



Get Active Road Show

FREE

Open Day

at Blyth Sports Centre,
Bolam Park

19th January 2008

Swimming 10 to 1.30

Special sessions 1.30 to 3.00

(snorkelling, learn to swim, please pre-book)

Taster sessions all day including:

exercise classes, football, basketball and tennis.

Demonstrations: dance, sports clubs Gym inductions, Healthy eating advice Health MOT's Information stands, Entertainment



Why not bring
a friend!