Children's Activities										
In the Den		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Chocolate Chefs Academy (3-7 years)		3 hours	£28.00			1.15pm				9am
Crèche (3-23 months)		3 hours	£23.00			1pm	1pm		1pm	1pm
Crèche (24-35 months)		3 hours	£23.00			1pm	1pm		1pm	1pm
Hero's Party Hour (3-7 years)		1 hour	£11.00				4.45pm			4.45pm
Pirate and Princess Adventure (3-7 years) Wizard Academy (3-7 years)		3 hours	£28.00		1.15pm		1.15pm		1.15pm	1.15pm
Children's Activities Up to 11 years		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Archery - Little Outlaws (3-5 years)	<u> </u>	30 minutes	£9.25	11am	10.30am	9.40am		11am		2.15pm
Archery - Mini Crossbows (3-7 years)	2.	30 minutes	£9.25	11.45am	11.20am	9am		11.45am		9am
Baby Memorable Imprint - Framed	20	15 minutes	£60.00	Noon-2pm	10am-3.30pm	10.30am-2pm		Noon-2pm	10am-2pm	3411
(6 weeks-3 years) Baby Memorable Imprint - Unframed	2.	15 minutes	£35.00	Noon-2pm	10am-3.30pm	10.30am-2pm		Noon-2pm		
(6 weeks-3 years)				Noon-zpm	10am-5.50pm		10.45	Noon-zpm	10am-2pm	10.45
Cake Pops Fun (3-7 years)	20	45 minutes	£11.50			2.15pm	10.45am			10.45am
Children's Entertainment (2 years+)	2.	45 minutes	£1.00		10.45	10.45	11am		10.45	10.45
Crazy Science (3-7 years)	22	1 hour	£15.50		10.45am, 1pm	10.45am	From 9am		10.45am, 1pm	10.45am, 2pm
Cupcakes for Little Ones (3-7 years)	2.	45 minutes	£11.50 £46.50			3.30pm	1pm			1pm
Den Building and Decorating (3 years+)	2.	30 minutes	per plot		9.30am	9.30am			9.30am	9.30am
Face Painting (3 years+)	20	10 minutes	£6.50	10am-2.30pm	10am-4pm	10am-4pm	10am-4pm	10am-2.30pm	10am-4pm	10am-4pm
Fencing for Juniors (Child 6-9 years) (Adult 18 years+)	2.	1 hour	£20.00 per pair				3.15pm			
Fencing for Tots (3-5 years)	20	30 minutes	£9.00		9.45am					
Forest Crafts - Woodland Creations (3 years+)	<u></u>	1 hour 30 minutes	£18.00				2.30pm		1.30pm	
Fun Pots with Tots (1 month-5 years)	20	1 hour	£14.50			From 9.30am	From 9.30am			
Hair Braiding (3 years+)	20	10 minutes	£7.00	10am-2.30pm	10am-4pm	10am-4pm	10am-4pm	10am-2.30pm	10am-4pm	10am-4pm
Mini Ballerinas (3-5 years)	20	45 minutes	£7.00						Noon	
Mucky Pups (18-36 months)	<u> </u>	1 hour	£10.75		9am	9am	10.45am		9am	9am
Roller Skating (6 years+)	20	1 hour	£7.00		1.45pm, 3pm	From 2.15pm	From 2.15pm		From 2.15pm	From 2.15pm
(Minimum skate size junior 11) Roller Tots (2-5 years) (2-5 years)	20									
(Junior skate size 6-13)		30 minutes	£5.75		12.45pm	1.30pm	1.30pm		1.30pm	1.30pm
Sensory Play Babies (8 weeks-Crawling Sensory Play Toddlers		30 minutes	£7.50		11am, 2.30pm	10am	11am		10am	
(Crawling-35 months)	2	30 minutes	£7.50		Noon, 1.30pm	11am	10am		11am	
Soccer Coaching (3-5 years)	2.	45 minutes	£9.75			9am			9am	
Soccer Coaching (6-11 years)	<u>2</u>	1 hour 30 minutes	£13.00			10.15am			10.15am	
Soccer Play (18-35 months)	20	45 minutes	£7.00			10.45am	11am		1.30pm	10am, 1.30pm
Street Karts (4 years+)	<u></u>	20 minutes	£8.00		From 11.30am	From 11.30am	From 1.15pm		From 10am	From 1.45pm
Teach me Balance Bike (2-5 years)	20	45 minutes	£9.25			3.30pm			Noon	Noon
Teddy Bear Making (3 years+)	22	10 minutes	£23.50	From 10am	From 9.30am	From 9.30am	From 9.30am	From 10am	From 9.30am	From 9.30am
Teddy Bears' Picnic (2-5 years)	20	1 hour	£11.50			12.15pm	12.15pm			12.15pm
Tennis for Tots (3-5 years)	20	30 minutes	£7.00							9am
Tiny Sports Day (3-5 years)	20	45 minutes	£7.50			2.15pm			2.45pm	
Toddler Party Hour (24-35 months)	20	1 hour	£8.75				2.30pm			10.50am
Woodland Wheelers (8-11 years)	20	30 minutes	£11.25			From 2pm	From 9.30am		From 1.45pm	From 10am
Indoor Activities Includes Ten Pin Bowling and Creative Pursuits		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		2.1	£8.25	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-9pm	9am-9pm	9am-8pm
American Pool		1 hour	E0.23	эангори	эангори	эангорин	Jani Opin	8.45am-	8.45am-	Julii Opilii

Indoor Activities Includes Ten Pin Bowling and Creative Pursuits		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
American Pool		1 hour	£8.25	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-9pm	9am-9pm	9am-8pm
Badminton		45 minutes	£7.25	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am-8pm
Caving Adventure (6 years+)	2.	55 minutes	12 years+ £22.00 Under 12s £18.00				From 10am	о. тэртт	From 9am	From 9am
Family Cupcake Decorating (8 years+)	<u> 2.</u>	1 hour 30 minutes	£25.00				2.15pm			2.15pm
Family Memorable Imprint - Framed	2.	15 minutes	£90.00	Noon-2pm	10am-3.30pm	10.30am-2pm		Noon-2pm	10am-2pm	
Fencing (10 years+)	<u> 2</u>	55 minutes	£16.00				2.15pm			
Football Pool	2.	45 minutes	£10.00	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am-8pm
Indoor Climbing Adventure (4 years+) (Minimum height 1.10 metres)	2.	55 minutes	12 years+ £21.00 Under 12s £19.50		From 10am	From 10am	From 10am		From 9am	From 9am
Photography: - 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+)	<u> </u>	1 hour 30 minutes	£32.00			1.15pm			1.15pm	
Pottery Painting Studio (1 month+)	2.	1 hour 30 minutes	Studio Fee 12 years+ £5.50 Under 12s £4.50	10am-2pm	9.30am- 3.30pm	10.15am- 3.30pm	10.15am- 3.30pm	10am-2pm	9.30am- 3.30pm	9.30am- 3.30pm
Racket Ball		45 minutes	£9.00	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm
Short Tennis		45 minutes	£7.25	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am-8pm	8.45am- 8.45pm	8.45am- 8.45pm	8.45am-8pm
Snooker	<u> 2</u> 2	1 hour	£6.50	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-9pm	9am-9pm	9am-8pm
Squash		45 minutes	£9.00	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm	9.30am-8pm
Table Tennis		30 minutes	£5.50	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-8.30pm	9am-8.30pm	9am-8pm

Ten Pin Bowling Lanes	1	45 minutes	£20.00	8.50am- 7.40pm	8.50am-	8.50am-	8.50am- 7.40pm	8.50am-	8.50am-	8.50am-
at Jardin des Sports Ten Pin Bowling Lanes			up to 4 people £22.50	7.40pm 8.50am-	7.40pm 8.50am-	7.40pm 8.50am-	7.40pm 8.50am-	8.30pm 8.50am-	8.30pm 8.50am-	7.40pm 8.50am-
at Jardin des Sports		1 hour	up to 6 people	8.50am- 7.40pm	7.40pm	7.40pm	7.40pm	8.45pm	8.45pm	7.40pm
Ten Pin Bowling Lanes at Leisure Bowl		45 minutes	£20.00 up to 4 people	9.40am- 10.10pm	9.40am- 10.10pm	9.40am- 10.10pm	9.40am-11pm	9.40am-11pm	9.40am-11pm	9.40am- 10.10pm
Ten Pin Bowling Lanes at Leisure Bowl		1 hour	£22.50 up to 6 people	9.55am- 9.50pm	9.55am- 9.50pm	9.55am- 9.50pm	9.55am- 10.55pm	9.55am- 10.55pm	9.55am- 10.55pm	9.55am- 9.50pm
Virtual Reality Experience - Alien	2.	5 minutes	£6.00	From 9am		From 9am		From 9am		From 9am
Invasion (Minimum height 1.22 meters) Virtual Reality Experience - Mayan Temple (Minimum height 1.22 meters)	22	5 minutes	£6.00		From 9am		From 9am		From 9am	
Exercise and Fitness		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bollywood Dancing (14 years+)		55 minutes	£8.50				Noon		1.30pm	
Boogie Bounce (14 years+) (Maximum weight 18 stone)		45 minutes	£7.00				11.10am		10.30am	
Boxfit (14 years+)		55 minutes	£7.50							9am
Hula Party (12 years+)	2.	55 minutes	£8.50			12.30pm			11.30am	
Lavender Relaxation (14 years+)		55 minutes	£7.50							4.30pm
Line Dancing (10 years+)	20	55 minutes	£7.50						2.30pm	
Pilates (14 years+)		55 minutes	£11.50				10am			3.30pm
The Gym - Week, Weekend or Midweek Pass (16 years+)		Up to 2 hours per day	£13.00 per pass	8.30am- 8.30pm						
Yoga (14 years+)		55 minutes	£8.50			10.30am			12.30pm	
Zumba (14 years+)		55 minutes	£8.50			11.30am				
Pool Activities Subtropical Swimming Paradise		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aqua Jetting (8 years+)	20	30 minutes	£15.00		From 1.45pm	From 1.45pm	From 1.45pm		From 1.45pm	From 3pm
Baby Dolphins (Under 3s)	<u>2</u>	30 minutes	Free		9.15am		9.15am		9.15am	
Family Cabanas	2.	3 hours	£45.00	From 10.15am						
Hydrobike (16 years+)		45 minutes	£8.25		9am		9am		9am	9am
Mermaids and Sharks (6-12 years)	20	45 minutes	£21.00		12.45pm		12.45pm		12.45pm	12.45pm, 1.45pm
Participants must be able to swim 25 me Mermaids and Sharks - Family Session		<u> </u>	ead water for 30 s £40.00	seconds both unac			10.45am,		11.45	11.45
(Child 6 years+) (Adult 18 years+) Participants must be able to swim 25 me	etres co	45 minutes	per pair	econds both unac	11.45am		11.45am		11.45am	11.45am
Mini Jet Skis (3-7 years)	20	10 minutes	£8.00		From 3.45pm	From 11.45am	From 3.45pm		From 10am	From 10am
Snorkelling - Learn Snorkelling	<u>Q</u>	1 hour	£17.00			4pm			4pm	
(8 years+) Swim Pups (3-24 months)	20	30 minutes	£8.50		9.55am, 10.30am	11.05am				
						9.55am,	0.55			
Swim Pups (2-4 years)	2 2	30 minutes	£8.50		11.05am	10.30am	9.55am			
Outdoor Activities										
Includes Adrenaline and Outdoor Sports		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Adventure Golf - 9 holes	2.	1 round	12 years+ £6.75 Under 12s £5.75	From 10.15am	From 9.45am	From 9.45am	From 9.45am	From 10.15am	From 9.45am	From 9.45am
Adventure Golf - 18 holes	2.	1 round	12 years+ £8.75 Under 12s £7.25	From 10am	From 9.30am	From 9.30am	From 9.30am	From 10am	From 9.30am	From 9.30am
Aerial Adventure (Minimum height 1.22 metres) (Maximum weight 18 stone)	2.*	1 circuit and descent	£32.50		From 10am	From 10am	From 10am		From 9am	From 9am
Aerial Tree Trekking (Minimum height 1.10 metres) (Maximum weight 18 stone)	2.*	1 circuit	£26.00		From 10am	From 10am	From 10am		From 9am	From 9am
Archery - Crossbows (12 years+)		45 minutes	£28.00		2.10pm, 3.10pm	2.10pm, 2.55pm	2.10pm		From 10.20am	From 10.20am
Archery - Field Archery (10 years+)		1 hour 30 minutes	12 years+ £33.50 Under 12s £27.50		10am	From 10am	From 10am		9am, 2.10pm	9am, 2.10pm
Archery - Robin Hood and Little Johns (Child 6-9 years) (Adult 18 years+)	2.	45 minutes	£22.50 per		From 11am		From 10am		From 9am	From 9am
Archery - Target Archery (10 years+)			pair 12 years+ £24.50			From 10am				
Archery - Target Archery (10 years+)		55 minutes	Under 12s £25.00		From 11.30am	From Toam	From 10am		From 10.20am	From 10.20am
All Archery Package (10 years+)	2.	2 hours 30 minutes	12 years+ £35.00 Under 12s £29.00		10.30am				9.15am	9.15am
Astro Turf Pitch Hire	<u> </u>	1 hour	£27.00	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-9pm	9am-9pm	9am-8pm
Family Putting	2.	30 minutes	12 years+ £6.75 Under 12s £5.75	10am-2pm	9am-3.30pm	9am-3.30pm	9am-3.30pm	10am-2pm	9am-3.30pm	9am-3.30pm
Geocache	000	2 hours	£18.00		From 10.30am	From 10.30am	F 10.20		F 10.20	From 10.30am







Aerial Adventure

To view online or download please visit www.centerparcs.co.uk/Sherwood003

Horse and Carriage Rides (1 year+)	<u>&</u>	15 minutes	12 years+ £10.50 Under 12s £8.50				From 10.30am			From 10.30am
Junior Pony Rides (2-7 years)	2.	15 minutes	£19.00		From 9am	From 9am			From 9am	From 9am
Junior Quads (6-11 years) (Maximum weight 6.4 stone)	<u>&</u>	45 minutes (15 minutes drive time)	£33.50		10am	From 9.50am			From 9am	From 9am
Laser Clay Shoot Out (10 years+)		45 minutes	12 years+ £27.50 Under 12s £22.50				From 10.15am		From 9.30am	From 9.30am
Laser Combat (6 years+)	<u>&</u> *	1 hour 15 minutes	12 years+ £32.50 Under 12s £26.50		2.10pm, 3.10pm	2.10pm, 2.55pm			Noon, 2.10pm	Noon, 2.10pm
Mini Trek (2 years+) (Maximum height 1.2 metres)	2.	30 minutes	£13.00		From 10am	From 10am	From 10am		From 10am	From 10am
Off-Road Explorers (3-7 years)	<u>Q</u>	30 minutes	£17.00		From 11am	From 9.50am	From 2.10pm		From 9am	From 9am
Outdoor Bowls Rink Hire		1 hour 1 hour	£8.50	9am-3pm						
Paintball (12 years+) Quad Bike Safari (12-15 years)	<u> 2</u> 2	45 minutes	£30.00				2.10pm		2.10pm	2.10pm
(Maximum weight 14 stone)		1 hour	£45.00		From 10am	From 10am	From 10am		From 9am	From 9am
Quad Bike Safari (16 years+) (Maximum weight 21.7 stone) Quad/Segway Package (12 years+)		1 hour	£45.00		From 10am	From 10am	From 10am		From 9am	From 9am
(Minimum weight / stone)	2.	2 hours 15 minutes	£60.00		10am	10am	10am		10am	10am
Segway Experience (12 years+) (Minimum weight 7 stone) (Maximum weight 18.5 stone)	<u>&</u>	45 minutes	£33.00		From 10.55am	From 10.55am	From 10.55am		From 9.55am	From 9.55am
Tennis Courts at Country Club		1 hour	£11.00	10am-2pm	9am-4pm	9am-4pm	9am-4pm	10am-2pm	9am-4pm	9am-4pm
Tennis Courts at Jardin des Sports		1 hour	£11.00 12 years+	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-9pm	9am-9pm	9am-8pm
Treasure Trail	<u> 2.</u>	1 hour 30 minutes	£5.25 Under 12s £4.75		11am	11am	11am		11am	11am
Nature		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Baby Owls (12 months+)	20	45 minutes	£7.00	1.20	2		From 10.15am	10.20	10.45	From 10.15am
Build a Nature House (5 years+)	<u>~</u> 2	1 hour 1 hour	£17.00	1.30pm	3pm	7.20	10.45am	10.30am	10.45am	3.30pm
Dawn Nature Walk (4 years +)	~ 2	30 minutes	£7.50 12 years+			7.30am				7.30am
Encounter With Owls (3 years+)	<u> 2</u> 2	45 minutes	£10.50 Under 12s £8.50				3.30pm			3.30pm
Falconers Club (6-11 years)	2.	1 hour	£14.50				2pm			2pm
Falconry - Eagles and Hawks (12 years+) Family Nature Journal (3-7 years)	9.	1 hour 1 hour	£22.50 £18.00				12.45pm Noon			12.45pm Noon
Make a Bird Feeder (2 years+)	Q ₀	30 minutes 1 hour	£7.00		9.30am		9.30am		9.30am	NUUII
Nature Detectives (3-7 years)	2.	1 hour	£10.00		3.50diii	10am	1pm		3.50diii	10.30am
Tots go Wild (2-5 years)	2	45 minutes	£7.25		11am	12.45pm	1		1pm	
Wildlife Walk (4 years+)	<u></u>	1 hour 30 minutes	£7.50		Noon	11am			11am	
Willow Workshop (8 years+)	<u>A</u>	1 hour 30 minutes	£17.50	10.30am	1pm	2.30pm		1pm		1.30pm
Watersports The Boathouse		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Craft Hire	<u>&</u>	30 minutes	£8.25		From 10am	From 10am	From 10am		From 10am	From 10am
Electric Boat Hire	2.	30 minutes	£20.00		From 10am	From 10am	From 10am		From 10am	From 10am
Junior Captains' Adventure (8-11 years)	2	40 minutes	£20.00		2.45pm	2.45pm	2.45pm		2.45pm	2.45pm
Mini Captains' Adventure (3 years+)	<u> </u>	40 minutes	£20.00		From 9.50am	From 9.50am	From 9.50am		From 9.50am	From 9.50am
Aqua Sana Spa and Treatme	nts	Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
A World of Spa (14 Years+)	<u></u>	3 hours	£38.00	From 9am						
Express Treatments (14 years+) Spa Treatments (18 years+)	2	Varies Varies	£10.00 £39.00	From 10am From 10am						
		varies	E39.00	FIUIII TUdiii	FIUIII 10dili	FIUIII 10diii	FIUIIIIUdiii	FIUIIIIUdiii	FIUIII I Udili	FIUIIIIUdiii
Restaurants, Events and Entertainment		Duration	Price from	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bella Italia	2.		£5.00 deposit per person	From 11.30am						
Bella Italia - Pizza Making Party (4-10 years)	<u> 2</u> 2	Allow 1 hour 30 minutes	£10.95		2.30pm				2.30pm	
Café Rouge	<u> 2.</u>		£5.00 deposit per person	From Noon						
Café Rouge - Afternoon Tea	<u> 2</u> 2		£18.95 per pair	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	
Café Rouge - Breakfast	<u> 2.</u>		£5.00 deposit per person	8.30am-11am						
Café Rouge - Sunday Lunch	<u>Q</u>		£5.00 deposit							Noon-3pm
Dining In Delivery - Chinese or Indian Banquet Meals **			per person £15.00 per person	5pm-9pm						
Dining In Delivery - Family Pizza Deal **			£19.95	5pm-9pm						
Foresters' Inn	2.		£5.00 deposit per person £5.00 deposit	From Noon						
Foresters' Inn - Afternoon Tea	22		per person £5.00 deposit	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	2pm-4pm	
Forester's Inn - Breakfast	2.		per person £5.00 deposit	9am-11am						
Huck's American Bar and Grill	<u> 2</u> 2		per person £5.00 deposit	Noon-9.45pm	5pm-9.45pm	5pm-9.45pm	4pm-9.45pm	Noon-9.45pm	4pm-9.45pm	4pm-9.45pm
Rajinda Pradesh	2.		per person		5pm-10pm	5pm-10pm	5pm-10pm	5pm-10pm	5pm-10pm	5pm-10pm
Rajinda Pradesh Experience	<u> 2</u> 2		12 years+ £25.00 Under 12s £9.75		5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm
The Great Family Quiz	<u> 2</u>	1 hour 30 minutes	£3.00 per person	7.30pm				7.30pm		
Please note: where a £5.00 deposit is rec							***	or pre-booking a		

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 and are strongly recommended.

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 01623 827400 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 Reservations

03448 26620 0162382740 01623 82751 03448 2662



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





What's on during your stay

at Sherwood 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. 10. 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
- As we continually improve our facilities on our villages you may find that, new facilities are on offer; listed facilities are ment 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 any booking being concluded. Please ring our Particular Care ments 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 an 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
- 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

25/02/2019-01/04/2019 99997_Pre-arrival Grid - 003 - SF

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 Snooker and 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.

■ Please refer to the Health and Safety Information and Advice in this leaflet before booking any activity.



Dining In - New Menu



Indoor Sports - Badmintor



Ten Pin Bowling



Rajinda Pradesh - New Menu