

Date for Release	From	Contact Tel	Email
14/03/2007 For Immediate Release	Fiona West Marketing Manager	01454 867062	fiona.west@southglos.gov.uk

Title:

Get Energized...

Body:

Bradley Stoke Leisure Centre is launching an all new exciting Saturday morning kids club called Energize. Each week will be themed with different activities from sporting team games, fun cars, inflatable fun to adventure play and will also incorporate arts and crafts.

Laura Piling, Children's Coordinator said 'It is an ideal opportunity for parents to enjoy a child free morning, safe in the knowledge that their child is having fun and keeping active whilst being cared for by our Energize crew'. She continued, 'regular exercise not only improves physical health but can also improve mental health and self confidence'.

Energize launches Saturday 14th April and will run each Saturday from 9.30am – 11.30am at Bradley Stoke Leisure Centre. All children between the ages of 5-11 years are welcome. The 2-hour morning session is just £5.50 per child. For further information or bookings please call Bradley Stoke Leisure Centre on 01454 867050 (www.sgleisure.org)

Ends

Notes for Editors:

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. It operates the four leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.
- **Press releases** - All press releases can be found online at: www.sgleisure.org/press_releases

South Gloucestershire Leisure