

Grille

RESTAURANT

Friday Night Dinner at the Grille Restaurant

Did you know that the Grille Restaurant is open Friday night for dinner?

That's right. 6pm-10pm Every Friday night you can enjoy our delicious A la Carte Dinner Menu.

The Grille Restaurant is open to the public 7 days a week for lunch & Friday evenings for dinner from 6pm.

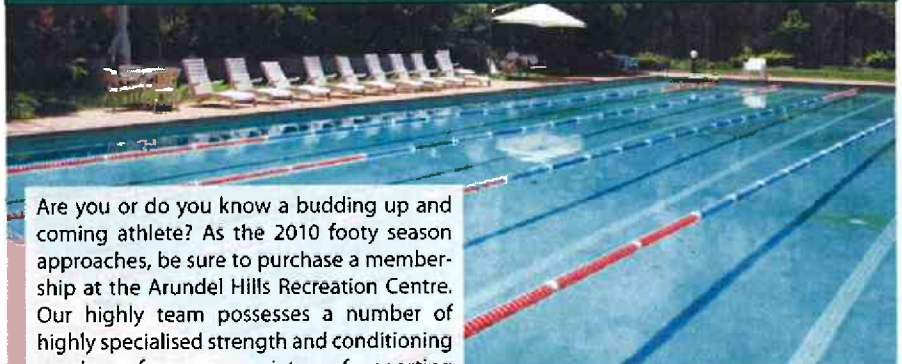
Please ask one of our friendly staff for more information....

Bookings Essential.



OPEN 7 DAYS
Breakfast, Lunch.
Dinner Friday Nights
Reservations 07 5573 9480

Rec Centre News



Are you or do you know a budding up and coming athlete? As the 2010 footy season approaches, be sure to purchase a membership at the Arundel Hills Recreation Centre. Our highly team possesses a number of highly specialised strength and conditioning coaches from a variety of sporting backgrounds to ensure your program is appropriate and sure to give you that winning edge for your sport. For that extra advantage, talk to our sport supplement specialist Luke about the latest products available. All memberships include free fitness assessment, programming and advice. Student discounts available!

With the kids back at school there is one less reason not to make full use of your Arundel Hills Recreation Centre membership. For the younger kids why not take advantage of our child minding service. The Crèche is available from 8:30am to 12pm Monday to Friday for ages 0 to 5 years. Casual prices start from \$4.40 per visit or add the Crèche service to your membership. See the gym reception for details.

Our junior Tennis and Swim Squad teams are well and truly back into the swing of things after the summer holiday period. If you are interested or know of somebody interested in joining our teams you can call our local Tennis Pro Danielle on 0404 492 232 or our resident Swim Coach Lloyd on 55 311 566.



Gossip

The Recreation Centre welcomes back Tara to the team. After spending her summer studying and working in the Melbourne YMCA she is sure to add to our largely experienced staff. Members can catch Tara on Saturdays for free advice and program updates.

Have you tried our new 'Infniti' upright bikes? There is a lot of positive talk around the gym commenting on the user-friendliness and comfort of our bikes so why not give them a try for yourself!



Membership Service Directory

FOR BOOKINGS

Golf	Pro Shop	(07) 5573 9444
Functions	Membership	(07) 5573 9400
Grille Restaurant		(07) 5573 9480
Recreation Centre		(07) 5573 9499
Reception	(7 days a week)	(07) 5573 9400

RECEPTION HOURS

Monday to Saturday	8:00 am - 6:00 pm
Sunday	10:00 am - 4:00 pm

MEMBERS SERVICES

Membership Manager	Fax (07) 5573 9440
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