

# Take a free journey into a world of sound, touch, light and movement...

Stimulate the senses...

Inspire the imagination...

Create your own unique experience...

**Spennymoor Leisure Centre  
Multi-Sensory Room Free Sessions  
10 March - 13 April**

**To book:**

**Tel: 03000 261 161**

**email: [leisure-spennymoor@durham.gov.uk](mailto:leisure-spennymoor@durham.gov.uk)**

**[www.durham.gov.uk/spennymoorleisurecentre](http://www.durham.gov.uk/spennymoorleisurecentre)**

The taster sessions are provided in partnership with



**Spennymoor  
Area Action Partnership**



## The free sessions available are:

### Adult open sessions

For adults with a special educational need or disability. A maximum of six users at a time (maximum numbers does not include parents / carers / guardians).

### Children's open sessions

For any pre-school child or any child with a special educational need or disability. A maximum of six users at a time (maximum numbers does not include parents / carers / guardians).

### Structured session

Available for ages 0-2 years and 2-4 years. These sessions are led by a member of staff and have lesson plans which include learning objectives and outcomes to meet a child's needs.

Day	Time	Type
Monday	09.00 – 10.00am	Adult open session
	13.00 – 13.45pm	Structured session (0-2 years)
	14.00 – 14.45pm	Structured session (2-4 years)
	15.30 – 16.30pm	Children's open session
	16.45 – 17.45pm	Children's open session
Tuesday	09.00 – 10.00am	Children's open session
	11.30 – 12.30pm	Adult open session
	16.45 – 17.45pm	Adult open session
Wednesday	13.00 – 14.00pm	Children's open session
	16.45 – 17.45pm	Children's open session
Thursday	09.00 – 10.00am	Children's open session
	10.15 – 11.15am	Children's open session
	15.30 – 16.30pm	Adult open session
	16.45 – 17.45pm	Adult open session
Friday	09.15 – 10.00am	Structured session (0-2 years)
	10.15 – 11.00am	Structured session (2-4 years)
	15.30 – 16.30pm	Children's open session
	16.45 – 17.45pm	Children's open session
	18.00 – 19.00pm	Adult open session
	19.15 – 20.15pm	Adult open session
Saturday	09.00 – 10.00am	Children's open session
	10.15 – 11.15am	Children's open session
	11.30 – 12.30pm	Adult open session
	13.00 – 14.00pm	Adult open session
Sunday	10.15 – 11.15am	Children's open session
	11.30 – 12.30pm	Adult open session
	13.00 – 14.00pm	Adult open session
	14.15 – 15.15pm	Children's open session

