

TeenGym - Our iNSPIRE sessions are supervised by qualified gym instructors so there's always a friendly face around to ask for advice or to put you right on your techniques. You will have full use of all CV and Resistance machines within the Fitness Studio. We'll teach you how to use the equipment safely and a **personalised programme** will be planned specific to your individual needs.

THURSDAYS 4 - 5PM £3.50

All students must have a signed PAR-Q form signed by a parent and, or guardian before attending.

Parent/TeenGym - Sunday is a great day for parents and teens to hit the gym together, why not take advantage of this opportunity and the special price!

SUNDAYS 8:30 - 4PM £6 (£4 Adult £2 Teen)

.Both parties must have a signed PAR-Q form to attend

SHENLEY LEISURE CENTRE

Burchard Crescent
Shenley Church End
Milton Keynes
MK5 6HF



Tel: **01908 502488**

E-mail: enquiries@shenleyleisurecentre.co.uk

For more information please visit
www.shenleyleisure.org.uk

Kids Activities

Quite simply
something for
everyone



www.shenleyleisure.org.uk

April 2018 to March 2019



Shenley Leisure Centre



Welcome to

Shenley Leisure Centre



Tel: 01908 502488 or www.shenleyleisure.org.uk

Sports Courses

As part of our continuing quest to promote a variety of leisure activities, the centre offers a range of **SPORTS COURSES** during school term times. Our courses are run by a team of friendly, qualified coaches who ensure the participants exercise in a safe, fun and exciting way.

Pick up a Course timetable for more details.

For that special birthday experience!!

Simply choose from one of Strider's special party options...



Option 1

Basic Party Option £30.00
(Additional hours £15.00 per hour)



This is the opportunity for you to organise and take the party yourself.

Equipment available for hire.

Use of activity space for one hour.

Option 2

Strider's Football Party
Basic Party £60.00 Strider Party £110.00



Room for your party feast set out to your satisfaction.

Personal appearance from our very own "cuddly dog" Shenley Strider (for those children up to the age of 9 only).

All of this plus your party host to organise your chosen activity

These parties cater for up to 16 children.

Parties are held outside (subject to weather conditions)

NB: Sorry if it's raining there may be no other alternative.

Option 3

Disco Party Option £30.30
(Additional hours £15.00 per hour)

Why not book your own Disco/ DJ and use our theatre.

This type of party can accommodate up to 30 children (adult supervision required at all times)

This party option is for children up to the age of 15 years only.

Option 4

Strider's Bouncy Castle Party
Large £115.00 Small £100.00



Large Bouncy Castle or a smaller version for the under 5's.

Room for your party feast set out to your satisfaction.

Personal appearance from our very own "cuddly dog" Shenley Strider (for those children up to the age of 9 only).

All of this plus your party host to organise your chosen activity

These parties cater for up to 16 children.

Option 5

Strider's Activity Party £100.00

Choose one or Mix and Match for multi sports – Choices include Dodge-ball, Ends, Uni-hoc, Basketball, Splatter ball and more.



Room for your party feast set out to your satisfaction.

Personal appearance from our very own "cuddly dog" Shenley Strider (for those children up to the age of 9 only).

All of this plus your party host to organise your chosen activity

These parties cater for up to 16 children.



Option 6

Strider's Specialist Party

Archery £135.00 Trampoline £115.00

Choose from Archery or Trampoline.

For ages 6 - 14 yrs & 8 - 16 yrs

Room for your party feast set out to your satisfaction.

Personal appearance from our very own "cuddly dog" Shenley Strider (for those children up to the age of 9 only).

All of this plus your party host to organise your chosen activity

These parties cater for no more than 12 children.



Please refer to our price guide for current price list.
Or visit www.shenleyleisure.org.uk