

NEW SWIMMING LESSONS!

We've even more new Swimming Lessons available at Faringdon Leisure Centre!

- Foundation 9 years and over Monday: 5:45pm -6:15pm
- Pre School 3-5years Saturday: 9:30am - 10am
- Friday Parent and Toddler 1:30-2pm

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



Community Book Swap

Our bookshelves have been filling up recently; please feel free to enjoy one in the centre in our seating area or bring a book and swap for one on the shelf to enjoy at home.



Supporting the GLL Sports Foundation!

We are proud to support this innovative sports programme which essential support programme for athletes battling the high costs of training, travel and equipment needed for their sporting journey.

One of our fantastic fitness instructors, Kim Owen, has been a GSF athlete for several years now; competing in Triathlons on the international stage and representing Team GB!



Friday 13th

Friday 13th doesn't have to be bad! We will have Free Fruit and Fruit Juice available all day as well as centre information on activities and upcoming events. Plus with any purchase of any of our cold or hot drinks selection, we are giving away free biscuits!

WORDSEARCH

R	Z	P	T	U	Q	I	Y	L	X	V	M	U	W	D	M	M	W	J	C
C	V	D	E	J	A	O	H	D	R	C	X	X	F	U	S	Z	D	M	W
K	P	G	A	O	Q	J	T	I	X	O	V	Z	L	N	C	T	U	P	B
C	Y	N	W	N	T	M	U	D	J	C	B	Y	Y	Z	Q	R	H	E	T
J	A	P	R	O	P	Q	V	D	Q	I	S	D	K	S	M	N	T	D	C
P	N	N	H	B	F	C	D	P	K	E	C	Q	P	D	E	T	S	M	H
K	Y	J	N	Z	N	U	A	D	S	M	Q	Q	T	L	E	N	W	F	M
Q	S	U	V	X	O	A	F	G	P	B	G	Z	V	R	U	Y	I	U	W
M	B	Y	Z	V	R	Y	M	K	R	K	O	R	B	F	J	W	M	C	F
X	J	F	A	N	G	Q	A	T	F	G	M	E	R	W	W	Y	H	T	Q
E	H	B	A	V	H	A	U	T	V	Q	X	U	T	C	G	O	V	S	M
M	O	X	L	R	H	D	C	A	A	P	O	M	E	G	Y	F	O	V	C
X	N	I	S	M	I	I	C	J	G	U	Z	W	Z	P	P	C	O	V	N
J	A	S	J	O	B	N	X	Z	S	K	X	W	N	G	Y	R	L	H	G
W	J	S	Y	P	L	D	G	W	U	C	J	J	F	L	H	D	K	Y	H
T	T	C	X	E	Y	F	O	D	D	J	L	C	A	Y	M	X	D	T	M
M	H	D	K	M	G	H	V	H	O	R	R	Q	M	V	X	Q	D	V	O
Z	U	S	W	G	L	E	P	E	H	N	K	Q	P	L	R	B	U	U	D
V	K	D	Y	X	O	P	U	T	F	J	E	E	D	G	X	M	J	W	V
Y	K	P	K	Y	E	E	Y	A	R	V	N	I	Z	D	N	U	F	R	T

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

Taster Swimming Lessons Saturday 21st February

Women's Only Swim for International Women's Day Sunday 8th March

Swim School Short Courses April 7th-10th



ENHANCE YOUR WORKOUT ROUTINE

Enhance your February workout routine! Following on from our January Gym recommendations; this month we are focusing on Swimming Workout Recommendations! Check out our social media for the updates.

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!

