

## Special offers

We are offering some **very** special membership **discounts** on the day. Anyone who takes out a quarterly or direct debit gym and swim membership will receive one month free of charge. (Terms and conditions apply)

Anyone who is currently a PAYG gym member can use the gym for **free** on the day.



10% off all retail stock for the whole day!

Further activities and exhibits will be available on the day, so watch this space...

## Our 25<sup>th</sup> anniversary

This year is the 25th anniversary of the opening of Helston Sports Centre. Please come along and help us celebrate the occasion.

Light refreshments will be available to purchase throughout the day courtesy of Rowes



## Get in touch

For more information about the open day or to book please call Helston Sports Centre on 01326 563 320

Helston Sports Centre, Church Hill, Helston Cornwall TR13 8YQ

[www.cornwall.gov.uk/leisurecentres](http://www.cornwall.gov.uk/leisurecentres)

## Pool admission policy

Children under the age of 8 must be accompanied in the water by an adult (18+)

1 adult may accompany up to 2 children under the age of 8 years.

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

or telephone: 0300 1234 100

or email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk)

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

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Helston Sports Centre

# into fitness

Saturday 27 November 2010

7am - 6pm

All events and activities are **free!**

**Free  
open  
day**



A brilliant opportunity for all the family to find out what is available at Helston Sports Centre!



# Schedule of events

27 November 2010

For all of the taster sessions and classes, advanced booking is advised, so please contact the centre to reserve your place. However space may still be available on the day.

## Sports hall 1

● Circuits class	9.00am	–	9.30am
● Core fitness class	9.30am	–	10.00am
● Legs, bums and tums	10.00am	–	10.30am
● Kids and families Groove FX	10.30am	–	11.00am
● Kids/family fitness classes	11.00am	–	11.30am
● Pilates for kids	11.30am	–	12.00pm
● Children's multi-sports taster	12.30pm	–	2.00pm
● Short tennis taster	2.00pm	–	2.30pm
● No strings badminton taster	2.30pm	–	3.30pm
● Badminton tournament	3.30pm	–	6.00pm

## Sports hall 2

● Volleyball taster 10-14yrs	9.00am	–	9.30am
● Volleyball taster 10-14yrs	9.30am	–	10.00am
● Volleyball taster 14yrs+	10.00am	–	10.30am
● Volleyball competition	10.30am	–	12.30pm
● Children's multi-sports taster	12.30pm	–	2.00pm
● Short tennis taster	2.00pm	–	2.30pm
● No strings badminton taster	2.30pm	–	3.30pm
● Badminton tournament	3.30pm	–	6.00pm

## Muga

● Kids football coaching 5-8yrs	9.00am	–	10.00am
● Kids football coaching 9-12yrs	10.00am	–	11.00am
● 6-a-side football tournament	11.00am	–	6.00pm

## Resistance suite

● Resistance circuit challenge	12.00pm	–	4.00pm
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## Cardio suite

● Indoor triathlon	9.00am	–	4.00pm
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## Swimming pool\*

Public swim	7.00am	–	8.00am
Swim fit	8.00am	–	9.00am
● Kayak taster 8-16yrs	11.00am	–	12.00pm
● Aqua multi sports (25m)	12.00pm	–	1.00pm
● Aquafit	1.00pm	–	2.00pm
Fun session	2.00pm	–	2.45pm
Fun session	2.45pm	–	3.30pm
● Rookies taster session (25m)	3.30pm	–	4.30pm
Public swim	4.30pm	–	6.00pm

\* we have a pool hoist which allows disabled users easy access to and from our swimming pool.

(25m) means participants must be able to swim 25m

## Studio

● Aerobiking taster	8.00am	–	8.30am
● Aerobiking charity event	9.00am	–	12.00pm
● Aerobiking taster	12.30pm	–	1.30pm
● Pump FX	2.00pm	–	2.30pm
● Groove FX	2.30pm	–	3.00pm
● Pilates	3.00pm	–	3.30pm
● Pump FX	4.00pm	–	4.30pm
● Groove FX	4.30pm	–	5.00pm
● Pilates	5.00pm	–	5.30pm

## Outreach activities

Mobile skate park	10.00am	–	5.00pm
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## Who will be taking my session?

● Eddy	● Phil B	● Rob/Bruno
● Sophie	● Pip	● Mike Jenkins
● Matt M	● Rob/Bruno/Chris	● TBC
● Jennie	● Adrian	
● Chris W	● Nikki	

## About the activities

**Public swim** - Open swim session (two lanes).

**Swim fit** - Helping your swimming technique, stamina and fitness.

**Kayak taster session** - Great fun, have a go at mastering a single person kayak.

**Aqua multi sports** - Fun water based activities for kids. (Participants must be able to swim 25m)

**Aquafit** - A water aerobics session designed to get you into shape.

**Rookies taster** - Basic lifeguarding for kids! (Participants must be able to swim 25m)

**Kids football coaching** - Fun football coaching for kids, with fun games included! Semi professional players will be part of the coaching team.

**6-a-side football tournament** - Open competition for anyone from the community who wishes to enter a team. (Please contact Eddy Parker for further details.)

**Volleyball taster session** - Coached session to give you an insight into the sport of volleyball.

**Volleyball competition** - Open competition, please contact Mike Jenkin on 07856 594 414 for further details.

**Childrens multi sports tasters** - Session designed for kids to take part in various sporting activities and games. The key word is **fun!**

**Short tennis taster** - A chance for kids to get involved in tennis, using equipment designed for the younger generation.

**Badminton tournament** - Open competition, please contact Steph Trevena.

**Indoor triathlon** - Open event consisting of a 1500m row, 6000m cycle and 2000m run. Please contact Matt May to register. Entries welcome on the day.

**Resistance circuit challenge** - Multi activity resistance challenge open to all. Please contact Phil Bawden to register. Entries welcome on the day.

**Aerobiking, circuits class, core fitness class, legs bums and tums, groove FX, pilates** - Various fitness classes designed to give you an insight into what they entail.