

ABINGDON

SPORTS &
LEISURE



Come & experience Abingdon Sports and Leisure... **FREE**

Sunday 17 September 2017

11am – 4pm at Abingdon School Sports Centre

PRICE FREEZE
MEMBERSHIPS FROM: **£19.50**

NO JOINING FEE and one month
FREE if you sign up on the day*

Membership Includes:

**Completely refurbished Strength &
Conditioning Gym**

Swimming • Exercise Classes • Squash

Badminton • Tennis • Tilsley Park Boot Camp

Pay As You Go and flexible rolling memberships

*Terms & Conditions apply - You must sign up to the 12 month contract to receive free access for one month. Membership access is subject to opening time availability. See website for full details.



YOUR CHANCE TO WIN

**A YEAR'S FREE MEMBERSHIP SUBSCRIPTION TO THE ABINGDON
SPORTS & LEISURE CLUB IN OUR EXPERIENCE DAY PRIZE DRAW.**

Fill in your details, bring this leaflet along on the day and pop it in the lucky draw box to be in with the chance to win. *You must be 16 years or over to enter.*

First Name _____ Surname _____ D.O.B _____

Email _____ Tel _____

By providing your details for the free prize draw, you consent to Abingdon School Enterprises Limited using your personal data for future marketing purposes. If you would like to receive our newsletter and other offers and promotions via email, please tick this box. You can opt out of this at any time.



Experience Day Programme

Complimentary refreshments • Tour our facilities



Try Zorb Football

FREE TASTERS

Exercise Classes	See table - below right	
Squash	12pm-2pm	5 years and over
Climbing Wall	11am-1pm	Adult & junior climbs Juniors 5+ years Adults 16+ years
Pool Inflatable & Float Sessions	2pm-3pm	8-14 years who can swim 25m unaided
Bouncy Castle	11am-3pm	4-12 years
Swimming	11.30am - 1.30pm	All welcome
Zorb Football	Juniors: 11am-12pm Adults: 12pm-1pm	Weather dependent Juniors: 12+ years Adults: 16+ years

FREE EXERCISE CLASS TASTER SESSIONS (16+ years)

11.30	30 min	HIIT: Full Body Conditioning
12.30	30 min	Circuits for Beginners
1.00	30 min	Pure Stretch
1.30	30 min	Tone and Condition Yoga
2.00	30 min	Dance Aerobics
2.30	30 min	Functional Circuits

BRAND NEW AND REFURBISHED TILSLEY PARK 3G FOOTBALL PITCHES

NEW to the 2017/18 football season
Register your team's interest now
01235 524 524



ABINGDON SWIM SCHOOL

(ASA registered) provides quality swimming lessons in a fun and safe environment. Register your interest now for the September Swim School enrolment or talk to our Swim School Advisor on the day.

£120.25 for 13 weeks



INFLATABLE AND FLOATS - POOL PARTIES WITH MUSIC BOOK NOW! £175

Email ase.info@abingdon.org.uk for more information

THE AMEY THEATRE PRESENTS... NT LIVE, RSC LIVE AND BRAND NEW ROH SCREENINGS



Live Screenings available to the Abingdon community

Visit the Box Office to book tickets and be kept up to date with new season releases.

www.abingdon.org.uk/future_events

CHEAPEST IN THE AREA

Tel: 01235 849 062

Email: ase.info@abingdon.org.uk

Find us: Abingdon School Sports Centre,
Faringdon Road, Abingdon OX14 1BQ



@SportsCentreAb



abingdonsportsandleisure

www.sportsandleisure.abingdon.org.uk