



Press Release

Forest of Dean District Council
High Street, Coleford, GL16 8HG

8 July 2015

Summer holiday fun with Forest Leisure

Four of the District Council's leisure centres are hosting a huge range of fun activities to keep children and young people occupied during the summer holidays.

To help working parents the activities are on offer at Forest Leisure centres in Lydney, Cinderford, Coleford and Newent, as well as school holiday childcare at the Lydney centre.

There will be extra public and family swim sessions at the Forest Leisure centres and a five day swim crash course at Cinderford to help improve children's swimming skills.

Younger children will love the bounce and play sessions with older children enjoying the snorkelling, tag rugby, bush craft, racket sports, cycling safety, cooking and arts & crafts.

The 'Wake & Shake' sessions at Cinderford and Lydney are a great way to start the day, where children can enjoy a healthy breakfast before joining in with any of the day's activities. Cinderford, Coleford and Lydney also have supervised lunch-times and a chance to relax, before children enjoy the afternoon activities.

Children with a Junior Coaching Membership are eligible for FREE morning activity sessions and their places can be booked by contacting the local Forest Leisure centre reception.

Forest of Dean District Council's Leisure Manager Dave Spencer said: "We have put together an exciting summer programme with lots of fun activities at good value prices for children to enjoy with friends and to keep them active over the holidays."

Cllr Terry Hale, Cabinet Member for the Community said: "We understand that the school holidays are often a time when some parents find it difficult to keep children occupied and with this in mind we've developed an affordable activities programme for the summer. Children will be able to come along and try exciting activities and develop new skills, with parents and carers having the peace of mind that their child is being looked after in a safe environment."

For more information and full details visit the Forest Leisure website www.forestleisure.org.uk and pop into your local leisure centre to book a place. The summer activities are extremely popular, so Forest Leisure recommends booking early to avoid disappointment.

To keep up-to-date with the latest news you can follow Forest Leisure on Twitter @forest_leisure

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Notes for Editors: Two summer holiday activity images attached in jpeg format.

For more information on the Forest Leisure children's summer activities programme visit the Forest Leisure website www.forestleisure.org.uk

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