Forever Active Timetable

at the Wyre Forest Glades Leisure Centre

Dryside Activities

Mondays	11.30am - 1.30pm*
Wednesdays	11.30am - 1.30pm*
Fridays	11.30am - 1.30pm*

Forever Active Aerobics

Mondays	12.30pm - 1.15pm
Wednesdays	11.30pm - 12.15pm
Fridays	11.00am - 12.00pm

Swimming Sessions

Mondays, Tuesdays, Thursdays & Fridays	12.00pm - 1.00pm*

Aqua Aerobics

Wednesdays and Fridays	9.45am - 10.30am

* Please note, these sessions do not run during the School Holidays.

The Forever Active Programme is designed to encourage both physical and mental health by providing opportunities for physical activity in a relaxed and social atmosphere. It is open to everyone, although the majority of activities are designed with more mature customers in mind.

For More Information Please Call

01562 515151

kinetika™ fitness

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The management reserve the right to alter these session times.

Wyre Forest LCA Ltd working in partnership with WYRE FOREST DISTRICT COUNCIL

DCL20654

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Fruit and Meringue Gâteau

400g/14oz/3 and a half cups mixed small strawberries raspberries and/or redcurrants
30ml/2 tbsp icing (confectioners') sugar
750ml/1 and a quarter pints / 3 cups vanilla ice cream
6 meringue nests or 115g/4oz meringue

Dampen a 900g/2lb loaf tin (pan) and line it with clear film (plastic wrap). If using strawberries, chop them into small pieces. Put them in a bowl and add the raspberries or redcurrants and icing sugar. Toss until the fruit is beginning to break up, but do not let it become mushy.

Put the ice cream in a bowl and break it up with a fork. Crumble the meringues into the bowl and add the soft fruit mixture.

Fold all the ingredients together until evenly combined and lightly marbled. Pack into the prepared tin and press down gently to level. Cover and freeze overnight. To serve, invert on to a plate and peel away the clear film. Serve in slices.

Baked Eggs with Creamy Leeks

15g/1/2oz/1 tbsp butter, plus extra for greasing
225g/8oz small leeks, thinly sliced
75-90ml/5-6 tbsp whipping cream
4 small-medium eggs

This simple but elegant appetizer is perfect for last-minute entertaining or quick dining. Garnish the baked eggs with crisp, fried fresh sage leaves and serve with warm, fresh crusty bread for a special meal. Small to medium sized leeks (less than 2.5cm/1 in in diameter) are best for this dish as they have the most tender flavour and only require a short cooking time.

Preheat the oven to 190˚C/375˚F/Gas 5. Generously butter the base and sides of four ramekins.

Melt the butter in a frying pan and cook the leeks over a medium heat, stirring frequently, for 3-5 minutes, until softened and translucent, but not browned.

Add 45ml/3 tbsp of the cream and cook over a low heat for 5 minutes, until the leeks are very soft and the cream has thickened a little. Season to taste.

Place the ramekins in a small roasting pan and divide the leeks among them. Break an egg into each, spoon over the remaining cream and season.

Pour boiling water into the roasting pan to come about halfway up the sides of the ramekins. Transfer the pan to the oven and bake in the preheated oven for about 10 minutes, until just set. Serve piping hot.

Poached Fish in Spicy Tomato Sauce

600ml/1 pint/21/2 cups fresh tomato sauce
2/5-5ml/1/2-1 tsp harissa
60ml/4tbsp chopped fresh coriander (cilantro) leaves
1.5kg/31/4lb mixed white fish fillets, cut into chunks

Heat the tomato sauce with the harissa and coriander in a large pan. Add seasoning to taste and bring to the boil.

Remove the pan from the heat and add the fish to the hot sauce. Return to the heat and bring the sauce to the boil again. Reduce the heat and simmer very gently for about 5 minutes, or until the fish is tender. (Test with a fork: if the flesh flakes easily, then it is cooked).

Taste the sauce and adjust the seasoning, adding more harissa if necessary. Serve hot or warm.