

New from the USA

AEROBALL

*"Aeroball
will be the
national
pastime by the
year 2020"
Boston Globe*

and exclusive to the Lagoon Leisure Centre

One intense, vertical action sport!



Challenge your mates
or make your next
birthday party an
AEROBALL PARTY.



YOU WONT KNOW UNTIL YOU
HAVE A GO!!

**PUTTING THE FUN
BACK INTO FITNESS!**

NEW

AEROBALL

To book call

0141 889 4000.

www.renfrewshireleisure.com

What is this NEW AEROBALL

Almost like Volleyball, not quite like Basketball, and not a mere Trampoline, Aeroball™ merges all these into the Ultimate Fun Sports Experience!

At its core, the game is very simple. Points are scored in two ways. The first is to throw the ball through the top hole of the basket in the other player's compartment, worth two points. If the shot misses and the other player fails to grab the ball before it touches the trampoline bed, one point is awarded. Once one of the players reaches a predetermined number of points he is declared the winner

Even though the game is simple, players quickly develop complex techniques to one-up each other. Imagine rocketing skyward clutching the ball and getting ready to shoot. You look up to see your opponent perfectly matching you. Time slows to a crawl as you hang in the air, waiting as long as is humanly possible to launch the ball at the goal. Gravity stakes its claim, your opponent starts falling and you hurl the ball missing your opponent's fingertips by mere inches. Goal! In a heated match, inches are often the measure of the margin of victory. Players reach astronomical heights in the competition for vertical superiority, and before long they begin to invent spectacular shots to disorient, distract or intimidate their opponent

AEROBALL can be played by all ages with two or four player courts available to play through casual bookings during opening hours or we can arrange special sessions for birthday parties or group bookings for all ages.

Ideal for families and friends to work out together while having fun.

Please note the large four man court can be booked out for either two singles games simultaneously or alternatively one game of doubles.

AEROBALL COURT CHARGES

	PER HEAD	SINGLES GAME	DOUBLES GAME
ADULT	£4.00	£8.00	£16.00
UNDER 18	£2.00	£4.00	£8.00
FAMILY TICKET	-	-	£10.00

Renfrewshire Leisure
better for every one



Renfrewshire Leisure Limited is a Registered Scottish Charity No. SC032886. Supported by



GAME TIME 40 Minute Session.



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SIMPLIFIED RULES OF THE GAME

OBJECT OF THE GAME

To score goals through your opponents basket(s). The first player or team to reach 7, 15 or 21 points wins a game.

SERVICE - Flip a coin to determine server. Server takes up to three bounces to begin the game.

BOUNCING - Players are allowed a maximum of three bounces (two bounces for advanced players and tournaments) to return the ball

SCORING - 2 Points are awarded for a basket, 1 point is awarded if the ball touches the back net then falls to the surface without being caught.

PENALTY - Loss of one point for hanging on the basket or front net. Opposite side gets 2 free shots for any foul committed.

STRATEGIES OF THE GAME

If you're not in a blocking position, turn and face the basket, this is the best way to catch the ball before it hits the bed. Remember if you allow the ball to contact the bed your opponent receives one point.

Advanced players who have lots of stamina will bounce high and cover the basket for as long as possible.

Try to make your shot while your opponent is descending.

AEROBALL

GENERAL NOTES TO CUSTOMERS ON USE

- Before play read in full the information on the safe use of the AEROBALL court located at the entrance hatch to each aeroball capsule.
- Only one person is allowed on each trampoline capsule at a time.
- Do not do flips, spins or somersaults.
- Shoes are not allowed on the trampoline bed.
- Loose jewellery and watches should be removed before play begins.
- Only play for short periods at a time 2 to 5 minutes when starting and rest in between. As you build up your endurance, play longer. It's when you're tired that injuries are most likely to occur.
- Have water at hand to refresh.
- No food or drink are allowed in the aeroball capsules.
- Enter the unit head first and exit feet first on your front.
- We advise you to seek medical advice before undertaking any strenuous activity.



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