

**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 **personalized Programme** will be planned specific to your individual needs.

**TUESDAYS 4—5PM**  
**THURSDAYS 4 - 5PM**

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 9.00AM - 4.00PM**

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

SEE HEALTH AND FITNESS LEAFLET FOR ALL PRICES.

### Shenley Sharks Jnr Darts Academy -

Our Junior Darts academy is led by two members of the adult Sharks team as well as our experienced staff members, combining their knowledge to provide a safe teaching environment which can encourage progression within the sport. This Academy is affiliated with the "Junior Darts Corporation" (JDC) which enables individuals to compete and gain experiences in the sport.

**MONDAY 4:30—6PM**

SEE BOOKING FORM FOR FURTHER DETAILS



### Other Activities -

**Badminton** Course Monday's 5:30-7:30pm

**Trampolining** Course Tuesdays 6:30-8:00pm

**MW Football Factory** Saturday's U3-5 9:00-10:00am

**MW Football Factory** Saturday's U6-8 10:00-11:00am

**Archery** Course Sunday's 5:30-7:15pm

### SHENLEY LEISURE CENTRE

Burchard Crescent  
Shenley Church End  
Milton Keynes  
MK5 6HF



Tel: **01908 502488**

E-mail: [enquiries@shenleyleisurecentre.co.uk](mailto:enquiries@shenleyleisurecentre.co.uk)



For more information please visit  
[www.shenleyleisure.org.uk](http://www.shenleyleisure.org.uk)

# Kids Activities

Quite simply something for everyone

[www.shenleyleisure.org.uk](http://www.shenleyleisure.org.uk)

Shenley Leisure Centre

April 2019 to March 2020



# Welcome to Shenley Leisure Centre



Tel: 01908 502488 or [www.shenleyleisure.org.uk](http://www.shenleyleisure.org.uk)



**For that special birthday  
experience!!**

## Option 1

### Basic Party Option

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

Equipment available for hire.

Use of activity space for two hours.

## Option 2

### Strider's Football Party *Basic Party / Strider Party*



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 organize your chosen activity

These parties cater for up to 16 children.

Parties are held outside (subject to weather conditions)

## Option 3

### Disco Party Option

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 & Small Available*

*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 organize your chosen



## Strider's Activity Party

*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 organize your chosen activity

These parties cater for up to 16 children.



## Option 6

### Strider's Specialist Party Archery or Trampolining

*Choose from Archery or Trampolining.*

*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 organize 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](http://www.shenleyleisure.org.uk)

