASSETS

This voucher entitles you to

1/2 price swim or aqua class of your choice

Expiry Date 31st July 2011

ATRIUM CAFE

Get a burger, hot dog or coffee and muffin for just £1.50 with this voucher!

Expires: Sunday 3rd July