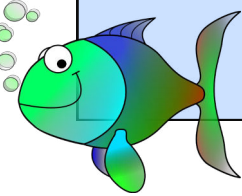


FREE
Family Fun and Fitness Sessions
at Brighthouse Swimming Pool and Fitness Centre
Sunday 4th February 2018
2.00pm - 5.00pm

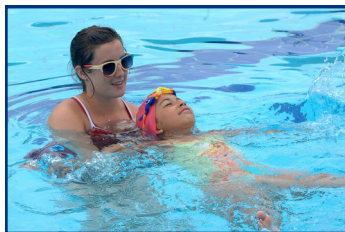


NHP Sure Start Children's Centres in the Lower Valley welcome you to a New Year's Family Fun and Fitness afternoon — for Free!

This offer is open to Sure Start registered families. Contact us on **01484 714768**, if you are not sure whether you are registered.

The Fun includes:

- **Buggy walk at 2.00pm**
- **Family Swim in main pool 3.00pm-4.00pm**
- **Aqua Babies session in Teaching pool 4.00pm-4.30pm**
- **Aqua Tots session in Teaching pool 4.30pm-5.00pm**
- **Family ZumbaSessions with Calderdale's Better Living Team 2pm & 2.30pm**



- **Baby Massage 3.00pm**
- **Bongo Bongos 3.30pm**
- **Mini Me activity time 4.00pm**
- **Crafts, refreshments and access to information about Children's Centre services throughout the afternoon**

IMPORTANT INFORMATION:

Activities are not suitable for children over 11 years old.
 Please note that **all children must be supervised by an adult.**
 In the pool sessions, a supervising adult must be in the water with children, and there must be 1 adult for every 2 children that you bring.

You must book a place in advance for sessions in the pools. *See over the page.*

Return your form as quickly as you can because we expect these sessions to be popular and places will be allocated on a **first-come, first-served basis.**

Last date for bookings: 26th January 2018



Booking Form: Family Fun and Fitness Sessions
Sunday 4th February 2018
2.00pm-5.00pm

Your contact details

Name: Date of Birth:

Postcode:.....

Email: Telephone.....

You will need to book in advance for pools sessions . We expect them to be popular and we may limit you to one swim only. Here is information about the sessions:

A	Family swim Main pool	3.00pm-4.00pm	Suitable for adults with children up to 11 years	Max 80 people
B	Aqua Babies Teaching pool	4.00pm-4.30pm	Suitable for 3 months to 2 years	Max 10 adults and 10 babies
C	Aqua Tots Teaching pool	4.30pm-5.00pm	Suitable for 2-4 years	Max 10 adults and 10 tots
D	Teaching pool Remaining area	4.00pm-4.30pm	Suitable for Adults with younger children	Max 30 people (including children)
E	Teaching pool Remaining area	4.30pm-5.00pm	Suitable for Adults with younger children	Max 30 people (including children)

Please enter your preferences below			State from A –E above. Eg A=Family swim
	Name	Age	
Adult 1 supervising			
Child			
Child			
Adult 2 supervising			
Child			
Child			

Please complete this form and return it to the reception team at Wellholme Park Children's Centre Bradford Road, Brighouse, HD6 4AF
by 26th January 2018.

Or you can ring your preferences through on **01484 714768.**

Completion of this booking form does not guarantee you a place, Please note that once allocated a place you are expected to make every effort to attend. If you are unable to attend or would like to cancel your place please ring Reception on **01484 714768** as soon as possible .