

ABINGDON

SPORTS &
LEISURE

NEWSLETTER

What's coming up? From Inflatables and Floats to Climbing and Zorbing, we still have a plethora of activities available over the coming months for adults and juniors, plus lots of exciting news and brand new additions to our offering. Keep reading to find out about what we've got planned...

Join our Experience Day

Come and experience Abingdon Sports and Leisure, with a wealth of free activities on offer for adults and juniors, such as Zorb Football, Pool Inflatables, and Climbing Wall and Squash tasters. Plus free taster sessions of our brand new excise classes.



Sign up to our gym membership for only £19.50 per month, which gives you access to our completely refurbished Strength and Conditioning Gym, exercise classes, swimming pool, badminton, tennis, squash and the Tilsley Park weekly Boot Camp. **No Joining Fee and one month FREE if you sign up on the day!**

Brand New and Refurbished

Tilsley Park 3G Football Pitches
New to the 2017/18 football season.
Register your team's interest
now by calling
01235 524 524



Refurbished Gym

We have some exciting news! The whole gym was refurbished in August and has now been transformed into a high quality Strength and Conditioning Gym. This will provide more cardiovascular equipment (11 stations) and a range of free weights. The three treadmills will include cirrus consoles to provide multiple entertainment and workout options.



Brand New Royal Opera House Live Screenings

We are excited to announce that the Amey Theatre will be screening the Royal Opera House Live Season from September 2017 (including performances by The Royal Ballet).

Tickets are £15.00 (£12.00). The season begins with Mozart's The Magic Flute on Wednesday 20 September at 7.15pm. Other titles announced include The Nutcracker, Carmen and Tosca.

For more information and full listings, including information about our NT Live and RSC Screenings, please see our Box Office Website www.abingdon.org.uk/future_events.



W/c the 18 September, we will also be adding four brand new classes, as shown below:

Legs Bums and Tums

Tuesdays 5.40-6.30pm

Tone and Condition Yoga

Tuesdays 7.00-8.00pm

Dance Aerobics

Thursdays 6.30-7.30pm

Pure Stretch

Thursdays 7.30-8.30pm

We hope to welcome many more members to the Abingdon Sports and Leisure Club soon!



Public Swimming Sessions Enjoy public swimming sessions in our first class swimming pool. With 25 metres and eight lanes, we have plenty of space! We offer a variety of swim sessions outside of school hours, including early mornings, evenings and weekends. For details of opening times, please see our website www.sportsandleisure.abingdon.org.uk/abingdon-sports-centre/opening-times/

Private Pool Hire and Birthday Parties You can have great fun hiring our pool exclusively for a group of friends or a birthday party. We have an exciting pool inflatable and pool floats for junior parties. Just call us for availability and further details: **01235 849 062**.

NEW! Public Climbing

Every Monday from 18 September, 7pm-9pm

A new supervised session for adults who can demonstrate safe climbing technique. Juniors may also attend if they are supervised by an adult who can belay them safely.

Adults £8 / Juniors £5 (Belayers free)

Special offer! Free use of climbing equipment until the end of September.

NEW! Adult Beginners Climbing

Starting Saturday 4 November, 1.00pm-2.30pm.

(£80 for 4-week course).

*Equipment included.

You must be 16+ years of age.



www.sportsandleisure.abingdon.org.uk/courses

Live Events Coming Up...

NT Live: Hamlet Encore - Thursday 5 October, 7pm

For those who missed it in 2015, it returns to the big screen! Academy Award® nominee Benedict Cumberbatch (BBC's Sherlock, The Imitation Game) takes on the title role of Shakespeare's great tragedy.

Now seen by over 750,000 people worldwide, the original 2015 NT Live broadcast returns to cinemas.

Book your tickets at the Amey Theatre now.

Tickets for all of our live screenings and events, including The Ocean Film Festival and Horizon Lectures can be booked through the Box Office website:

www.abingdon.org.uk/future_events.



Ultimate Activity Camp - October Holidays

Ultimate Activity provides outstanding activity-based childcare for children aged 4-14 during the school holidays, where the children's welfare is their primary focus. Children will enjoy over 40 sports, games and art activities every week led by engaging and friendly staff. Ultimate Activity would love to welcome your child to join in the fun at Abingdon School. For more information, please visit: www.ultimateactivity.co.uk/locations/abingdon/

Your Chance to Win!



'Like' us on Facebook for the chance to win a year's free membership subscription to the Abingdon Sports and Leisure Club! Giving you access to our brand new gym, exercise classes, swimming, squash, badminton and tennis courts, plus the Tilsley Park Boot Camp. www.facebook.com/abingdonsportsandleisure/