Children's Activities In the Den		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Chocolate Chefs Academy (3-7 years)		3 hours	£29.00			9am, 2.15pm				9am
Crèche (3-23 months)		3 hours	£25.00		1.30pm	8.45am	8.45am		1pm	8.45am
Crèche (24-35 months) Hero's Party Hour (3-7 years)		3 hours 1 hour	£25.00 £12.00		1.30pm 11am	8.45am	8.45am		1pm	8.45am
Wizard Academy (3-7 years)		3 hours	£29.00		1.45pm				1.15pm	
Pirate and Princess Adventure (3-7 years)		3 hours	£29.00				1.45pm			1.45pm
Children's Activities Up to 11 years		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Archery - Little Outlaws (3-5 years)	22	30 minutes	£9.25		2.45pm, 3.15pm		9.30am, 10am			From Noon
Archery - Mini Crossbows (3-7 years)	20	30 minutes	£9.25			From 3.15pm	1pm, 1.30pm		3.15pm, 3.45pm	9.30am, 10am
Baby Balance Bike Buddy	20	30 minutes	£8.00		11am, 11,45am				3. 15pm	
(10 months-2 years) Baby Memorable Imprint - Framed				10245	9 30am-	9.30am-		10245	9.30am-	
(6 weeks-3 years) Baby Memorable Imprint - Unframed	2.	15 minutes	£60.00	10am-2.45pm	4.15pm 9.30am-	2.45pm 9.30am-		10am-2.45pm	2.45pm 9.30am-	
(6 weeks-3 years)	22	15 minutes	£35.00	10am-2.45pm	4.15pm	2.45pm		10am-2.45pm	2.45pm	
Cake Pops Fun (3-7 years)	22	45 minutes	£11.50						9.30am	
Children's Entertainment (2 years+)	2.	45 minutes	£1.00		4.30pm		4.30pm			
Crazy Science (3-7 years)	20	1 hour	£15.50	10.45am	From 9.45am	1.30pm, 3.15pm	1.30pm, 3.15pm	10.45am	From 10.15am	1.45pm, 3.30pm
Cupcakes For Little Ones (3-7 years)	20	45 minutes	£11.50		1.15pm	3.30pm	3.30pm		11am	1.15pm
Den Building and Decorating (3 years+)	22	1 hour 30 minutes	£46.50			10am				1.15pm
Face Painting (3 years+)	20	10 minutes	per plot £6.50			1.30pm-5pm	9am-5pm		9am-Noon	2pm-5pm
Fencing for Juniors (Child 6-9 years)	2.	1 hour	£20.00			9.30am			9am, Noon	
(Adult 18 years+)	_		per pair		11.15		11.15		3811,110011	1.1
Fencing for Tots (3-5 years)	22	30 minutes	£9.00		11.15am	11.15am	11.15am			11am
Hair Braiding (3 years+)	2.	10 minutes	£7.00			1.30pm-5pm	9am-5pm		9am-Noon	2pm-5pm
Mini Ballerinas (3-5 years)	2	45 minutes	£7.00		10.45am	1 20				1 20
Mucky Pups (18-36 months)	20	1 hour	£11.25			1.30pm, 3.30pm				1.30pm, 3.30pm
Roller Disco (6 years+) (Minimum skate size junior 8)	20	1 hour	£7.00	1.30pm	1.30pm	2.30pm, 3.45pm	From 1.30pm	1.30pm	2.30pm, 3.45pm	11.15am 3.20pm
Roller Tots (2-5 years) (Junior skate size 6-9)	2.	30 minutes	£5.75		10.15am	10.15am	10.15am		10.15am	10.15am
Sensory Play Babies (8 weeks-Crawling)	<u>Q</u>	30 minutes	£8.00		10am	12.15pm			11am	
Sensory Play Toddlers	2.	30 minutes	£8.00		11am		12.15pm		10am	12.15pm
(Crawling-35 months)					110111	0				·
Soccer Coaching (3-5 years)	22	45 minutes 1 hour	£9.75			9am	9am		9am	9am
Soccer Coaching (6-11 years)	2.	30 minutes	£13.00			10.30am	10.30am		10.30am	10.30am
Soccer Play (18-35 months)	20	45 minutes	£7.00		9.45am					
Street Karts (4 years+)	22	20 minutes	£8.00		From 10am	From 10am	From 10am		From 10am	From 1.15pm
Teach me Balance Bike (2-5 years)	<u>2</u> 2	45 minutes	£9.25			11.20am	11.20am		9.15am	9.45am
Teddy Bear Making (3 years+)	20	10 minutes	£23.50	9am-3pm	9am-5.10pm	9am-5.10pm	9am-5.10pm	9am-3pm	9am-5.10pm	9am-5.10pm
Teddy Bears' Picnic (2-5 years)	22	1 hour	£11.50			1.30pm			1.30pm	
Tiny Sports Day (3-5 years)	20	45 minutes	£7.50						10.45am	
Woodland Wheelers (8-11 years)	<u>2.</u>	30 minutes	£11.25		From 2.40pm	From 10am	From 10am		From 10am	From 10am
Indoor Activities Includes Ten Pin Bowling and Creative Pursuits		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Badminton		45 minutes	£9.00	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm
Family Cupcake Decorating (8 years+)		1 hour 30 minutes	£25.00		3.15pm		9.45am			10am, 2.45pm
Family Memorable Imprint - Framed	20	15 minutes	£90.00	10am-2.45pm	9.30am- 4.15pm	9.30am- 2.45pm		10am-2.45pm	9.30am- 2.45pm	
Family Sports Day (5 years+)	20	55 minutes	£7.00		1.130111	2.45pm			3.20pm	
Fencing (10 years+)	2.	55 minutes	£16.00		1pm		2.45pm		10.30am	1.45pm
3, , ,	20	45 minutes	£10.25	8.45am- 8.45pm	8.45am-	8.45am-	8.45am-	8.45am- 8.45pm	8.45am-	8.45am-
Football Pool Indoor Climbing Adventure (4 years+)	2.	1 hour	12 years+ £25.50	8.45pm From 10.15am	8.45pm From 9am	8.45pm From 9am	8.45pm From 9am	8.45pm From 10.15am	8.45pm From 9am	8.45pm From 9am
(Minimum height 1.10 metrès)  Photography: - Cool Kids Photo Shoot		10 minutes	Under 12s £24.00	TOTT TO.13dll	1 I UIII 3diil	I I UIII Ədill	I I UIII 3difi	7 TUILI TU.13dIÑ	I TUIT Sdill	1 10111 3dill
- Cool Kids Photo Shoot - Family Photo Shoot - Fashion Model Photo Shoot - Group Photo Shoot - Just The Two Of Us Photo Shoot - My First Photo Shoot - Toddler Photo Shoot		30 minutes	£20.00	9am-1pm	9am-4.30pm	9am-4.30pm	9am-4.30pm	9am-1pm	9am-4.30pm	9am-4.30pm
Photography Lesson (14 years+)	2.	1 hour 30 minutes	£32.00			1.15pm			1.15pm	
Pottery Painting Studio (1 month+)	<u></u>	1 hour 30 minutes	Studio Fee 12 years+ £5.75 Under 12s £4.75	10am-2pm	9.30am- 3.30pm	9.30am- 3.30pm	9.30am- 3.30pm	10am-2pm	9.30am- 3.30pm	9.30am- 3.30pm
Short Mat Bowls		1 hour	£7.75	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm
Short Tennis		45 minutes	£9.00	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am- 8.45pm
Squash Court		45 minutes	£9.00	8.45am-	8.45am-	8.45am-	8.45am-	8.45am-	8.45am-	8.45am- 8.45pm
•		30 minutes	£8.50	8.45pm 9am-9pm	8.45pm 9am-9pm	8.45pm 9am-9pm	8.45pm 9am-9pm	8.45pm 9am-9pm	8.45pm 9am-9pm	9am-9pm
Table Tennis										

Table Tennis Tournament (8 years+)		2 hours	£8.50			9.45am				
Ten Pin Bowling		45 minutes	£29.00 up to 4 people	9.30am- 10.50pm	9.30am- 10.50pm	9.30am- 10.50pm	9.30am- 10.50pm	9.30am- 10.50pm	9.30am- 10.50pm	9.30am- 10.50pm
Ten Pin Bowling		1 hour	£32.00 up to 6 people	8.45am- 10.50pm	8.45am- 10.50pm	8.45am- 10.50pm	8.45am- 10.50pm	8.45am- 10.50pm	8.45am- 10.50pm	8.45am- 10.50pm
Exercise and Fitness		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bollywood Dancing (14 years+)		55 minutes	£8.50				3pm		1pm	
Boogie Bounce (14 years+)		45 minutes	£7.00		11.45am	Noon				12.30pm, 3.30pm
Clubbercise (14 years+)		55 minutes	£7.50		1.30pm	3pm				11.15am
Lavender Relaxation (14 years+)		55 minutes	£7.50			1.45pm				2.15pm
Line Dancing (10 years+)	2.	55 minutes	£7.50				1pm		11am	
Pilates (14 years+)		55 minutes	£11.50			10.45am				10am
The Gym - Week, Weekend or Midweek Pass (16 years+)		Up to 2 hours per day	£13.00 per pass	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm	8am-8pm
Yoga (14 years+)		55 minutes	£8.50		9.30am				9.30am	
Zumba (14 years+)		55 minutes	£8.50				2pm		Noon	
Pool Activities Subtropical Swimming Paradise		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aqua Jetting (8 years+)	2.	30 minutes	£15.50	From 8am	From 8am	From 8am	From 8am	From 8am	From 8am	From 8am
Baby Dolphins (Under 3s)	<u>2</u> 2	50 minutes	Free			9.30am			9.30am	
Family Cabanas	2.	3 hours	£45.00	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.05am	From 10.0
Mermaids and Sharks (6-12 years)		45 minutes	£21.00						8am, 9am	
Mini Jet Skis (3-7 years)	2.	10 minutes	£8.50	From 8am	From 8am	From 8am	From 8am	From 8am	From 8am	From 8am
Outdoor Activities Includes Adrenaline and Outdoor Sports		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	2.	Duration 1 round	Price from  12 years+ £7.00 Under 12s £6.00			Wed From 9.30am		Fri From 9.30am		Sun From 9.30a
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)	<b>2.</b>		12 years+ £7.00 Under 12s	Mon	Tues		Thurs		Sat	
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres)	2: 2: 2:	1 round	12 years+ £7.00 Under 12s £6.00 £34.00	Mon	Tues From 9.30am	From 9.30am	Thurs From 9.30am		Sat From 9.30am	From 9.30a
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres)	<u>2</u> *	1 round  1 circuit and descent	12 years+ £7.00 Under 12s £6.00	Mon	Tues From 9.30am From 9am	From 9.30am From 9am	Thurs From 9.30am From 9am		Sat From 9.30am From 9am	From 9.30
Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)	2.* 2.*	1 round 1 circuit and descent 1 circuit	12 years+ £7.00 Under 12s £6.00 £34.00 £27.50 12 years+ £45.00 Under 12s	Mon	Tues From 9.30am From 9am From 9.15am	From 9.30am From 9am From 9.15am	Thurs From 9.30am From 9am From 9.15am		Sat From 9.30am From 9am From 9.15am	From 9.30 From 9am From 9.15 1pm
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)  Archery - Field Archery (10 years+)	2.* 2.*	1 round  1 circuit and descent 1 circuit 2 hours 30 minutes	12 years+ £7.00 Under 12s £6.00 £34.00 £27.50 12 years+ £45.00 Under 12s £36.00 12 years+ £35.00 Under 12s	Mon	Tues From 9.30am From 9am From 9.15am	From 9.30am From 9am From 9.15am	Thurs From 9.30am From 9am From 9.15am		From 9.30am From 9am From 9.15am	From 9.30 From 9am From 9.15 1pm
Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)	2.	1 round  1 circuit and descent  1 circuit  2 hours 30 minutes	12 years+ £7.00 Under 12s £6.00 £34.00 £27.50 12 years+ £45.00 Under 12s £35.00 Under 12s £35.00 Under 12s £28.00 £22.50	Mon	Tues From 9.30am From 9am From 9.15am 1pm From 8.45am	From 9.30am From 9am From 9.15am	Thurs From 9.30am From 9am From 9.15am 1pm From 8.45am		From 9.30am From 9am From 9.15am 1pm From 8.45am	From 9.303 From 9am From 9.153 1pm From 8.453
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)  Archery - Field Archery (10 years+)  Archery - Robin Hood and Little Johns (Child 6-9 years) (Adult 18 years+)	2.	1 round  1 circuit and descent  1 circuit  2 hours 30 minutes  1 hour 30 minutes  45 minutes	12 years+ £7.00 Under 12s £6.00 £34.00 £27.50 12 years+ £45.00 Under 12s £36.00 12 years+ £35.00 Under 12s £28.00 £22.50 per pair 12 years+ £6.00 Under 12s £7.50	Mon	Tues From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am	From 9.30am From 9am From 9.15am 1pm From 8.45am	Thurs From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am		From 9.30am From 9.30am From 9.15am 1pm From 8.45am From 1pm	From 9.30: From 9am From 9.15: 1pm From 8.45: From 9am
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)  Archery - Field Archery (10 years+)  Archery - Robin Hood and Little Johns (Child 6-9 years) (Adult 18 years+)  Archery - Target Archery (10 years+)	2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2	1 round  1 circuit and descent  1 circuit  2 hours 30 minutes  1 hour 30 minutes  45 minutes	12 years+ £7.00 Under 12s £6.00  £34.00  £27.50  12 years+ £45.00 Under 12s £36.00  12 years+ £35.00 Under 12s £28.00 £22.50 per pair 12 years+ £26.00 Under 12s £28.00 Under 12s £28.00	Mon From 9.30am	Tues From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am	From 9.30am From 9.15am Ipm From 8.45am From 9am	Thurs From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am	From 9.30am	From 9.30am From 9.30am From 9.15am 1pm From 8.45am From 1pm From 9am	From 9.30a From 9am From 9.15a 1pm From 8.45a From 9am From 9am
Includes Adrenaline and Outdoor Sports  Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)  Archery - Field Archery (10 years+)  Archery - Robin Hood and Little Johns (Child 6-9 years) (Adult 18 years+)  Archery - Target Archery (10 years+)  Astro Turf Pitch Hire	2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2	1 round  1 circuit and descent  1 circuit  2 hours 30 minutes  1 hour 30 minutes  45 minutes  1 hour hour	12 years+ £7.00 Under 12s £6.00  £34.00  £27.50  12 years+ £45.00 Under 12s £36.00  12 years+ £35.00 Under 12s £28.00  £22.50 per pair 12 years+ £26.00 £27.00  £10.00 £10.00 £10.00	Mon From 9.30am	Tues From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am 9am-4pm	From 9.30am From 9.15am Ipm From 8.45am From 9am	Thurs From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am	From 9.30am	From 9.30am From 9.30am From 9.15am Ipm From 8.45am From 1pm From 9am 9am-4pm	From 9.30a From 9am From 9.15a 1pm From 8.45a From 9am From 9am
Adventure Golf - 9 holes  Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)  Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)  All Archery Package (10 years+)  Archery - Field Archery (10 years+)  Archery - Robin Hood and Little Johns (Child 6-9 years) (Adult 18 years+)  Archery - Target Archery (10 years+)  Astro Turf Pitch Hire  Foot Golf (8 years+)	2.2 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2.2	1 round  1 circuit and descent  1 circuit  2 hours 30 minutes  1 hour 30 minutes  45 minutes  1 hour 1 hour	12 years+ £7.00 Under 12s £6.00  £34.00  £27.50  12 years+ £45.00 Under 12s £36.00  12 years+ £35.00 Under 12s £28.00 £22.50 per pair 12 years+ £26.00 Under 12s £20.00 £27.00 £10.00	Mon From 9.30am	Tues From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am 9am-4pm 1pm-3pm	From 9.30am From 9.15am Ipm From 8.45am From 9am 9am-4pm	Thurs From 9.30am From 9am From 9.15am 1pm From 8.45am From 9am From 9am 9am-4pm	From 9.30am	From 9.30am From 9.30am From 9.15am Ipm From 8.45am From 1pm From 9am 9am-4pm Ipm-3pm	From 9am From 9am From 8.45a From 9am From 9am From 9am 9am-4pm



2 15 minutes £18.50

£35.00



9am-2.45pm 9am-2.15pm

Pottery Painting Studio

\*Bring a paying adult for children 8 years and under

Junior Pony Rides (2-7 years)

Mini Trek

9am-2.45pm

To view online or download please visit www.centerparcs.co.uk/Elveden002

Laser Clay Shoot Out (10 years+) From 9am From 9am Off-Road Explorers (3-7 years) 30 minutes £17.00 From 9am From 9am From 9am From 9am From 9am 9.30am, 1.15nm Paintball (12 years+) £31.50 Quad Bike Safari (12-15 years) Maximum weight 14 stone) £47.00 From 10am From 10am 1 hour From 10am From 10am From 10am £47.00 From 10am From 10am £62.00 8.45am, 9am 8.45am, 9am 8.45am, 9am 8.45am, 9am 8.45am, 9am £35.00 From 9am From 9am From 9am From 9am 55 minutes £27.00 The Drop (8 years+) From 9am From 9am 1 hour 30 minutes 10am, 10.15am 10am, 10.15am Treasure Trail Sat Duration Price from Mon Tues Wed Thurs Fri Nature An Outing with Owls (3 years+) 11.30am Baby Owls (12 months+) 10am, 11am 1 hour 30 minutes Bird of Prey Experience (8 years+) 9.30am £17.00 Build a Nature House (5 years+) 2 1 hour Tots go Wild (2-5 years) 45 minutes £7.25 10.30am 10.30am Vildlife Walk (4 years+) Willow Workshop (8 years+) £17.50 2.45pm 2.45pm oodland Awakening (4 years+) Watersports
The Boathouse 30 minutes £21.00 10am-2.40pm 10am-2.40pm Electric Boat Hire 10am-2.40pm 10am-2.40pm 10am-2.40pm 40 minutes £20.00 From 9.30am From 9.30am From 9.30am Raft Building (8 years+) 10am £22.50 1.30pm 1.30pm 10am, 11.15ar £27.00 1.30pm 10am, 11.15am | 10am, 11.15am Wed Aqua Sana Spa and Treatments | Duration | Price from | Mon 3 hours £36.00 From 9am A World of Spa (14 years+) 
 Varies
 £10.00
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 Express Treatments (14 years+) £39.00 From 10am From 10am From 10am From 10am From 10am From 10am Spa Treatments (18 years+) Varies Restaurants, Events Duration | Price from | Mon Thurs and Entertainment 25.00 deposit From 4.15pm From Noon Bella Italia £5.00 deposit From 5pm From Noon Café Rouge From Noon From Noon From Spm From Noon From Noon Café Rouge - Afternoon Tea 2pm-4pm 2pm-4pm Café Rouge - Steak Night 5pm-9.30pm Café Rouge - Sunday Lunch Dining In Delivery - Chinese or Indian Banquet Meals \*\* From 5pm From 5pm From 5pm From 5pm From 5pm From 5pm Foresters' Inn - Afternoon Tea E5.00 deposit per person 2pm-3.30pm 2pm-3.30pm 2pm-3.30pm 2pm-3.30pm 2pm-3.30pm 2pm-3.30pm Foresters' Inn - Breakfast From Noon From Noon From Noon From Noon Foresters' Inn From Noon From Noon From Noon Huck's American Bar and Grill From 4pm From 4pm From Noon From 4pm From 3pm 12 years+ £18.95 Under 12s £9.95 Magical Carvery at The Pancake House 5.30pm-6pm 5.30pm-6pm From 5pm From 5pm From 5pm From 5pm From 5pm From 5pm ajinda Pradesh Rajinda Pradesh Experience 5pm-9.30pm 5pm-9.30pm 5pm-9.30pm 5pm-9.30pm 5pm-9.30pm 5pm-9.30pm ne Great Family Quiz Please note: where a £5.00 deposit is required this will be deducted from your final bill \*\*Only available for pre-booking a minimum of five days in advance

rom 9am

rom 9am

45 minutes

9am-2.45pm 9am-2.45pm

Look to see what's happening each day during your break, visit www.centerparcs.co.uk and find out more about each activity, check availability and make your booking.

# Health and safety information and advice

We want you to enjoy yourself, doing anything and everything you please, and your health is our paramount concern. To protect your well-being, certain activities and treatments have very specific health and safety constraints. Please check online or with our Contact Centre for more details.

### Subtropical Swimming Paradise

- General advice and safety information: • The following supervision ratio operates throughout all areas of the pool:
- Under 4 years: one child per responsible adult - 4-7 years: two children per responsible adult
- Any children over 8 years that are non-swimmers must be accompanied by an adult
- All unhealed wounds should be covered with a waterproof plaster
- Please consult a Nurse at our Medical Centre if you have any infectious disease or an infectious skin complaint
- Do not enter the water if you have had diarrhoea within the last 48 hours. If you have received confirmation that you have had Cryptosporidiosis, you may not enter the water until 14 days after your symptoms have subsided

#### All Activities - General Advice

- A number of our activities require a signed medical questionnaire. For participants under 18 years of age, the medical questionnaire must be signed by an adult. The medical questionnaire must be brought to the activity or you will not be able to participate. These can be picked up from any Booking Desk
- If you have any medical conditions which may prevent you from participating, please bring written, signed confirmation from your doctor that it is safe for you to take part
- Please ensure that suitable clothing and footwear are worn for all activities
- For specific details, please refer to our website or Contact Centre for

**Soccer activities:** shinpads must be worn for all Center Parcs supervised

Watersports: safety buoyancy aids must be worn by all children under 14 and anvone who is not a competent swimmer. Some activities require buoyancy aids. helmets and appropriate footwear to be worn by all participants, and for you to be a competent swimmer; please ask when you book. Buoyancy aids and wetsuits are provided. Please bring swimwear and a towel. Center Parcs staff are unable to assist in changing. Please note that our changing areas are not supervised.

**Squash:** goggles are available and are strongly recommended for all players. These are compulsory for players under the age of 18 during tournaments and other Center Parcs supervised activities.

Roller skating/street boarding: helmets, wrist, knee and elbow pads are available

#### Restaurants and Events and Entertainment

Allergies and special dietary requirements:

If a member of your party has special dietary requirements, including allergies, you may wish to contact us prior to or soon after arrival on village to discuss this

further. Before your break, please telephone 01842 894000 for more information. Alternatively, when dining in our restaurants and bars you should bring this to our attention before placing your order and we will discuss your requirements at

Whilst allergen information is available on our website, we sometimes have to substitute ingredients at short notice so you must make us aware of your allergies/dietary requirements at the time of ordering, so that your menu choices can be checked again. We may also be able to adapt a dish to remove a particular allergen if you discuss your requirements with us before ordering your meal. Arrangements for accommodating allergies differ in restaurants run by organisations other than Center Parcs, these are Café Rouge, Bella Italia, Dexters Kitchen. The Canopy Café and Bar and Foresters' Inn. Please discuss this directly with the Restaurant Manager.

We use allergens in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Please advise us of any allergens on every visit to our restaurants as our recipes are subject to change and we occasionally substitute products. Full allergen information from items on our menu is available upon request. Should you require more detailed information relating to any 'may contains' or the cooking process, please discuss with your server.

Please be aware we do use a considerable amount of nuts in Rajinda Pradesh and Dining In. We regret that our bakery counters and pick and mix offers cannot be guaranteed free from any allergen due to the potential for inadvertent contamination.

#### Aqua Sana Spa

- You will not be able to use the World of Spa or have treatments if you are suffering from an infectious disease or have open sores or wounds
- Do not enter the water if you have had diarrhoea within the last 48 hours. If you have received confirmation that you have had Cryptosporidiosis, you may not enter the water until 14 days after your symptoms have subsided
- If you fail to disclose medical conditions or medication prior to your session which prevents you taking part, a refund may not be given

Certain medical conditions may be aggravated by the Spa experiences, in particular those involving extremes of temperature. Please bring written confirmation from your doctor that it is safe for you to use the facilities if you:

- Have heart disease, circulatory problems or high or low blood pressure
- Have an illness that prevents you from perspiring
- Experience migraine attacks
- Have a chest condition likely to be aggravated by high temperatures and/or humidity
- Have epilepsy, diabetes, multiple sclerosis or are prone to dizziness or fainting spells
- Have any condition or take any medication, in particular those affecting your ability to perspire or react to heat, that makes you unsure whether you should

#### Agua Sana Treatments

 The majority of Spa experiences are not recommended during pregnancy. For treatment restrictions please enquire at time of booking or consult our Contact Centre for further details

#### General Information

- For the safety of pedestrians, no cycles, scooters, skateboards Sharps disposal boxes and clinical waste disposal bags are or skates are allowed in the main buildings, Village Square or on
- Any medical supplies ordered for use during your stay e.g. 02/ dialysis fluid, should be collected from the Medical Centre on the day you arrive, using your own vehicle
- Should you have the need to bring medication with you onto the village, please limit this to only the amount necessary for the
- available from the Medical Centre and should be returned there for disposal: do not put them in normal waste containers
- You're welcome to bring your own cycles providing they are in good condition, but please remember that, even in our protected environment, we are not immune to thefts. We are advised by police that custom-built and 'designer' cycles are particularly vulnerable, so we strongly recommend you use a
- Locks are available from the Cycle Centre. Remember not to attach the lock to quick release wheels. We also suggest you keep your cycle in your accommodation overnight and remove
- When using cookers, ovens or grills in your accommodation please do not leave them unattended. Please do not bring your own cooking equipment to any village

#### Useful Telephone Numbers

Pre-bookings /illage switchboard mergencies

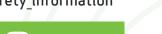
03448 26620 0184289400 0184289444 03448 2662 Reservations

You can also read our Safety Guide before your break at www.centerparcs.co.uk/safety information













# What's on during your stay at Elveden Forest

#### Activity Booking Terms & Conditions

- l. Separate agreements will be formed for activities not included in the price of your break. If the associated break is cancelled by ker or Center Parcs, for whatever reason, any activity
- These general activity conditions, Our Agreement With You, our apply to any activities you book and must be complied with. These
- 3. All activities are subject to availability and we operate a first come first served policy so you may not be able to book a particular 4. Activities that take place out of doors, and/or on the lake, are
- ded subject to appropriate weather conditions prevailing at 5. Some activities require a Minimum number of participants or other criteria to be met to proceed, some are supplied by subcontractors
- or third parties for whom we act as agent and some take place 6. When booking an activity you will be given a timeslot when the

that you arrive 5 minutes before the activity start time. The

to participate in certain activities if you are late for the session.

- . Some of our activities are not supervised and therefore may not suitable for those under the age of 8. These are identified on the website, others may require the supervision of an adult over the age of 18. Please refer to the terms and conditions
- 8. Please ensure that you and your party take appropriate care of the equipment provided to you by us. Please inspect any equipment ore use for obvious signs of wear and tear and inform us of any mage to, or problem with, any equipment as soon as possible. liability unless due to our negligence.
- 9. Please do not eat food during the activities, unless essential for medical reasons. We advise that for certain activities you bring water to drink. Please ensure any food taken to the Activity Den is sealed and labelled with your child's name.
- O. You may not participate in any of our activities whilst under the influence of alcohol, illegal substances or legal

- 11. Please ensure that you wear appropriate clothes and footwear for the activity. We would also suggest that you wear clothes you don't mind getting dirty or even slightly damaged.
- 12. Please be aware that the challenging physical nature of some activities may occasionally result in contact with equipment or harnesses which might give rise to bruises or other minor bumps
- 13. As we continually improve our facilities on our villages you may find that, new facilities are on offer; listed facilities are oment or refurbishment work going on in certain areas the village; different equipment is provided to that described in
- $14.\,\mbox{Center}$  Parcs reserves the right to stop you from taking part in any activity if we in our absolute discretion believe that
- 15. We recommend that you do not bring any valuables with you when for example in the Agua Sana, but we do not advise that valuables.
- 16. We welcome guests with restricted mobility, a disability, medical
- 16.1 We aim to ensure that our services are as accessible as reasonably possible so it is important that we are fully appraised of any needs, requirements and conditions prior to any booking being concluded. Please ring our Particular Care ements staff on 03448 267 708 who will be happy to discuss with you availability, suitability and any potential to be accompanied by someone who is able to provide for any adjustments we are able to make.
- 16.2 A risk assessment may be required prior to confirming a booking or allowing participation in certain leisure activitie
- 16.3 We rely on the information you provide to help us anticipate and satisfy your needs. We therefore require you to update us with any change in circumstances prior to and during
- 17. For leisure activities, bookings cancelled up to 72 hours before the activity start time will receive a full refund. If the cancellation is made less than 72 hours before the activity start time, a 50%

- 18. From time to time it may be necessary to vary or withdraw monies already paid for the relevant activity or try to reschedul
- 19. You must ensure that any activity booked for any member of your party is suitable for those who are taking part, any safety
- 20. Age restrictions and health and safety requirements or
- 21. Unless we have agreed to supervise them, all children under 8 taking part in activities must have parental supervisic supervision may be required in other instances.
- 22. For all supervised activities you must provide contact details so we can contact you during the session, sign your child in/out o provide a password if they are under 8 and collect your child a
- 23. Please note that if you suffer from certain medical onditions or are pregnant, you may be asked for a doctor's refer to the Health & Safety Information provided online for eac activity (including Aqua Sana spa and treatments) for further your ability to take part in an activity, or could be worsened by doctor and you must advise us prior to taking part in the activit
- 24. You must tell us when you book if your child has any medical condition, allergy or normally carries an EPI-PEN. The only medication our staff may administer to a child under our in-date or vour child will not be able to ioin the sessior
- 25. Photographs are for general guidance only 26. Activities and prices are subject to availability and change

15/02/2019-22/02/2019 99997\_Pre-arrival Grid - 002 - EF

So many fun things to do, how will you fit them all in? Use this guide to help plan what to do on your break.

# Relax, knowing your whole break is planned before you arrive - with our online booking service.

Your stay at Center Parcs is just a few weeks away and now is the time to start getting excited. Our online booking service lets you and your party start picking the activities for a truly special stay. And by choosing in advance, you can look forward to your break knowing that everything's been arranged before your arrival.

#### Extra Sessions

We often run additional sessions when pre-scheduled activities book up, so make sure you check at a Booking Desk on your break for availability.

# Pay and Play

Don't forget there are many things you can do at Center Parcs that you don't need to book in advance like Adventure Golf.

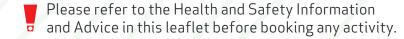
# Your Itinerary

Log in to your Center Parcs account to view an itinerary for you and your whole party.



Subtropical Swimming Paradise

Please note that some of the activities listed in this guide may not be running during your break.

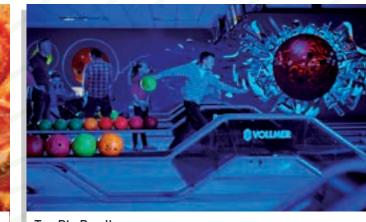




Dining In - New Menu



Indoor Sports - Badmintor



Ten Pin Bowling



Rajinda Pradesh - New Menu