



LiveArgyll Launch Open Day/Free Activity Programme

Saturday 7th October 2017

Helensburgh and Lomond:

Helensburgh Pool Programme

Free entry public swimming/Health Suite (Health suite over 16 years only) (1-2pm Teaching Pool only for swimming)	10am - 2pm 3pm - 3.45pm
Free Gym entry (subject to induction)	9am -4pm
Inflatable Pool fun session - first 40 only - 8-14 yrs.	1pm-2pm
Torque Fitness Classes (20 minute tasters)	11am /1pm/ 3pm
Best of Both fitness class	9.30am- 10.30am
Rookie Lifeguard Session	2pm-3pm

Victoria Halls Programme

Fitness class – Legs, bums and Tums	10am-10.30am
Fitness class – Kettlercise	10.45am- 11.15am
Fitness class – Flex and Fitness	10.30am- 12.15pm

Helensburgh Library Programme

Book Treasure Hunt (3 sessions) – Book voucher prizes	9.30am-1pm
Book Treasure Hunt (3 sessions) - Book voucher prizes	1.30pm-5pm
Torque indoor Cycling Demonstration	12pm-2pm

Cowal:

Riverside Pool Programme

Free Entry for public to the pool & Health Suite (HS - Must be aged 16+)	10.45am - 2.15pm
Free Entry for public to the pool & Health Suite (HS - Must be aged 16+)	3.30pm - 4.15pm
Free entry for public to the gym (Subject to Inductions)	9.00am - 4.30pm
Free "Come and Try" Aqua Fit Class	10am - 10.45am
Children's Rookie Lifesaving come and try session (8Yrs & over, can swim 50M)	11.15am - 12pm
Flume half hour sessions	12pm & 1pm
Funky Floats fun sessions	12pm - 1 pm
Funky Floats fun sessions	1.30pm - 2pm
Free Inflatable Fun session (Must be 8yrs & over, can swim 50m) first 40 kids only)	2.30pm - 3.15pm
Free Come and Try gym based circuit class (3 x 30 minute sessions)	11am/1pm/ 3pm
Gym challenge running all Day: How many Metres can you row in a minute:	9am - 4pm

Riverside Café Special

Bowl of Soup served with tasty bread	£1.00
Bowl of soup and choice of filled roll	£2.50

Edward Street Community Centre, Dunoon

Free Come and Try "Best of Both" class	9am - 10am
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Dunoon Library

Coffee morning in partnership with Macmillan	11am-1pm
Story Telling with BookBug (2 sessions)	11.30am-12pm 12.30pm – 1pm

Rothesay:

Rothesay Pool Programme

Public swimming	10am - 12pm
Fitness Class Aquafit	12pm - 1pm
Swimming Pool - Fun Session	1pm - 2.30pm
Public swimming	2.30pm - 3.45pm
Half pool lane swimming with the Pre club class	3.45pm - 4.45pm

The Moat Centre Timetable

Fitness class – PiYo	10am -11am
Fitness class – Super 60's	11am - 12pm

Rothesay Library Programme

Coffee Morning in partnership with Macmillan	11am-1pm
Story Telling Sessions with Bookbug (2 sessions)	11.30am – 12pm
	12.30 – 1pm

Kintyre:

Aqualibrium Timetable

Free Access to Facility Including Pool (Except during lessons)	10am-5pm
All Whether Pitch (out with match time) & Gym (if inducted)	10am-5pm

Aqualibrium Class Programme

Fatburn Extreme	10am-10.30am
H.I.I.T	11am-11.30am
Powerbar	12pm-12.30pm
Core	1pm-1.30pm
Family Fun Session - 1/2 pool floor raised	1pm-2pm
Zumba	2pm-2.30pm
Inflatable Fun Run Session (8-15yrs only, competent swimmers)	3pm-3.45pm
Circuits	3pm-3.30pm
Spin Class	4pm-4.30pm
Kayak P6-Adults	4pm-4.45pm

Campbeltown Community Centre Timetable

Free access to soft play	11am-3pm
Inflatable 'Disco Dome' & 'Juggling Clown Slide'	11am-3pm

Mid Argyll:

Mid Argyll Sport Centre Programme

MASC Archery session	1pm-2pm
MASC Gym tours and free gym access	2pm-3pm
MASC Free fitness class	3pm-4pm

Lochgilphead Community Centre Timetable

Coffee, tea and cakes session	12pm-2pm
Over 50s fitness and mobility class	1pm-2pm

Oban:

Oban Corran Halls Programme

Bouncy Castle	12pm-2pm
Children's Sports	12pm – 2pm
Story Corner	12pm – 2pm
Photo Board – facility tours	12pm – 2pm
Face painting	12pm-2pm

Oban Library Programme

Coffee, tea and cakes session	10am-1pm
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