

COME & TRY
**FREE FUN
ACTIVITIES**

FREE
FAMILY FUN SWIM SESSIONS
Fri
7.30 - 9pm
Sat & Sun
11.30am - 1pm

FEATURING
**Bubble
Football
Fun**

**ADULT
SWIM
ACTIVE**
TASTER SESSIONS


**Rookie
Lifeguard**
TASTER SESSIONS

**Multi-Sport
Fun**

Community Open Event

at Grove Swim & Sports Centre

Friday 22nd January 6 - 9pm
Saturday 23rd January 9.30am - 2.30pm
Sunday 24th January 9.30am - 2.30pm

 leisureandsportdundee
www.leisureandculturedundee.com

Save the Date
**Fri 22 - Sun 24
January 2016**

leisure & culture
DUNDEE
Grove
Swim & Sports Centre

Leisure & Culture Dundee is a Scottish Charitable Incorporated Organisation No. SC09444

Community Open Event

at Grove Swim & Sports Centre

Event Highlights

leisure & culture
DUNDEE
Grove
Swim & Sports Centre

ALL ACTIVITIES
**FREE
OF CHARGE!**

There will be a range of activities for all ages and abilities to try over the weekend - all completely Free of Charge!!

For key highlights please see the table below.

Full activity listings can be found on our website or our LeisureandSportDundee Facebook page.

No need to book - just drop in anytime.

For more information, please contact Gráinne O'Reilly 01382 432312

Tea, Coffee and other refreshments will be available throughout the event.

| Activity | Time | Age Group | |
|-------------------------------------|---|---------------|---|
| Fire Service | TBC | All ages | Meet some of the local Fire Service and see what it's like to be real firefighter. |
| Bubble Football Fun | Fri 6 - 9pm Sat 9.30 - 11.30am Sun 12 - 2.30pm | 8+ years old | Run and bounce around in these Zorb like inflatable balls. Fun for all the family! |
| Rookie Lifeguard Taster Sessions | Fri 7.30 - 8pm Sat 12 - 12.30pm | 8+ years old | A fun introduction to the Rookie Lifeguard program. Make friends and learn valuable survival, rescue and sports skills |
| Multi Sport Fun | Sat 12 - 2.30pm Sun 9.30am - 12pm | All ages | A range of activities including Basketball, Football, Badminton, Table Tennis, Netball, Bouncy Castle. Drop in anytime. |
| Adult Swim Active Taster Sessions | Sat 11.30am - 12pm Sat 12.30 - 1pm Sun 11.30am - 12pm | 16+ years old | An introduction to our instructor led adult swimming program. Adult Swim Active sessions are a fun way to meet new friends and improve your fitness level. We plan your Adult Swim Active session to suit your swimming ability and will work with you towards whatever goal you would like to achieve. |
| Tayside Musketeers Basketball Games | Sat & Sun From 11.20am | All ages | See our local team take on competitors from Perth, Edinburgh, West Lothian and Stirling Saturday - U16, U18 and Senior Mens Sunday - U16, U18 and Senior Females |
| Family Fun Swimming Sessions | Fri 7.30 - 9pm Sat 11.30am - 1pm Sun 11.30am - 1pm | All ages | Have fun splashing around, and playing with our toys and floats, with your family in our fantastic Swimming Pool. Child Admission policy applies to all swimming sessions. |

Grove Swim and Sports Centre, Claypotts Road, Dundee DD5 1AB
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