

shape-up this summer

2 MONTHS
FOR ONLY
£50*

With our 'Summer Special' membership package, you can use the latest state-of-the-art fitness equipment and facilities at any of our FOUR fantastic centres in Tameside.

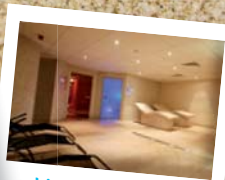
*Terms & Conditions Apply



four fantastic
fitness suites



five 25m
swimming pools



three luxury
thermal suites



over 90 classes
per week

There's never been a better time to get

Active
health & fitness for all


Ashton Pools


Copley Centre


Hyde Leisure Pool


Medlock Leisure Centre

BEACH PARTY

see overleaf
for details

HEY DUDES, come along to our **BEACH PARTY** this summer at Hyde Leisure Pool, all our usual fun packed facilities and sessions will be running but with a totally tropical twist, plus much more cool stuff!

Snorkelling...

If you've ever dreamed of discovering an underwater wonderland then you could try one of our snorkelling taster sessions running over the weekend.

Sea Scooters...

Get the feel and excitement of exploring the underwater world at speed. Sea scooters pull you through and under water with a fish like ability to turn, twist and dive. Sample this invigorating fun and breathless excitement offered by Sea Scooters by joining one of the mini sessions at our beach party weekend.

In the Beach Bar...

Check out our tropical menu; sip on a cool fruit cocktail punch or nibble on a lean and mean burger straight from the grill, there will be a range of tempting dishes available.

Lifeguard Demo...

Baywatch comes to Hyde Leisure Pool, when our budding rookie lifeguards show their lifesaving rescue and water safety techniques with demonstrations over the weekend.

Wally Walrus...

Walrus's love to wallow on the beach and our favourite Wally Walrus is no exception, sporting the latest in tropical fashion. Wally will be surfing around Hyde Leisure Pool throughout the weekend joining in many of the activities and mingling!



Fitness Suite...

Take a look at the fitness suite at Hyde Leisure Pool; our tour guides will be on hand to take you around and show you what a breeze it is to keep your beach body! **No need to book...**

Dance Studio...

Time to get together with other dudes and gals to sample a range of workout classes, 10 minute sessions will be running throughout the weekend, choose from; Bums & Tums, Yoga, Cycle Workout, Combat Aerobics, BoxFit and Street Dance.



Come and join in our **FUN** weekend!
21st & 22nd August 2010

For more information call us today:
0161 368 4057


Ashton Pools
0161 330 1179


Copley Centre
0161 303 8118


Hyde Leisure Pool
0161 368 4057


Medlock Leisure Centre
0161 370 3070