

# Sport & Leisure Programme

April 2011 – March 2012



Wyre Forest Glades Leisure Centre  
01562 515151

Typetalk: 18001 01562 515151  
[www.wyreforestgladesleisurecentre.co.uk](http://www.wyreforestgladesleisurecentre.co.uk)  
[enquiries@wyreforestgladesleisurecentre.co.uk](mailto:enquiries@wyreforestgladesleisurecentre.co.uk)

Stourport Sports Centre  
01299 822308

Typetalk: 18001 01299 822308  
[www.stourportsportscentre.co.uk](http://www.stourportsportscentre.co.uk)  
[enquiries@stourportsportscentre.co.uk](mailto:enquiries@stourportsportscentre.co.uk)

Bewdley Leisure Centre  
01299 402595

Typetalk: 18001 01299 402595  
[www.bewdleyleisurecentre.co.uk](http://www.bewdleyleisurecentre.co.uk)  
[enquiries@bewdleyleisurecentre.co.uk](mailto:enquiries@bewdleyleisurecentre.co.uk)

# Welcome

## Wyre Forest Sports and Leisure Centres

Our facilities include three Leisure Centres and an Arena. We offer a diverse range of activities for you, your family and friends. Whether your interest is fitness, football, badminton or swimming, we can offer something to suit your needs.

Wyre Forest LCA Ltd manage the leisure facilities on behalf of Wyre Forest District Council. We aim to offer you an enjoyable, high quality service at all times.

We are currently working hard to manage our environmental impact and energy use. These include extensive recycling opportunities throughout the building including the 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 wastage.

We hope you enjoy your visit with us and should you wish to make a suggestion or pass comment on any of our services, please make use of our customer feedback forms situated in reception. Alternatively, you may ask to speak with the Duty Manager who will be pleased to help.

**Thank you for your custom**  
**Stuart Booton, Contract Manager**

## Alternative Brochure Format

Need help with this? Telephone: 01905 25121

এটার জন্য কি সাহায্য দরকার? টেলিফোন : ০১৯০৫ ২৫১২১ (Bengali)

需要幫助嗎? 請致電 01905 25121 (Chinese)

ਇਹਦੇ ਬਾਰੇ ਮਦਦ ਦੀ ਲੋੜ ਹੈ? ਕੋਲਰ 01905 25121 'ਤੇ ਡਿਲ ਕਰੋ। (Punjabi)

Bisogna di aiuto con questo? Telefona 01905 25121 (Italian)

Jezeli potrzebna pomoc do tego, zadzwon : 01905 25121 (Polish)

01905 25121 : کیا آپ کو اس کیلئے مدد کی ضرورت ہے؟ ٹیلیفون (Urdu)

Brochure correct at time of going to print.  
Photos used may not be of this Centre.

# Contents

Welcome & Our Customer Promise	2
Opening Times, Accessibility & IFI	3
kinetika Membership	4
kinetika Gym	5
kinetika Journey	6
Swimming Academy	7
Swimming & Health Suite	8
Group Workout Classes, Sunbed & Clubs	9
Fun House Club	10
Trampoline & Holiday Activities	11
Gymnastics & Adult Activities	12
Birthday Parties	13
The Ideal Venue & How To Find Us	14
Prices and Charges	15

## Customer Promise

### WE WILL STRIVE TO:

- Serve every customer with courtesy, effectiveness and efficiency.
- Provide customers with a welcoming, clean and safe building and grounds.
- Provide an extensive programme of activities and events.
- Provide a Duty Manager at all public opening times to deal with all matters of concern to users.
- Regularly monitor customer satisfaction.
- Never forget that it is customers who are the focus of our business.

### WE ASK OUR CUSTOMERS TO:

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

## E Bookings

E bookings are available via  
[www.wyreforestgladesleisurecentre.co.uk](http://www.wyreforestgladesleisurecentre.co.uk)  
[www.stourportsportscentre.co.uk](http://www.stourportsportscentre.co.uk)  
[www.bewdleyleisurecentre.co.uk](http://www.bewdleyleisurecentre.co.uk)  
for badminton and squash courts.  
Please contact reception for more information.

# Centre Opening Times

## Wyre Forest Glades Leisure Centre

Monday – Friday: 7.00am – 10.30pm

Saturday: 8.00am – 9.30pm

Sunday: 8.00am – 9.30pm

## Stourport Sports Centre

Monday – Friday: 7.00am – 10.30pm

Saturday: 8.30am – 9.00pm

Sunday: 8.45am – 9.30pm

## Bewdley Leisure Centre

Monday – Friday: 5.30pm – 10.30pm

Saturday: 9.30am – 4.30pm (pre-bookable only)

Sunday: 9.30am – 4.30pm

Please note times may vary on bank holidays.

# Passport To Leisure

At Wyre Forest Sports and Leisure Centres the Passport To Leisure scheme is designed to increase activity levels and improve health by offering reductions on a wide range of activities for those on low income:

- A full time Student
- In receipt of Jobseekers Allowance
- Registered Disabled
- On Income Support
- Registered homeless
- Receiving Council Tax Benefit
- Foster Carers and Looked After Children

Passport To Leisure offers 50% discount on individual activities including gym, swim and group workout classes. There is a small charge for the card, which is payable when you start your Passport To Leisure and every 6 months thereafter. Please contact your nearest centre for more details.

# Accessibility

For those customers with additional accessibility requirements each Centre has been equipped with hearing loops at reception and all staff receive training in Disability Awareness. The following facilities are also available:

## CHANGING ROOMS

There are sufficient changing room cubicles and designated disabled changing facilities in all three leisure centres.

## ACCESS TO SWIMMING POOLS

At Wyre Forest Glades Leisure Centre a wheelchair is available to assist disabled users in accessing the sloping entry Leisure Pool. For access into Stourport Sports Centre Swimming Pool there is a hoist. Please ask at reception upon arrival.

## TOILETS

These are located within the various changing areas.

## PARKING

Provision has been made at the front of the centre, close to the building, to allow ease of access to each Centre for Registered Disabled badge holders.

In order to encourage disabled usage of our facilities we operate a registered carer's scheme. All Wyre Forest 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.

## IFI GYM EQUIPMENT

The Inclusive Fitness Initiative (IFI) is a Sport England Lottery Funded project that supports non-profit fitness facilities to become inclusive, catering for the needs of disabled and non-disabled people alike.

Here at Wyre Forest Glades Leisure Centre we have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.



Inclusive fitness  
accredited site 2008

# Membership Options



Our memberships aim to help you 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 membership packages to suit your lifestyle and interests. The benefits of various membership packages are detailed below:

## Single 16yrs +

- kinetika Journey
- Gym
- Swimming
- Group workout classes
- Health Suite – Sauna and Steam Room

## Family

**Children aged up to 18 yrs**

- kinetika Journey
- Gym
- Swimming
- Group workout classes
- Children enjoy swimming and selected activity classes
- Health Suite – Sauna and Steam Room
- Crèche
- Discounted Trampoline Lessons
- Free off peak Squash and Badminton sessions

## Students

Any student who can provide a valid NUS card can benefit from all single membership activities at greatly reduced rates. Peak and off-peak memberships available.

## Over 60s

A discounted membership rate offering the same benefits as a Single membership. Peak and off-peak memberships available.

## Junior Ages 11 – 15 yrs

- Swimming
- Supervised gym sessions
- Junior group workout classes

## Corporate

Membership packages are available for local companies to offer their staff an extra benefit or for a group of work colleagues to join together.

## Swimming

Enjoy all public swimming sessions as part of your membership. Swimming offers an all round workout for all ages and abilities. Single, Senior and Family memberships available.



## National Access

There is now a membership package available where you can register with a single site but use any gym nationwide subject to a short gym induction.

For a list of our current gyms visit [www.kinetikagyms.co.uk](http://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 find a membership package to suit your lifestyle and interests.**

**Please contact a Customer Advisor at the kinetika gym of your choice: Wyre Forest Glades Leisure Centre on 01562 515151 or Stourport Sports Centre on 01299 822308.**

# Pay Per Visit Gym Use

Our friendly gym offers an ideal environment to tone, tighten, lose weight, build strength or increase stamina at a very reasonable price. Our professional staff are on hand to organise your personal fitness assessment and develop a training programme tailored to help you reach your personal targets.

Join us as an Authorised Gym User and you can use the gym without making a financial commitment. An initial fee is payable 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. Contact reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis. Refer to pages 8 and 9 for more information.

## Opening Times:

### Wyre Forest Glades Leisure Centre

Monday – Friday: 7.00am – 10.00pm

Saturday & Sunday: 8.00am – 6.00pm

### Stourport Sports Centre

Monday – Thursday: 7.00am - 10.00pm

Friday: 7.00am – 9.00pm

Saturday & Sunday: 8.00am – 6.00pm

Please note times may vary on bank holidays



**Café**

Relax after a good workout in our café.

**CAFE OLOGY**  
Great Coffee. Great Cause.

Choose from a range of hot and cold drinks, hot and cold food, snacks and children's meals.

## Personal Training



Achieve your personal best with our Personal Training service, available to both kinetika members and casual users. Whether you want to train for the marathon or just run for the bus and not be out of breath, this could be the service for you.

Contact a member of the Fitness Team for details.



# 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 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 10 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 (30 MINS)**

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 achieving your goals.

# RESULTS GUARANTEED OR YOUR MONEY BACK\*

\*Terms and conditions apply



## **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.

### **Ab Attack**

A 5 week course to help you achieve a flatter stomach.

### **Core Fit**

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

### **Kett Fit**

A 4 week course to help you get fit in a new way using Kettlebell exercises for an all over body workout.

### **Snow Fit**

A 4 week course to help strengthen your legs and core, build aerobic endurance plus guidance on post activity stretching.

# Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at reception for enrolment details.

## Adult & Child

**0 – 3 years**

A fun based session with toys and games designed to introduce you and baby to the water.

## Ducklings

**5 months – 4 years**

Children will work towards ASA National Plan for Teaching Swimming Ducklings Awards 1-5. Designed to introduce you and your toddler to the water using fun games and activities.

## Junior Lessons

**4 years and over**

Swimming lessons are taught using the nationally recognised ASA National Plan for Teaching Swimming, which helps your child develop into a confident swimmer.

## Individual Lessons

**4 years and over**

Individual lessons are available for children and adults helping you to learn at your own pace. Available for all abilities at a time to suit you.

## Adult Lessons

Learn to swim, improve your water confidence or develop your stroke technique.



Please contact the Swimming Co-ordinator to find the right lesson for you and/or your child at the Centre of your choice: Wyre Forest Glades Leisure Centre on 01562 515151 or Stourport Sports Centre on 01299 822308.

# Other Aquatic Activities

Rookie Lifeguarding is offered at both Wyre Forest Glades Leisure Centre and Stourport Sports Centre. Competitive Swimming, Aqua Fun and Flip and Fun are also provided at Stourport Sports Centre.

# Swimming

Swimming is probably the best form of all round exercise available. It is also a great way to relax and refresh yourself after a stressful day. For the more serious swimmer we have an extensive programme of swimming lessons and courses available.

## Swimming Memberships

Save money by taking out a swimming membership. Enjoy all public swimming sessions as part of a swimming membership. Swimming offers an all round workout for all ages and abilities. For further details please contact a Customer Advisor.

Swimming is free to kinetika members. See page 4 for details.

## FOR A FUNCTION WITH A DIFFERENCE WHY NOT HIRE THE MAIN POOL?

Wyre Forest Sports and Leisure Centres are ideal for galas, private hire and parties. For further details or to make a booking contact the Centre of your choice: Wyre Forest Glades Leisure Centre on 01562 515151 or Stourport Sports Centre on 01299 822308.

## Under 8's Admission Policy

Children under the age of 8 must be supervised in the water and changing room by a parent or adult (aged 18 years +). A maximum of 2 children under 8 are permitted per adult/parent.

We recommend that children under the age of 5 are supervised by an adult at a ratio of 1:1.

Pick up our Swimming Timetable from reception for opening times and provision of water based activities.

## Free swimming available for those aged under 16

Free Swimming for under 16's living in the Wyre Forest district. Sessions will run from Monday to Friday, 12noon-2pm during the school holidays\*. All under 8's must be supervised by an adult. Please note an annual administrative fee applies.

\*Subject to funding availability

## Health Suite

Soothe away everyday stress and relax in Wyre Forest Glades Leisure Centre's Sauna and Steam Room.

Opening Times:

Monday – Friday: 7.15am – 10.00pm

Saturday & Sunday: 8.00am – 8.00pm



## Dive in with us!

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



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

[www.zoggs.com](http://www.zoggs.com)

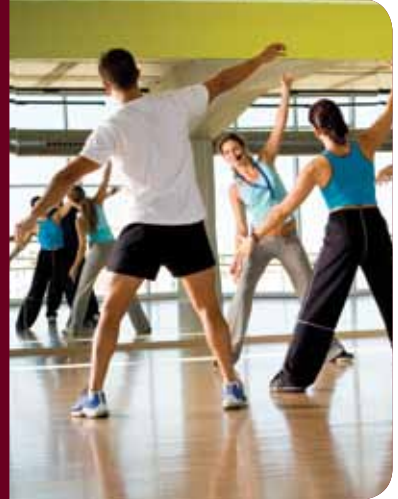
# Group Workout Classes

We offer a range of group workout classes suitable for all ages and fitness levels, many of which are included within a kinetika membership. Our classes are run by qualified instructors who will ensure that you enjoy yourself and gain the benefits of each class.

Pick up a Group Workout Class Timetable from reception for a list of all classes available.

Classes included as part of a kinetika membership:

- Aqua
- Body Balance
- Body Combat
- Body Mind and Harmony
- Body Pump
- Boxercise
- Circuits
- Energiser 45
- Fight Fit
- Fit 'N' Funky Aerobics
- Fit Yoga
- Forever Active Aerobics
- Legs, Bums and Tums
- Master Swim
- Pilates
- Step Aerobics
- Stretch and Tone
- Tai Chill
- Triple Challenge
- Urban Rebounding
- Zumba



## Sunbed

Fast tan, high wattage Ergoline Sunbeds are available.

Our Sunbeds operate within strict guidelines, which offer you a safe way of tanning. For your safety, goggles must be worn for each session and can be purchased from reception.

**Opening Times:**

**Wyre Forest Glades Leisure Centre**

Monday – Friday: 7.30am – 9.30pm

Saturday & Sunday: 8.00am – 8.30pm

**Stourport Sports Centre**

Monday – Friday: 7.30am – 10.30pm

Saturday & Sunday: 8.00am – 8.30pm

Please note times may vary on bank holidays.

## Clubs

At all three Centres there are a wide range of clubs that you can choose from.

Activities available include:

- Swimming
- Gymnastics
- Trampolineing
- Cricket
- Martial Arts
- Fencing
- Badminton

Please contact your nearest Centre for further details.



# Junior Activities

## Fun House Club

### Wyre Forest Glades Leisure Centre

We offer a wide selection of activities for children of all ages and abilities. Please read the next three pages for more detail.

Welcome to the Fun House Club! Children of all ages can enjoy a range of activities including the crèche, birthday parties, holiday activities and clubs in Amazonia Adventure Play Zone, the Jungle Garden (children's new outdoor area) and/or pre-school sessions in the Arena.

Amazonia is a superb soft play area designed to offer versatile childcare and play experience. Based upon a jungle theme, Amazonia brings tropical fun providing stimulating play and state of the art equipment.

The children's outdoor area is a natural and stimulating eco-friendly environment, where children can explore the outdoor and have the opportunity to grow plants and learn about nature.

#### **TOTS TIME OUT**

0 – 5 years

Monday & Friday: 10.30am – 12.30pm

Tots Time Out is a toddler session, situated in the arena, for children and parents to stay and play. There is a bouncy castle and a variety of toys for children to play freely with whilst parents socialise. Children must be supervised by a parent or guardian at all times. FREE refreshments are available.

#### **CLIMB & RHYME**

0 – 5 years

Wednesday: 10.30am – 12.30pm

Climb & Rhyme is an exciting play session, located in the arena, which includes a range of soft play equipment, music and rhymes to help promote and stimulate child development. Children must be supervised by a parent or guardian at all times. FREE refreshments are available.

#### **CRÈCHE – DROP AND SHOP FACILITY**

3 months – 5 years

During school term-time only, Amazonia operates as a crèche. There are 3 sessions available: 9.30am – 11.30am, 11.30am – 1.30pm and/or 1.30am – 3.00pm (the afternoon session is not available on Monday & Friday).

The crèche is OFSTED registered and is operated by fully qualified staff who follow the early years framework when supervising various play and learning activities. Children are occupied and more importantly happy so parents can relax and enjoy the many activities on offer within the Centre.

Please contact the Crèche Supervisor for more information on claiming FREE nursery vouchers for your children.

#### **AMAZONIA AFTERNOON CLUB – DROP AND SHOP FACILITY**

2 – 8 years

Tuesday – Thursday: 3.00pm – 5.15pm

During school term-time only, the Amazonia Afternoon Club is an OFSTED registered session operated by fully qualified staff who follow the quality assurance 'Aiming High' scheme. A range of activities including Amazonia Adventure Play Zone, arts activities and a homework corner is available. A great way for children to socialise in a safe and secure environment.



# Trampolining

## Stourport Sports Centre

### Trampolining Lessons

These lessons are aimed to allow children and adults of all ages, sizes and abilities the chance to achieve their own individual potential within a safe, stimulating enjoyable environment.

### Trampoline Coaches

Our fully qualified BG Coaches will instruct the necessary skills in order for a trampolinist to work towards attaining the BG UK Sports Awards.

### Enrolment "Sports Academy Membership"

Payment for trampolining lessons can be spread monthly by direct debit payments, which will guarantee your child a place or alternatively in full blocks of lessons on enrolment.

### Health & Safety

All trampolinists are to wear a T-Shirt, Leotard, Shorts and Socks. Long hair must be tied back. No jewellery.

### Tumble Fun

This session includes fun and games, singing, basic trampolining and a bouncy castle in a safe and friendly environment. A real fun way to start you and your child's morning.

### Mini Bouncers

Introductory structured lessons for younger children working towards the BG UK Sports Awards.

### Junior

These lessons allow juniors to practice a range of moves whilst working towards the BG UK Sports Awards.

### Adult

These lessons cater for beginners right through to the more experienced trampolinists whether attending for fun or fitness.

### Stourport Competition Squad

These lessons are for trampolinists who are ready to compete in regional and national competitions but want to perfect their routines with the help and advice from our Head Coach.

# Holiday Activities

## Wyre Forest Glades Leisure Centre

### Kraft Klub 2 – 7 years

Kraft Klub is OFSTED registered and incorporates themed craft activities, a bouncy castle, toys and games using an interactive whiteboard, face painting and the new outdoor area.

### Day Camp 8 – 13 years

Day Camp involves organised sports, a swimming session every morning and arts and craft activities using an interactive whiteboard.

(Easter and Summer Holiday Periods Only)

Morning session	9.15am – 12.15pm
Afternoon session	12.15pm – 3.15pm
Full day session	9.15am – 3.15pm

## Wyre Forest Sports and Leisure Centres

Wyre Forest Sport and Leisure Centres offer a further, diverse range of holiday activities across all 3 leisure centres. Throughout the school holidays our aim is to provide children with quality activities in a safe environment. All of our holiday staff are fully qualified, so you will have peace of mind knowing that your children are being taken care of whilst having a fantastic time.

For more information on what is available during the holidays please contact your local Centre. During the school holidays details can also be found on our websites.

# Gymnastics

## Stourport Sports Centre

The Gymnastics programme runs for 38 weeks of the year. (Affiliated to British Gymnastics).

Your child will participate in various Gymnastic disciplines including: vault, floor, bars and beam work. It will also incorporate Sports-Acro, Rhythmic Gymnastics and Team Gymnastics.

### Beginners

These sessions are an introduction to Gymnastics, which work towards the British Gymnastics Proficiency Awards 8, 7, 6 and 5 and also aim to develop co-ordination, balance, endurance and confidence.

### Improvers

These lessons will improve your Gymnastics skills and work towards British Gymnastics Proficiency Awards 4, 3 and 2 as well as developing balance, co-ordination, endurance and confidence.

### Advanced

Participants must have practised Gymnastics for at least a year and also obtained British Gymnastics Proficiency Award 2. This class works towards British Gymnastics Proficiency Awards 1 and Gold Top Awards.

(As Stourport Sports Centre is an affiliated club to British Gymnastics there is an annual charge of £17.75, which is paid directly to British Gymnastics. This must be paid on lesson 3 at reception).



# Adult Activities

## Forever Active

Enjoying an active lifestyle has an enormous range of potential health benefits. In addition to participating in physical activity an active lifestyle can also have a number of psychological benefits.

The Forever Active programme is therefore specifically designed to encourage both physical and mental health by providing opportunities for physical activity in a relaxed and social atmosphere.

The Forever Active programme is open to everyone, although the majority of activities are designed with more mature customers in mind. We try to cater for every need and always encourage any suggestions on how we can improve our programme. If you do have any ideas, comments, suggestions or complaints please do not hesitate to ask to speak to a member of the Duty Management team at reception.

## Activity Referral Scheme

Do you suffer from medical conditions that could benefit from exercise?

Are you looking to get more active but feel that your body won't let you?

- Obesity/weight problems
- Stress
- Mild depression
- Poor Mobility
- Diabetes
- Osteoporosis
- Lower Back Pain
- High blood pressure
- Asthma
- Mild/moderate arthritis

If you suffer from any of the above conditions and believe that exercise could positively affect your life, please call 01562 515151 and ask to speak to a member of the Fitness Team for further information.

# Birthday Parties

Let us take the stress and strain out of organising your child's birthday party. There is no mess or fuss and we do all the work whilst you, your child and their friends have all the fun!

## Wyre Forest Glades Leisure Centre – 01562 515151

### 1. ULTIMATE POOL PARTY

Fun and frolics in the leisure pool with exclusive use for you and your friends. With flumes and waves, this really is the ultimate party experience.

(Up to 75 children, additional cost for parties in excess of 75 children)

Children under 8 years of age must be supervised by adults at ratio of 1 adult to 2 children. We recommend that under 5s are supervised at a ratio of 1:1.

### 2. SUPREME BOUNCER AND SOFT PLAY PARTY

Bouncy fun and games in a safe and enjoyable environment.

(Up to 25 children, height restrictions apply)

### 3. PREMIERSHIP PARTY

An absolute must for football mad children. All matches are refereed, supervised and organised by a member of our Party Team and can include competitions, penalty shoot-outs and mini tournaments. Alternatively, create your own multi-sports party.

(Up to 20 children, under 15s only)

### 4. AMAZONIA PARTY

Sensational soft play fun for a young adventurer in the jungle themed state of the art Amazonia Adventure Play Zone. (Up to 30 children, 2-8 years only)

### 5. STUDIO PARTY

Birthday games and disco fun in the studio. A perfect room for a perfect party.

(Up to 50 children. Please bring your own music. The bar is available upon request, when booking your party)

## Stourport Sports Centre – 01299 822308

### 1. ULTIMATE BOUNCER PARTY

With three different sections and various features our huge bouncer is the best fun a child could possibly have.

(Up to 35 children, height restrictions apply)

### 2. WET 'N' WILD POOL PARTY

Hurtle into the swimming pool with water polo activities, floats, beach balls and music.

(Up to 105 children)

Children under 8 years of age must be supervised by adults at ratio of 1 adult to 2 children. We recommend that under 5s are supervised at a ratio of 1:1.

### 3. TRAMPOLINE PARTY

With the use of a qualified Trampoline Coach (BG), enjoy a great trampoline party tailor made to your specific requirements.

### 4. SPORT SPECTACULAR TEAM PARTY GAMES

An action packed party of sporting fun, choose from an array of team sports – namely football, uni-hoc or badminton. Each sport will be organised by our trained Party Supervisor.

(Up to 24 children, under 15s only)

## Bewdley Leisure Centre – 01299 402595

### 1. BUMPER BOUNCER PARTY

Enjoy fun and games as you bounce in our inflatable bouncer and soft play area.

(Up to 30 children, height restrictions apply)

### 2. TEAM PARTY GAMES

A member of our Party Team will organise a team party of your choice – namely musical chairs, racquet sports, football, basketball, netball and many more!

(Up to 24 children, under 15s only).

## Parental Presence

We believe that successful parties are a product of professional organisation, supervision and parental involvement.

We therefore actively encourage parental presence at all our parties, especially for children under 8 years of age. (Ratio 1:4).



# The Ideal Venue

Wyre Forest Glades Studio is the ideal function room to hold meetings, conferences, training days and parties. The room is extensively used throughout the week and is often hired out at the weekends for private parties, discos or presentation evenings. As a training facility, the Studio can cater for a large capacity in an equally pleasant environment. The Studio is suitable for up to 175 people to be seated theatre style, 120 to be seated around tables and 200 people standing.

Dimensions:

18m x 18m Height: 3.4m max

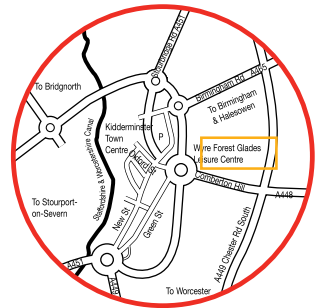


## How to find us?

### Wyre Forest Glades Leisure Centre and Glades Arena

Bromsgrove Street  
Kidderminster  
Worcestershire  
DY10 1PP

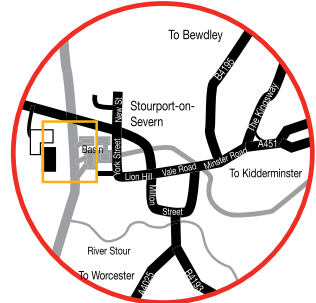
Wyre Forest Glades Leisure Centre is situated 200 yards from the nearest bus stop and 800 yards from the train station. There is a large pay and display car park at the front of the Centre and provision has been made at the front of the Centre to allow ease of access for Registered Disabled badge holders.



### Stourport Sports Centre

Harold Davies Drive  
Stourport-On-Severn  
Worcestershire  
DY13 0AA

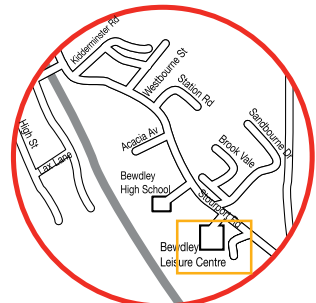
Stourport Sports Centre is located in the Centre of town with the nearest bus stop approximately 200 yards from the Centre. There is a pay and display car park at the front of the Centre and provision has been made for Registered Disabled badge holders.



### Bewdley Leisure Centre

Stourport Road  
Bewdley  
Worcestershire  
DY12 1BL

Bewdley Leisure Centre is situated approximately 200 yards from the nearest bus stop. There is a free car park, which incorporates disabled bays for Registered Disabled badge holders.



# Prices/ Charges

## Sports Equipment

We sell a comprehensive range of sports equipment including swimwear, goggles and rackets etc.

All items are competitively priced. Please enquire at reception for further details.

## Peak Time

Monday – Friday 4.30pm – 10.30pm

## Wyre Forest Glades Leisure Centre

Family Swim (2 adults and 2 children)	£11.75
Adult Swim	£4.10
Junior Swim	£2.60
Senior Swim	£2.60
Spectator	£1.90
Sunbed	£5.70
Sunbed 10 Sessions	£45.60
Sunbed & Swim	£8.00
Sauna/Steam (1 hour)	£7.70
Sauna, Steam & Swim	£9.20
Forever Active Dryside Activities	£3.05
Forever Active Wetside Activities	£2.65
Crèche Session (Activity)	£5.00
Crèche Session (Non-activity)	£7.90
Group Workout Class (3/4 hour)	£4.20
Group Workout Class (1 hour)	£5.60
Authorised Gym User Induction	£14.75
Authorised Gym User Session	£7.70

Memberships are also available. Refer to page 4.

Activity	Peak (£)	Off-Peak (£)
Badminton (1hour)	£9.65	£7.10
5-a-side Football (1 hour)	£38.60	£28.40
Squash (45 mins)	£7.00	£4.50
Junior Squash (45 mins)	£4.50	£4.50



## Stourport Sports Centre

Family Swim (2 adults and 2 children)	£10.20
Adult Swim	£3.55
Junior Swim	£2.25
Senior Swim	£2.25
Spectator	£1.90
Sunbed	£5.70
Sunbed 10 Sessions	£45.60
Sunbed & Swim	£8.00
Forever Active Dryside Activities	£3.05
Forever Active Wetside Activities	£2.65
Group Workout Class (3/4 hour)	£4.20
Group Workout Class (1 hour)	£5.60
Authorised Gym User Induction	£14.75
Authorised Gym User Session	£7.70

Memberships are also available. Refer to page 4.

Activity	Peak (£ per hr)	Off-Peak (£ per hr)
Badminton	£9.65	£7.10
5-a-side Football (3 courts)	£28.95	£21.30
Cricket (2 courts)	£19.30	£14.20
Basketball (4 courts)	£38.60	£28.40

## Bewdley Leisure Centre

Group Workout Class (1 hour)	£5.60
Football/Rugby: Adults (Wyre Forest Resident Team)	£61.35
Adults (Non-Resident)	£70.85
Juniors (Wyre Forest Resident Team)	£31.20
Juniors (Non-Resident)	£35.40

Activity	Peak (£ per hr)	Off-Peak (£ per hr)
Badminton	£9.65	£7.10
5-a-side Football (3 courts)	£28.95	£21.30
Whole Hall	£28.95	£21.30

All information in this brochure is correct at the time of print however we reserve the right to change prices and sessions as required.

LUCOZADE and LUCOZADE SPORT are registered trade marks of the GlaxoSmithKline group of companies.

# 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...

**Lite** Lucozade SPORT

IMPROVE YOUR WORKOUT

**ONLY 50 CALORIES**