

Activity	Per session		
<b>SWIMMING</b>			
Adult	£3.65	<b>WORKOUT CLASSES</b>	
Junior	£2.50	45 minutes	£5.50
Senior Citizen	£2.50	Indoor Cycling	£5.20
Concession	£1.00	Body Training Systems	£5.90
Under 3 years (1 per adult)	FREE		
<b>SAUNA &amp; STEAM ROOM</b>			
Adult	£5.00	<b>MAIN HALL</b>	
Concession	£3.90	<b>Badminton</b>	
Adult Sauna, Steam & Swim	£6.00	Adult	£9.90
Concession Sauna,		Junior & Concession	£6.20
Steam & Swim	£4.90	<b>Adult table tennis</b>	
kinetika Members	FREE	Before 5pm inc eq	£6.90
		After 5pm ex eq	£11.00
		Before 5pm ex eq	£4.70
		<b>Junior Table Tennis</b>	
		Before 5pm inc eq	£6.90
		Ex equipment	£3.80
		<b>Football/Volleyball/Netball</b>	
<b>CRÛCHE</b>		Adult	£50.75
60 minutes	£2.30	Junior	£34.00
90 minutes	£3.45		
		<b>ADULT ACTIVITIES</b>	
<b>SOFT PLAY – THE JUNGLE</b>		Trampolining	£6.30
Ages 3-12	£3.60	Young @ <3	£5.20
Ages 1-3	£3.30		
Under 1	£1.00	<b>JUNIOR ACTIVITIES</b>	
		Drop-in Sessions	£3.50
<b>SUNBED</b>		Teen Fit Induction	£14.50
4 minutes	£4.00	Teen Fit Visit	£3.60
8 minutes	£8.00		
		<b>BOOKING CARDS</b>	
<b>SQUASH</b>		Adult	£12.00
Adult	£5.00	*Equipment hire	
Junior	£3.10	£5.00 deposit and a	
		£1.00 hire charge	
<b>HEALTH &amp; FITNESS</b>			
Casual	£7.60		
Concession	£5.00		
Get Active Exercise	£2.80		
Cardiac Rehabilitation	£1.45		
<b>BOWLS</b>			
1 Hour	£7.80		
2 Hours	£15.60		

**FREE SWIMMING**  
 For Under 16's & Over 60's  
 Ask at Reception for more  
 information  
 \*£2.00 registration fee applies



**Fun for everyone! Just call 01252 370411**

- Swimming
- Playscheme
- Gym
- Yoga
- Crèche
- Football
- Badminton
- Cafe
- Tenpin Bowling
- Workout classes
- Indoor Cycling
- The Jungle soft play

## GYM SWIM WORKOUT

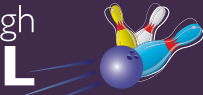


**Become a member and save £££'s**

Contact reception for further  
information **01252 370411**



Farnborough  
**BOWL**



[www.farnboroughbowl.co.uk](http://www.farnboroughbowl.co.uk)

Try **Tenpin Bowling** at  
**Farnborough Bowl**

**Great** for groups of friends,  
colleagues and family!

Open from **10am to late.**

**Book now** on 01252 554046.

Farnborough Bowl is located within Farnborough Leisure Centre.