

Sport & Leisure Programme

April 2011 – March 2012



Brookvale Recreation Centre
Runcorn Swimming Pool
Kingsway Leisure Centre

Welcome

I would like to take this opportunity to welcome you to some of the finest sports and leisure facilities in the Northwest of England. Our Centres offer a fantastic range of facilities for everyone to enjoy at superb value for money. We are delighted to manage these Centres on behalf of Halton Borough Council and look forward to providing you with a level of service and facilities that impress you on each visit.

We strive to:

- Serve every customer effectively and efficiently and with courtesy.
- Provide customers with a welcoming, clean and safe building, car park and grounds.
- Provide an extensive programme of courses, activities and events.
- Ensure that the Centre provides Sport for all.
- Provide a Manager at all public opening times to deal with all matters of concern to our users.
- Regularly monitor our customers satisfaction with our service.

We ask our Customers to:

- Enjoy their visit, tell their friends if they did and inform the Centre Management if they did not.
- Abide by the Centre's rules and regulations which are there for the safety and benefit of everyone.
- Respect our property and buildings and the property of other customers.

As such, we appreciate any comments and feedback that you may have regarding your time with us. Please feel free to speak to any member of our team or alternatively send your comments in writing to the Centre Manager.

We are currently working hard to manage our environmental impact and energy use. These include extensive recycling opportunities throughout the building including administration offices. All promotional literature is now being produced on NAPM approved recycled paper. Our energy usage is also being monitored on a daily basis to reduce waste.

Thank you for choosing to use our facilities and we hope that your time with us is both rewarding and enjoyable.

Mike Wells

Contract Manager

Halton Leisure Community Association Ltd

DC Leisure supports the government's Change4Life campaign.



To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer. Visit www.nhs.co.uk/Change4Life or call 0300 123 3434 for more information.

Contents

Welcome	2
Customer Care/Accessibility	3
Facilities	4
Membership Options	5
Kinetika Gym	6
Fitness Course / Group Workout	8
Swimming	9
Swimming Lessons	10-11
Sunbed & Sauna	12
Sports Zone	13
Club Call	14
Special Events	15
Junior Activities	16-17
Parties/Holiday Activities	18
Courses/Be part of the team/How to find us	19

In order to ensure that your visit to our Centre is enjoyable and beneficial, please note the following health and safety information.

In the event of a fire, a continuous alarm will sound. Please ensure that you leave the building by the nearest safe fire exit and do not return until instructed. Please meet at the fire evacuation point as instructed by the staff at the site. All under 8 year olds must be supervised by a parent / guardian aged 18 years old during the entirety of their visit. All valuables and belongings are left at the owner's risk. DC Leisure Management Ltd, do not accept responsibility for loss or damage to any personal property. All accidents and incidents must be reported to Reception upon occurrence.

Images included in this brochure may not be those at Kingsway Leisure Centre, Brookvale Recreation Centre or Runcorn Swimming Pool. All details in this brochure are subject to change without prior notice from the management.

Pick up a Price List from reception

Customer Care

We aim to provide a quality leisure experience for all of our users through the provision of a flexible and varied programme of activities and to deliver a first class service to every customer on each visit.

We recognise that our customers are the most important people in our business and we aim to exceed their expectations at every given opportunity.



Accessibility

For those customers with additional accessibility requirements our staff have received training in disability awareness and a selection of our brochures and timetables are available in Braille, large print and audio format. The following facilities are also available:

In order to encourage disabled usage of our facilities all registered carers are permitted to enter the facility free of charge when accompanying a disabled client to one of the many activities on offer. Please note that proof is required at the time of entry.

FAMILY / BABY CHANGING

Family size cubicles are located in the pool changing rooms. These are accessible to all.

HOIST

All our sites offer an access hoist for entry into all the pools

TOILETS

These are located through all of our Centres.

SHOWERS

These are located in the changing rooms and are accessible to all.

PARKING

Provision has been made at Kingsway Leisure Centre and Brookvale Recreation Centre to ease access for Registered Disabled badge holders.

Alternative brochure formats are available on request. Please ask at reception for further information.

Text phone users please call 18001 followed by the relevant centre's number



Facilities...

Kingsway Leisure Centre

- 8 Lane 25mx17m Pool (200 seating capacity)
- 15m Learner Pool
- Accessible changing/toilets/hoist
- Sauna and Steam room
- 2 Squash Courts
- 8 court sports hall with bleacher seating for approx 600
- Gymnasium with equipment and wooden floor
- Creche including cloakroom, toilets and kitchen area
- New extended kinetika gym with extensive range of cardiovascular and resistance equipment
- Dance studio
- Multi Purpose room
- Baby changing facilities

Brookvale Recreation Centre

- 4 Lane 25mx9m Pool
- Accessible changing/toilets/hoist
- 6 court sports hall
- Gymnasium with equipment and wooden floor
- Dance studio
- kinetika gym with extensive range of cardiovascular and resistance equipment
- Astro turf -3 x 7 aside pitches/1 full size Hockey pitch
- Sunbed
- Baby changing facilities

Runcorn Swimming Pool

- 4 Lane 23.5mx10m Pool
- kinetika gym with extensive range of cardiovascular and resistance equipment
- Baby changing facilities
- Accessible changing/toilets/hoist




Kingsway
leisurecentre

0151 495 2200


Brookvale
recreationcentre

01928 712051


Runcorn
swimmingpool

01928 572114

Membership Options

Our memberships aim to help you to enjoy life, feel great and support you to achieve a healthier lifestyle.

We offer a friendly fitness environment for real people and a range of our membership types to suit your lifestyle and interests. The benefits of membership are shown below.

Single 16yrs +

- kinetika Journey
- Introduction to the Gym
- Gym
- Swimming
- Workout Classes

Family

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Children enjoy swimming and selected activity classes

Students

Any student that can provide a valid NUS card can benefit from all single membership activities at greatly reduced rates.

Over 60s

A discounted membership rate offering the same benefits as a Single membership.

Junior Ages 11-15 yrs

- Swimming
- Drop in sessions
- Supervised gym sessions

Corporate

Memberships are available for local companies to offer to their staff or for a group of colleagues to join together from the same company. For further details contact us now.

Swimming

Enjoy all public swimming sessions as part of your membership. Swimming offers an all round workout for all ages and abilities. For further details contact us.



National Access

We are now able to offer the option to use any of gyms nationwide. You will register with a home site but be able to use any of our gyms subject to a short induction.

For a list of our current gyms visit www.kinetikagyms.co.uk

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

**Let us help you to find the right membership for you.
Call a Customer Advisor today.**

Our fantastic kinetika gyms, with their extensive range of cardiovascular and resistance equipment, have something to offer everyone. Whether you want to tone, tighten, lose weight, build strength or increase stamina we can help.

Our gyms are supervised by friendly, qualified staff, who will organise your personal fitness assessment and develop a training package to suit your needs.

Pay per Visit Gym Use

You can enjoy using our kinetika gym on a pay per visit basis. Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. All you need to do is to pay an initial fee when you register which in your first year will include a basic gym programme and an induction to the gym.

Then you just pay a small fee each time you visit the gym. If this way of using the gym suits you then contact reception for more information. Refer to page 5 for prices.

You can also enjoy workout classes and swimming on a pay per visit basis. Refer to pages 5 for more information.



Teen Gym

Children aged 11-15 years can use the kinetika gym under supervision from one of our Fitness Instructors. They will be given guidance on using the treadmills, bikes, steppers and cross-trainers. This session aims to introduce fitness, awareness and enjoyment of a healthy lifestyle before this age group can become members.

Teen Gym available at certain times. Please call the appropriate Centre for details

Opening times for our kinetika gyms are as follows:

Kingsway

Mon-Fri 7.00am-10.00pm
Sat & Sun 8.00am-8.00pm

Brookvale

Mon-Fri 7.00am-10.00pm
Sat & Sun 8.00am-8.00pm

Runcorn Pool

Mon-Fri 7.00am-9.00pm
Sat & Sun 9.00am-5.00pm

Please note that the opening times are subject to change on public holidays.

Personal Training

Experienced Personal Trainers are available 7 days a week for those who need extra motivation, have time constraints, require nutrition or lifestyle guidance or simply aren't getting the desired results.

We take it personally so let us help you achieve your fitness goals!

Our 1 to 1 sessions are designed to help you feel and look the best you can. Achieve your personal best – whether to run a marathon or run for a bus.

Contact a Fitness Instructor for further details.

kinetika Journey kinetika Journey

All new kinetika customers will begin their journey with a 5 step programme. At the end of the kinetika journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

STEP 1 CHECK IN (30-45 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workout are continuous.

STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continue to achieving your goals.

RESULTS GUARANTEED OR YOUR MONEY BACK*



Fitness courses

We run a range of fitness courses to help you achieve your goals.

Contact a member of the Fitness Team for more details.



Fitness Courses

4 x 30 mins sessions

Ab Attack

A 4 week course to help you towards a flatter stomach!

Box Fit

A 4 week course to box your way to fitness

Kett Fit

A 4 week course to help you get fit in a new way

Contact a member of the Fitness Team for more details



Workout Programme

Are you feeling energetic and motivated and want to try something new? Then we have got unlimited workout classes to suit everyone's needs and fitness levels.

For class descriptions and times please refer to the separate Workout Programme.

Our classes are run by qualified instructors who will make sure you enjoy yourself and gain the benefit of the classes.

The types of classes that are available include:

- Body Combat
- Body Attack
- Body Pump

- Body Balance
- Group Cycling
- Zumba
- Circuits
- Aerobics
- Step Aerobics
- Legs, Bums and Tums
- Yoga
- Pilates
- Water Fitness

If you come to more than two classes per week then save £££s by becoming a member. See page 5 for details.

Pick up a copy of our Group Workout Timetable at reception

Swimming

Benefits of Swimming

Swimming is good exercise (that's obvious). Swimming is a lifetime sport that benefits the body and the whole person! But what is it that makes swimming good, specifically? That depends on what you are trying to accomplish.

Swimming is a great activity that can be continued for a lifetime. It tones your entire body while providing an excellent cardiovascular workout; it strengthens your heart muscle and improves delivery of oxygen to muscles.

Why do you swim? For the health benefits to your heart and lungs? For the chance to be with some of your friends at the pool? Maybe you are a runner, training on a regular basis, and want to find an activity that keeps your heart rate up but takes some of the impact stress off of your body. Perhaps you have been doing some other form of land exercise, and now an injury prevents you from putting weight on a knee or ankle. Swimming can help you. Kicking workouts, water aerobics, pool running, or a regular swimming workout can all give you a great exercise session without the weight of your body pounding you with each move.



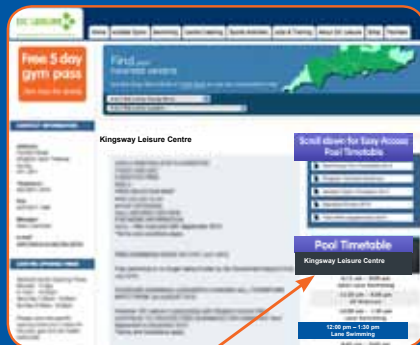
Swimming Memberships

Why not take advantage of our Swimming Memberships and benefit from unlimited swimming during All Welcome and Adult sessions.

Swimming is probably the best form of all round exercise and is a great way to relax and refresh yourself after a stressful day.

Contact a Customer Advisor now for further details on our Swimming Memberships.

A new way to view our Pool Timetable!



We have just launched our new easy access pool timetable on our website page.

Select the day or use the calendar to find a specific date and see the timetable for that day. The current session is highlighted in blue.

Or you can download an App for your iPhone and view it wherever you are! It's free to download and you can also take part in various swim challenges.

www.dcleisurecentres.co.uk

In association with

Splashpath

Swim Supervision Policy

All under 8 year olds must be supervised by a parent/guardian aged 18 years old or over during the entirety of their visit. All babies participating should have completed their initial immunisation program.

Swimming Lessons

Learning to Swim

All of our Swimming Lessons are taught by qualified Swimming Instructors who will help develop confidence both in and around the water.

Please contact Reception for enrolment details.

Aquababes

4 months* – 3 years (Parent and Toddler).

Aqua Babes enables parents to introduce their babies to the world of water with guidance from an instructor for a fun half hour session including music and toys to keep babies from six months entertained. Young children aged 3 ½ years can progress through Water Playgroup, building their water confidence and basic skills and then move onto group swimming lessons. Available at Kingsway only.

Aquanauts

3yrs and 4yr olds not currently at full time school.

As your child is more able to understand simple instructions they will be taught the basics involved in becoming a confident swimmer. Children in these sessions will follow the Ducklings 1 – 5 levels.

Junior Group Lessons

5yrs or at full time education and over.

Group lessons are designed to work towards the Amateur Swimming Association (ASA) National Swimming Plan. During the 30 minute lesson the teacher will take a register, check that all children's swimming aids are appropriately fitted and ensure that the group understands the structure that the lesson is going to take.



Group Swimming Lessons can all be paid by Direct Debit and run continuously for 50 weeks a year with a two week break each Christmas. In 2011 this will be from Thursday 22nd December to Saturday 7th January 2012 inclusive.

Paying by Direct Debit spreads the cost of swimming lessons making it easier, particularly for those with more than one child on the scheme. We operate a continuous assessment for Swim Academy members which means that your child can progress at their own pace, and will be able to move up to the next level whenever they are ready and confident in their ability. Children may progress through some levels faster than others and likewise they will no longer have to wait until the end of a twelve week course to move up to the next level.

DC Leisure, operator of these Leisure facilities has won the Amateur Swimming (ASA) Facility of the Year 2010. This reflects our commitment to continually developing our swimming programmes.



Adult Swimming Lessons

Learn to Swim or improve your stroke / technique, we have a variety of Adult lessons available for you to enjoy, from non-swimmers to improvers.

1-2-1 & 2-2-1 Swimming Lessons

Private Swimming Lessons are based on 1 instructor teaching 1 or 2 pupils of similar ability. The courses are for those children /adult learners who wish to develop specific skills, need to develop water confidence or are struggling with particular elements of a swim level within a group lesson. These lessons are available at a time that is convenient for you and your instructor.

*Aquadabes participating should have completed their initial immunisation programme.

For further details please contact

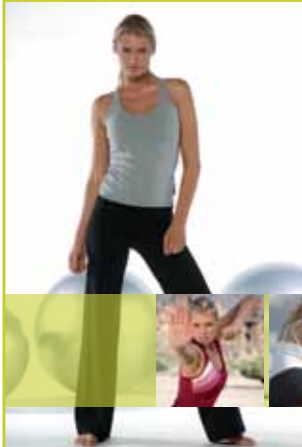
Kingsway Leisure Centre on 0151 495 2200, Brookvale Recreation Centre on 01928 712051 or Runcorn Swimming Pool on 01928 572114

Crash Courses

Available every school holiday. Monday – Friday for all levels.



Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear.

Please visit our shop in reception.

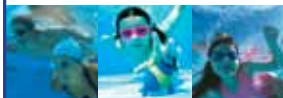
www.purelime.com

PURE LIME



Swim in style!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!

Sunbed & Sauna

Sunbed available at Brookvale

Keep that sun-kissed look all year round, whatever the weather. Lie back and relax on our fast tanning, maximum safety sunbed situated in its own private room. Please note that all our sites comply with current Health & Safety Executive guidelines.

Sunbed Opening Hours

Monday to Friday	7.15am – 10.00pm
Saturday	8.00am – 8.00pm
Sunday	8.00am – 8.00pm



Sunbeds

Put a little sunshine in your life. Book a sunbed session today.
(Only available at Brookvale).

Restricted to ages 18 and over



Sauna/ Steam at Kingsway

Soothe away everyday stress and indulge yourself.

Treat yourself to a deep cleansing, whole body experience in our sauna and steam cabins at Kingsway Leisure Centre.

Better yet, why not combine it with an invigorating workout or refreshing swim and relax further.

SAUNA AND STEAM OPENING HOURS

Monday	7.15am-9.30am 10.30am-7.00pm
Tuesday	7.15am – 10.00pm
Wednesday	7.15am – 6.30pm 8.30pm – 10.00pm Ladies Only
Thursday/Friday	7.15am – 9.00pm
Saturday	10.00am – 6.00pm
Sunday	9.00am – 5.00pm

Wrist bands must be worn at all time in the Sauna / Steam as proof of payment.



Sports Zone

Bookings, Courts & Pitches

on-line bookings available for squash and badminton. See page 19 for website details.

Our Main Hall's at Kingsway Leisure Centre and Brookvale Recreation Centre can be used for a wide variety of sports and activities. Regular block bookings also available.

Call 0151 495 2200 or 01928 712 051

(All bookings are 55 mins (excluding Squash) to allow 5 mins set-up)

Main Halls

Our Main Halls can be used for a wide variety of sports and activities.

Activities available may be a structured session or bookable courts and include:

- Badminton Courts
- 5-a-side Football Courts
- Netball Courts
- Basketball Courts
- Volleyball Court
- Mini Tennis
- Table Tennis
- Astro Turf (Brookvale only)

All booking are 55 minutes to allow for set up time. Main Hall size is 36.5m x 34m and has a viewing gallery.

Squash

Two Squash Courts available at Kingsway Leisure Centre. 40 minute bookings. Don't delay join our squash ladder today!

Studio & Activity Rooms

Looking for a space to run your own club, we have studio space, gymnasiums and an activity room that can be hired either as a one off or as a block booking. All facilities are also available for private hire for clubs, meetings and special events. For more information email: karenjones@dcleisure.co.uk

Sports Equipment

View our wide variety of sports equipment to hire or purchase, please contact reception for the charges and deposits required.

Block Bookings

Please contact the Booking Coordinator at Kingsway Leisure Centre and Brookvale Recreation Centre for regular club bookings, block bookings and special events. Call 0151 495 2200 or 01928 712051 or email karenjones@dcleisure.co.uk



Club Call

Our Centres are home to a host of independent clubs, many of which are listed below. For details of activities and prices please contact the relevant club directly.

Club Name	Centre	Contact	Tel.No
Woodend Badminton Club	KLC	Barbara Healey	01928 500546 www.haltonbadminton.wordpress.com
Runcorn REPS Swim Club	BRC & RSP	Jane Berthels	secretary@runcornreps.com
Liverpool Canoe Club	KLC		www.liverpoolcanoeclub.co.uk
Halton Gymnastics Club	BRC	Phil Lancaster	01925 728689 or 07718 944433 or www.haltongym.com
Valiant Gym & Multi Sports Cub	KLC	Julie/Andy Shard	01928 820251 or 07903 696422 or andysatgym@yahoo.co.uk
Halton Swim Club	KLC & RSP	Carol Hughes	07539 752699 or secretary@haltonsc.com
Halton Netball Club	BRC	Andrea Gumbs	07757 648571
Halton Basketball Club	KLC	Delme Herriman	07729497402
Kingsway Jujitsu	KLC	John	07914128118
Panthers Badminton Club	KLC	Mrs G Nickson	01928 576486
Leisure Leagues	KLC & BRC	Stephanie Bullock	0845 230 2340 or info@ leisureleagues.net or www.leisureleagues.net
S & S Badminton	KLC	Bob Redmond	bob-redmond@lineone.net www.haltonbadminton.wordpress.com
Kingsway Bowling League	KLC	Sue Lee	susan1.lee1@ntlworld.com



The Events Venue

Kingsway Leisure Centre has become one of the most sought after venues in the North West. It is an extremely versatile facility and features purpose designed tiered seating, which caters for up to 540 and floored seating for up to 500. With previous events such as Sky Boxing and Darts, Duke of Edinburgh Presentations and Auctions, Kingsway is more than just a Leisure Centre!

Brookvale Recreation Centre is also able to cater for smaller sporting events or fayres.

The Main Hall at Kingsway Leisure Centre is size is 37m x 33m and has a viewing gallery and arena seating for events.



For further information on hosting your event please contact Karen Jones on 0151 495 2200

NEW Dance Mat Sessions

Let your children exercise to music on our new state of the art dance mats, for children aged 8+. Weekly drop in sessions, school holiday activities and birthday parties available.



Andy Ford photography, photographs taken at Pendle Leisure Trust

Creepy Crawlies

This is a drop in session for kids and parents. So come along and join in the fun on our bouncy castle and soft play. This session is for tots that don't stop!

Every Monday 1.00pm – 3.00pm

0-5 years

Drink and biscuit included.



Crèche

Give yourself a well earned break! Let us look after your child in our excellent crèche while you relax.

For 0-5 years

Monday – Friday
9.30am – 11.25am

The parent/guardian must stay on site when the child is in the creche



Junior Courses

All of our junior courses run during term time.

Gymnastics

During this course your child works through the British Gymnastics Proficiency Awards Scheme.

All children are given the opportunity to take part in informal competitions and displays throughout the year.



Badminton Academy

Be the next Gold Medallist join our course now!



Pre-School Gymnastics

This is an introductory basic gymnastics course which works towards the British Gymnastics Proficiency Award Scheme.



Trampolining

Endorsed programmes through the National Governing Body (NGB), British Gymnastics (BG) and follow the Spirit Proficiency Award Scheme. All coaches are qualified to NGB standards.



Street Dance

Learn the latest moves and grooves with our qualified dance instructor.



Book & Play Session

Sessions can be booked in advance or you can just turn up and play!*

Trampolining

Come and try before you join our course.

Gymnastics

Come and try before you join our course.



NEW Dance Mat Sessions

Let your children exercise to music on our new state of the art dance mats, for children aged 8+. Weekly drop in sessions, school holiday activities and birthday parties available.

Creepy Crawlies

This is a drop in session for kids and parents. So come along and join in the fun on our bouncy castle and soft play. This session is for tots that don't stop!



*spaces are not guaranteed if not booked in advance. We reserve the right to alter or change the programme at any time.

Birthday Parties



Why not let us take the strain whilst you enjoy your child's birthday. Please pick up a leaflet or ask at reception for more information.



Parties

Bouncy Castle – fantastic fun with our fabulous inflatable castle

Jump 'n' Bounce (trampoline) – It's a bouncing birthday bonanza!

Wet 'n' Wild – A splashing session for everyone. (Under 8's must be accompanied by an adult over the age of 18)

Strikers (football) – Put your skills to the test with our super soccer session

Slam Dunk (basketball) – This is a great party to have you dribbling and shooting!

Skaters (roller skates – bring your own skates) – Have a great time freestyle skating with all your friends

Mix n Match – Why not mix and match any of our party options!

Look out for our popular themed parties throughout the year...halloween, christmas, beach, easter!

Holiday Activities



Every School Holiday – activities include Football, basketball, Badminton, Arts and crafts and much more!



For further information on our Junior and Holiday Activities please contact one of our centres.



Sponsored by



Holiday Camps – Swimming, Trampolining and Gymnastics



Courses

Lifeguard Courses

Why not train to be a Lifeguard?

We run pool lifeguard courses throughout the School / College half term

Course Requirements

- Must be 16 years of age on the first day of the course
- Must be a strong swimmer



- Must be able to swim 50 metres in 60 seconds or less
- Must be able to retrieve the brick from the deepest part of the pool (1.8 metres)
- Swim continuously for 100 metres
- Make 100% attendance

To book your place on the next course, please contact Kingsway Leisure Centre!

Be part of the team

We are looking for enthusiastic and outgoing individuals to join our Lifeguarding team

We can offer:

- Good rates of pay
- Use of facilities
- Structured career and training path
- Part time and full time positions are available with Continued Personal Development training

Other vacancies at the Centre include

Reception, Children's Activities, Fitness Instructors (relevant qualifications required).
Swimming and Sports Instructor (relevant qualifications required).
Full training will be given for all posts.

Application Forms available from reception.

How to find us:



Kingsway, Widnes WA8 7QH
enquiries@kingswayleisurecentre.co.uk
0151 495 2200
text phone users please dial 18001 before the centre's number
www.kingswayleisurecentre.co.uk



Barnfield Avenue, Murdishaw, Runcorn, Cheshire WA7 6EP
enquiries@brookvalerecreationcentre.co.uk
01928 712051
text phone users please dial 18001 before the centre's number
www.brookvalerecreationcentre.co.uk



Bridge Street, Runcorn WA7 1BY
enquiries@runcornswimmingpool.co.uk
01928 572114
text phone users please dial 18001 before the centre's number
www.runcornswimmingpool.co.uk

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LET'S TALK ABOUT YOUR WORKOUT



Treadmill. Cross-trainer. Aerobics. Spin class. Swim. Dance. Whatever your favourite way to stay fit, if you want to make the most of every session but don't want to take on more calories than you burn, use Lucozade Sport Lite. With 70% less sugars than regular sports drinks and just 50 calories per bottle, it provides the fluid and electrolytes your body needs to remain hydrated when you exercise, plus energy releasing B vitamins. You've got two thirst-quenching flavours to choose from – Summer Berries and Lemon & Lime – so if you want to get more out, without putting more calories in, try Lucozade Sport Lite and you'll see how your workouts can become lighter work...

DC126151

Lite Lucozade SPORT

IMPROVE YOUR WORKOUT

ONLY 50 CALORIES