

## Lesson 7. Open your leisure centre

### 1. Discuss the questions with your class.

*1. Is there a leisure centre where you live? 2. Do you think people need a leisure centre where you live? 3. What should an ideal leisure centre have? (take into account the results of your survey from lesson 6)*

### 2a. Listen and read the brochure of a leisure centre and say

a) what activities it offers; b) who can come to the centre; c) what facilities are offered; d) what the benefits are; e) how much people pay.

#### LEISURE CENTRE

##### Something for everyone

We offer a range of activities from swimming and aqua aerobics to embroidery and photography. They will not only help you avoid boredom, but also improve your health and create something you can be proud of. The varied timetables give everyone an opportunity.

##### We promise

You are welcome at every visit.

We will try and make your visit as FUN and enjoyable as we can.

##### *Fitness club*



Join in! Fitness can be great fun in a group.

We recognize that exercise needs your dedication. We cannot pedal and jog for you but we will encourage you on the way to progress.

## *Aquazone* ['ækwəzəʊn]

### Swimming

Swimming is a fantastic activity, which is not only one of the best forms of exercise, but also a lot of fun!

We believe no one is too old or young to start learning to swim.

With that in mind our programme is designed for all ages and abilities.

We are dedicated to making swimming lessons fun.

### Opportunities for everyone

We offer a range of activities from swimming and aqua aerobics to fun pool parties. The varied timetables at our swimming pools give everyone an opportunity.

### Health benefits

Swimming is great at relaxing the body and mind.

Swimming works your whole body, improving blood circulation, muscle<sup>1</sup> strength and mobility<sup>2</sup>.

### Social benefits

You can meet new friends or get the whole family involved in this social sport.

### Safety

Swimming is an important life skill that helps keep you safe in and around water.

### A stepping stone<sup>3</sup>

Swimming is a stepping stone to a variety of water based activities such as canoeing, diving, surfing and many more.



<sup>1</sup> **muscle** ['mʌs(ə)l] – мускул

<sup>2</sup> **mobility** [məʊ'bɪləti] – подвижность

<sup>3</sup> **a stepping stone** – камень, положенный для перехода через речку, (зд.) мостик

## ***Adventure Club***

### **Activities**

Adventure Club provides a great range of activities to keep your children active and entertained in a safe and friendly environment.

Activities include swimming, arts and crafts, football, dancing and many more.

### **Friends for life**

Adventure Club is a fantastic place to meet new friends.

### **Facilities**

We offer modern leisure and sporting facilities which make our Leisure centre an ideal choice.

#### **Fees (each class or meeting)**

Adult £6.00

Junior £3.50

Under 3's are free

Family Group (4 people max. including 2 adults) £16.10

Adults with a monthly card £4.60

Juniors with a monthly card £2.40

## **2b. Discuss with your partner.**

- Which activities are attractive to you? Why?
- Which activities would you like to add? Why?

## **3. Imagine you are going to open a new leisure centre. Design a brochure for it. Work in groups.**

1. Choose a name for your leisure centre.
2. Decide what activities you would like to offer.
3. Divide the activities into clubs and zones and decide what age groups they are for.
4. Set the aims of your leisure centre and describe them as well as the benefits.
5. Describe the facilities at your centre.

6. Decide on the prices and opening times.
7. Discuss the layout of the brochure.
8. Prepare photos or pictures.
9. Write the text of the brochure together and make the brochure.
10. Get ready to present your brochure together.

## Lesson 8. The pleasures of imagination

1.  Listen, read the text and explain its title.

### The pleasures of imagination

*After Paul Bloom*<sup>1</sup>

**H**ow do Americans spend their leisure time? The answer might surprise you. The most common activity is not eating, drinking alcohol, or taking drugs. It is not socializing with friends, participating in sports, or relaxing with the family.

Our main leisure activity is participating in experiences that we know are not real. When we are free to do whatever we want, we turn to (обращаемся к) the imagination – to worlds created by others, as with books, movies (films), video games, and television (over four hours a day for the average American), or to worlds we ourselves create, as when daydreaming<sup>2</sup> and fantasizing ['fæntəsaɪzɪŋ]. While citizens (граждане) of other countries might watch less television, research in England and the rest of Europe finds a similar fascination with the unreal.



<sup>1</sup>Paul Bloom is a professor of psychology at Yale University, USA. He is the author of the book *How Pleasure Works: The New Science of Why We Like What We Like*.

<sup>2</sup>**daydream** ['deɪdrɪm] – to spend time thinking about something pleasant, especially when you should be doing something more serious