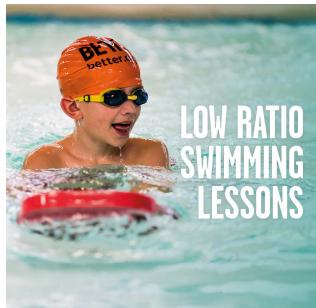


NEW SWIMMING LESSONS!

We've lots of new Swimming Lessons available at Faringdon Leisure Centre!

- Foundation 9 years and over Monday: 5:45pm - 6:15pm
- Pre School 3-5years Saturday: 10am - 10:30am
- Adult Beginner/Improver Saturday: 11am - 11:45am

We have also increased the number of Low-Ratio Foundation Lessons available on Friday's!



DINOSAUR WEEK

Following the success of our Ocean Theme Week; we will be having loads of fun with all things dinosaur, week commencing 19th January! Themed learning is a great way to engage children with different activities and a key part of our swim school lessons.

Come visit us and see how many dinosaurs you can spot...



BIRTHDAY PARTIES AT FARINGDON LEISURE CENTRE

From Roller Discos to Pool Parties! We want to make your celebration fun and memorable!

Did you know you can use our Better UK app to book a pool party? Available on Sundays from 12pm-2pm.

Enjoy 1 hour of pool time followed by 1 hour in a designated party area!

For more information or to book a pool party with us, simply email us at faringdon@gll.org



WORDSEARCH



FARINGDON
GYM
SWIM
BETTER
FUN



DID YOU KNOW?

Swimming is an essential life saving skill, as well as one of the most healthy and fun activities! It improves strength, stamina, flexibility and posture - keeping your child active and happy at the same time. To support children develop a love of swimming that lasts a lifetime; all children in the Faringdon Swim School can swim for FREE in any of the Faringdon's Swim4All Sessions! For more information, please speak to a member of staff.

Please be aware swim safely rules apply for these sessions.

UPCOMING EVENTS

Smoothie Night Wednesday 28th January

Winter Water Safety Pool Session Saturday 24th January 11-11:45am

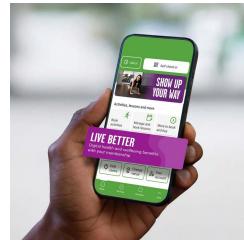
Free CPR and AED lesson with our first aid trainer Friday 30th 7:30pm January



ENHANCE YOUR WORKOUT ROUTINE

Enhance your January workout routine! At Faringdon Leisure Centre we've a range of gym equipment for you to try. Throughout January our team will be recommending different equipment to bring into your workout routine. Check out our social media channels for the teams recommendations!

BETTER FARINGDON Facebook page
@faringdon_lc Instagram page



Always Stay Updated

Always stay updated by following our Better Faringdon Facebook page. Our App has also had a recent update including our NEW digital health and wellbeing tool: Live Better!