










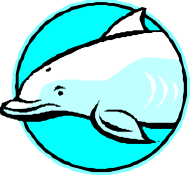




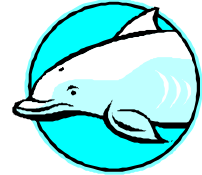


AUCHRANNIE ACTIVITIES & ENTERTAINMENT THIS WEEK - EASTER WEEK 2 - 11th APRIL 2009

	SATURDAY 11th	SUNDAY 12th	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
M O R N I N G	 <p>tel : 302244 for outdoor activities</p>	<p><u>12noon onwards</u></p> <p>EASTER FUN AT BRODICK CASTLE</p> <p>Face painting, egg hunt,, duck derby, egg decorating, duck derby and much more.</p>	<p><u>10 to 11am</u> FITNESS FOR THE OLDER PERSON* Spa Leisure</p> 	<p><u>10 to 11am</u> FITNESS FOR THE OLDER PERSON* Spa Leisure</p> 	<p><u>9.45 to 10.45am</u> AQUAFIZZ* Hotel Pool <u>10 to 11am</u> YOGALATES* Spa Leisure</p> 	<p><u>10 to 11am</u> FITNESS FOR THE OLDER PERSON* Spa Leisure</p> 	<p><u>9.45 to 10.45am</u> AQUAFIZZ* Hotel Pool <u>10 to 11am</u> YOGALATES* Spa Leisure</p> 
A F T E R N O O N	<p><u>3 to 4pm</u> FAMILY GAMES* (All ages) Spa Leisure <u>4 to 5pm</u> FUN IN THE POOL* (All ages) Spa Pool</p>	<p><u>3 to 4pm</u> FAMILY GAMES* (All ages) Spa Leisure <u>4 to 5pm</u> FUN IN THE POOL* (All ages) Spa Pool</p>		<p><u>3 to 4pm</u> FAMILY GAMES* (All ages) Spa Leisure</p> 	 <p>tel : 302244 for bike hire</p>	<p><u>3 to 4pm</u> FAMILY GAMES* (All ages)Spa Leisure</p> 	 <p>ARCHERY DAILY* Book with Arran Adventure</p>
E V E N I N G	<p><u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p> 	<p><u>9.30pm</u> NEIL DIAMOND Tribute Act (Cruize Bar)</p> 	<p><u>6pm</u> CHEESE 'N WINE WELCOME EVENING* Glen Cloy Suite <u>6 to 7.15pm</u> CIRCUIT TRAINING* (14yrs+) Spa Leisure <u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p>	<p><u>6 to 7pm</u> LEGS, BUMS & TUMS* (14yrs+) Spa Leisure <u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p> 	<p><u>6 to 7.15pm</u> CIRCUIT TRAINING* (14yrs+) Spa Leisure <u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p> 	<p><u>6pm</u> EASTER FAMILY QUIZ* Cruize Bar  <u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p>	<p><u>7 to 8pm</u> ADULTS ONLY SWIM* (members & residents) Hotel Pool</p> 

***Please see over for further details and charges for activities and entertainment.**

SPORTS ACTIVITIES & CHARGES

AQUAFIZZ* - Water aerobics in the hotel pool. Liz'll get you going! £3 members, £7.40 non members, £5.80 SC.

FUN IN THE POOL* - Fun in the pool for all ages, with floats, hoops, dive rings etc . No balls unfortunately!! FOC to members.

Normal admission charge to non-members. This is held in the SPA RESORT POOL.

FAMILY GAMES* - All the family welcome and it's away you go! Free to residents, £2 per person for non residents. (Unsupervised by staff)

PILATES* - Body maintenance to make you look & feel leaner & stronger. £1.50 members, £4.50 non members.

YOGALATES* - A mixture between yoga & pilates! £1.50 members, £4.50 non members.

CIRCUIT TRAINING* - Class in the fitness suite for all fitness levels. £1.50 fitness members, £6.00 non members.

FITNESS FOR THE OLDER PERSON* - Circuit class in the gym designed for the over 50's but any age above 14 can attend. £1.50 fitness members, £4.50 non members

LEGS BUMS & TUMS* - Body workout for the lower half. £1.50 members, £4.50 non members.

OTHER ACTIVITIES & CHARGES

ADULTS ONLY SWIMMING SESSION* - 7 to 8pm in the House Hotel Pool, every night during school holidays.

This is for members & residents only, free of charge.

ARRAN ADVENTURE - The adventure company has a hut, based at the back of the Spa Resort, where bookings can be made for many activities including archery, kayaking etc. Call 302244 or see Arran Adventure for info & prices.

GAMES HALL SPORTS* - Advertised charges apply to all. See separate sheet.

ENTERTAINMENT - all Free of Charge

WELCOME EVENING - Hotel, Spa & Lodge Guests are invited to join Country Club staff. Meet fellow guests for an informal get together.

EASTER FAMILY QUIZ - Join Mandy in Cruize Bar to test your IQ. Questions to suit all. Prize for the best score.

SHOW LODGE TOUR - Call in at Country Club to arrange a walk round our 5 star lodge! Free glass of wine and a complimentary swim at our leisure facilities.

* **Charges apply. Member - includes all leisure members & hotel/spa/lodge guests.**

** **Classes are subject to a minimum number for them to take place & places taken on a first come first serve basis.**

For more information on times, prices etc, please see Spa Leisure Reception.

N.B. All activities are undertaken at the participants own risk.