

**WLCT**

leisure centres

# FAMILY FUN DAY

**AT THE CANNOCK  
CHASE OPENING**

28th September



## **FREE Activities Include**

Fun Swim // Scuba Trial Dive  
// Roller Skating // Go Karts  
plus much more.

*Becky Adlington*

Join us for the opening of  
Cannock Chase Leisure Centre  
by double Olympic Gold Medallist  
Rebecca Adlington.

Advanced booking required for private  
group sessions with Rebecca Adlington.

Book now by calling  
**01543 504065**

**BE  
YOUR-  
SELF**



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[wlct.org/leisure-centres](http://wlct.org/leisure-centres)

# Chase Leisure Centre

## Open Day-Saturday 28th September

Timetable for Rebecca Adlington/  
Emma Wilkins 10.00am – 3.00pm

### 10.00am - 10.15am

Arrival and Welcome.

### 10.15am - 11.00am

Delivery of private group lessons by Rebecca & Emma, advanced booking required (see overleaf). Includes Q&A session, plus an opportunity for pictures.

### 11.30am

Main Opening Ceremony, including motivational talk by Rebecca.

### 12.00pm - 12.45pm

Delivery of group lessons for Chase & Phoenix Swimming Club.

### 1.30pm - 2.15pm

Opportunity to meet Rebecca and Emma

### 3.00pm

Finish

## FREE Activity Timetable

Time	Activity
<b>Main Pool</b>	
7.30am - 9.00am	Early Birds Swim
11.00am	Official Opening by Rebecca Adlington
1.00pm - 5.00pm	Fun Swim
5.00pm - 6.00pm	Adults Only Swim
<b>Pit Pool</b>	
12.00pm - 1.00pm	Disability swim
1.00pm - 2.00pm	Aqua Aerobics
2.00pm - 3.00pm	Scuba Trial Dive
3.00pm - 5.00pm	Fun Swim
<b>Small Pool</b>	
12.00pm - 5.00pm	Fun Swim
<b>Studio 2</b>	
10.00am - 3.00pm	Active Tots
<b>Sports Hall</b>	
10.00am - 11.00am	Football Coaching
10.00am - 11.00am	Netball
11.00am - 12.15pm	Dodgeball
12.30pm - 2.00pm	Roller Skating
2.30pm - 4.00pm	Trampolining
<b>Bowls Hall</b>	
11.00am - 12.00pm	Karate
12.00pm - 2.00pm	Bowls

## Other Activities

Golf is also available all day at an additional charge of £5 per round.

**For more info or to join  
call your local centre:**

Chase Leisure Centre - 01543 504065  
Rugeley Leisure Centre - 01889 586260