

Celebrating 50 Years!



STANTONBURY
LEISURE

OPEN DAY

1ST AUGUST 2026

EVERYONE WELCOME!

10AM - 4PM

FREE ENTRY & ACTIVITIES

Community event to celebrate our 50th Anniversary raising money for a fantastic charity, Harry's Rainbow. Our team will be offering free taster sessions throughout the day. Call us to book your activities! - FREE Car Parking.

**Swimming | Roller Disco Skating | Badminton
Tai Chi | Zumba | Football | Bouncy Castle
Yoga | Gym Taster Sessions & Trial Classes**



Play. Train. Thrive. **01908 324 466**

Stantonbury Leisure Centre, Stantonbury, Milton Keynes, MK14 6BN.
www.stantonburyleisure.co.uk



**harry's
rainbow**

SUPPORTING BEREAVED CHILDREN

OPEN DAY

ACTIVITY TIMETABLE

MAIN HALL

TIME	ACTIVITY
10:00 – 11:00am	Family Badminton (<i>Feathers Badminton Academy</i>)
11:00 – 12:00pm	Penalty shootouts with Donny the MK DONS mascot
12:00 – 1:00pm	Family Badminton (<i>Feathers Badminton Academy</i>)
1:00 – 4:00pm	Jet Rollers - Disco indoor skating (<i>30-minute sessions</i>)

10:00 – 4:00pm **GYM - FREE** use of Gym **ALL DAY**

T&C apply, and a Health Questionnaire needs to be completed before use.

GYM AEROBIC CLASSES

TIME	ACTIVITY
10:00 – 11:00am	Tai Chi
11:00 – 11:30am	Legs Bums & Tums
11:30 – 12:30pm	Fit Steps
12:30 – 1:00pm	Zumba
1:00 – 1:45pm	Yoga
2:30 – 3:30pm	Tai Chi Taster Session (<i>for beginners</i>)

POOL

TIME	ACTIVITY
1:30 – 2:30pm	Family FREE Swim (<i>booking advisable as limited spaces</i>)
2:30 – 3:30pm	General FREE Swim (<i>booking advisable as limited spaces</i>)

SOCIAL AREA

TIME	ACTIVITY
10:00 – 4:00pm	Bouncy Castle

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