

OPEN DAY

Vauxhall
Recreation
Club

20 Gipsy Lane Luton Beds LU1 3JH

Meet TV Gladiator 'Doom' from 11:15am

Sunday 27th June 2010



Tennis for Everyone! 10am - 3pm

Come and try our tennis club and excellent facilities with activities including:

- **Service Speed Gun** - Fastest serve competition for various age groups - serve the fastest and win 3 months free tennis membership
- **Ball Machine** - Loads of fun returning against different speeds and spins
- **Target Tennis** - Hit the target, win a prize!
- **Champion Challenge** - Challenge our reigning club and county champion!
- **Team Tennis** - Fun games for all the family
- **Drills & Thrills** - Action packed coaching for all ages
- **Mini Madness** - Balance & co-ordination games for the under 8's
- **American Tournament** - Classic 'mix in' doubles social

SPECIAL OFFERS

If you join the tennis club on the day - save up to 25%!



Lifelines Fitness Studio

Open day 10am - 3pm

Come along and try out our fantastic gym facilities for free on the day. Our fitness instructors will be on hand to give you help and advice if you are looking to get into shape over the summer. (subject to a blood pressure check)

SPECIAL JOINING OFFERS ON THE DAY!

Lifelines Family Sports Day

10am - 12noon

Lifelines members are welcome to bring family and friends of all ages to come along and join in with our Lifelines Sports Day. The session will consist of lots of fun, family friendly races, just like an old fashioned school sports day with favourites like three legged race, skipping races, and assault course races.



Children's Football Sessions

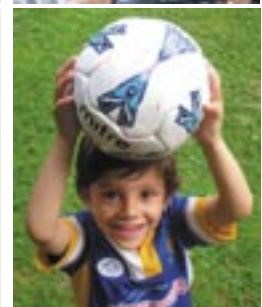
10-11am

- Free football sessions
- Boys and girls
- Football Skills
- Mini matches
- Beat the Goalie competition throughout the day, raising money for Marie Curie Cancer Care

Vauxhall Photographic Club

10am - 2pm

Our resident photographers will be demonstrating their skills by offering to take yours, friends and family's photos for just £5 a photo, much less than the high street photographers. On top of this they will be donating £1.50 from every photo purchased to Marie Curie Cancer Care.



Badminton for All

10am - 1pm

Vauxhall Badminton club will be opening their doors for all those who wish to come and play. The session is supervised by a coach who will be on hand to give tips and hints and tell you all you need to know about our Junior and Adult Badminton Clubs.

Tag Rugby

11am-12noon

This fun session for 5-10 year olds will provide a taster of one of the most popular children's sports. Entirely non-contact, our qualified coach will teach them basic passing skills and get them involved in little matches.



Mini Movers

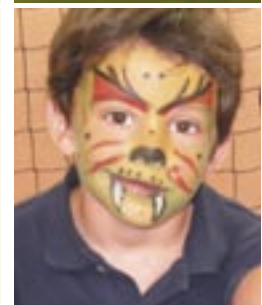
1-2pm

- Learn the dances to your favourite High School Musical songs!
- Play fun games!
- For 3-9 year olds
- Girls and boys

Football Free Zone!

3pm - 5pm

Looking for something to do while your loved ones watch the football? Why not come and join in with our football free, tennis session! A coach will lead this session and they will help you learn how to play tennis or for more experienced players help you improve your skills.



PLUS BBQ ... FACE PAINTING 12-3pm ... BOUNCY CASTLE 12-3pm

Come and watch the football in the comfort our Balcony Café Bar from 3pm on our HD Big Screen or enjoy an ice cold drink and great grub with the family in our beautiful beer garden with children's playground.

For further information, please call **01582 418873**

www.vauxrec.co.uk