



Sport & Leisure Programme

2011

Edge Leisure Centre
01428 644577

Cranleigh Leisure Centre
01483 274400

Farnham Sports Centre
01252 711119

Godalming Leisure Centre
01483 417282

Hérons Leisure Centre
01428 658484

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009

Waverley
BOROUGH COUNCIL
leisure

Managed by DC Leisure with the support of Waverley Borough Council

FACS – Free Access To County Sportspeople

Under Waverley's FACS Scheme, sportspeople who live in Waverley and have represented their County or above may be eligible to use leisure facilities in the Borough at free or reduced rates to assist with their training.

Please contact Waverley Borough Council on 01483 523368 for more information.

Exercise Referral Scheme

This scheme enables GP's to refer patients for specific training to improve health and promote recovery.

Our qualified instructors will advise on an appropriate rehabilitation programme to suit your individual needs.

After being referred by your GP, you will be able to use the Kinetika gym, fitness classes and swimming pool at a discounted rate for a period of 12 weeks. Please see your local GP for more information.

IN2 Leisure Card Scheme

Waverley Borough Council's IN2 Card offers discounts to many activities. You can be an IN2 Card holder if you live in Waverley and receive: Job Seekers Allowance (income based), Attendance Allowance, Disability Living Allowance, Pensions Credit, Childs Tax Credit (conditions apply), Working Families Tax Credit or Income Support.

Additionally if you are aged 16 – 19 and registered on a full time education course, or a full time student with a current NUS card living in Waverley, or a student nurse, you can apply for a card at any of the DC Leisure sites in the Waverley Contract.

Free swimming available for those aged 8 and under, and 80 and over, until 31st March

Ask at reception for more information

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The Management have the right to change the advertised programme of activities.

Welcome...

to Waverley's Fantastic Leisure Facilities

DC Leisure has entered a 15 year contract with Waverley Borough Council (WBC) to manage the five leisure centres within the Borough; Cranleigh Leisure Centre, The Edge Leisure Centre, Farnham Sports Centre, Godalming Leisure Centre and The Herons Swimming & Fitness Centre.

This longer contract ensures that DC Leisure and WBC can work together for the benefit of the leisure centre customers of Waverley, ensuring high class well managed facilities, in each of the four conurbations. This contract will encompass the 2012 Olympics & Para-Olympics, of which the Edge Leisure Centre has been chosen as a Para-Olympic training venue.

As part of the drive to increase leisure activity throughout the Borough, Waverley & DC Leisure have offered Free Swimming for those aged 8 & under and 80 & over, these age groups will receive free swimming throughout all leisure centres until 31st March 2011.

The Council have also put Leisure at the heart of their commitment to its residents. This will involve a £9.1m investment in three of the Borough's leisure centres over the next two years. Refurbishment work began in July 2009 at Cranleigh and is now complete, closely followed Farnham Sports Centre which completed at the end of 2010. Work on Godalming Leisure Centre is due to commence in April 2011. Please contact WBC for further information on the proposed refurbishment programme.

OUR CUSTOMER PROMISE

We will strive to:

- Serve every customer effectively, 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
- Never forget that it is the customers who are the focus of our business

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

And

COME BACK AGAIN SOON

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.

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

Access for those with disabilities

Please contact reception with all enquiries. Most of our leisure centres have disabled parking bays and a hearing loop at reception.

If you need this brochure in large font, braille, or other languages, please contact your nearest centre.

Activity	The Edge Leisure Centre	Cranleigh Leisure Centre	Farnham Sports Centre	Godalming Leisure Centre	Hérons Leisure Centre
Main Pool		•	•	•	•
Junior Pool		•	•		•
Fun Pool					•
Sunbed	•		•	•	
Squash Courts		•	•	•	•
Main Sports Hall	•		•		
Badminton	•		•		
Aerobic Classes	•	•	•	•	•
Creche		•	•		•
Play Zone		•			•
Wetside Parties		•	•	•	•
Dryside Parties		•	•	•	•
Aqua Natal Classes			•		•
Holiday activities	•	•	•	•	•
GP Referral Scheme	•	*	•	•	•
Personal training	•	•	•	•	•
Astroturf Pitches	•				
Hockey Pitches	•				
Street Hire	•				•
Seminar Rooms	•				
Function Room			•		•
Café		•			•
Kinetika gym	•	•	•	•	•
Health Suite		•	•	•	•
Teen Fit	•	•	•	•	•
Splash Bash		•	•	•	•
Swim Academy		•	•	•	•
Kinetika Journey Scheme		•	•	•	•
Kinetika Journey Award programme		•	•		•
Sports injury clinic	•			•	
FACS Scheme	•	•	•	•	•
Zoggs Shop		•	•	•	•
Purelime Aerobics		•	•	•	•

*Available shortly



Holiday Activities



Located in Farnham and Haslemere Leisure Centres
Open from 8-30a.m. until 5-30p.m



Swimming and Sports
Archery and Foil Fencing
Arts and Crafts

Other Activities Include:

- Cookery • Table Top Games • Wii Games • DJ Twin CD Mixer
 - Parachute Games • Drama and Dressing up Days
- Plus Lots More

Meeting New People

Call us on 01252 727000 or 07881 907 554

Visit our website www.casa-club.co.uk
or send us an e-mail casacub@talktalk.net

After School Club Birthday Parties Babysitting Holiday Clubs

kinetika Journey

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 workouts 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 continuing to achieve your goals.

Whether you are new to exercise or a regular exerciser, the kinetika Journey will get you results in 30 days* ... or your money back.

**RESULTS
GUARANTEED
OR YOUR MONEY BACK***

*Conditions apply

APPOINTMENT 1

Getting started

We'll identify your exercise goals and objectives and get you started!



APPOINTMENT 2

Personal Programme

We'll set your programme and take you through it!



APPOINTMENT 3

Motivation Session 1

We'll check your progress and refine your programme!



APPOINTMENT 4

Motivation Session 2

We'll ensure that you are getting the most from your programme!



APPOINTMENT 5

Review

We'll measure your progress and plan your exercise future!



Stepping towards looking & feeling your very best.

Improvements in how our members feel after 30 days exercise with kinetika Journey

- 88% Improved fitness levels
- 90% Improved quality of sleep
- 93% Increased levels of energy
- 95% Overall confidence improved

kinetika Journey programme is based on the latest techniques. You can get results faster than ever before. Most of our participants get excellent results in as little as 30 days.

kinetika Courses

kinetika gym is the modern, high tech gym that is available for everyone to use. Whether you are looking to tone, tighten, lose weight, build strength or increase stamina, working out at your local kinetika Gym will help get you there, sooner than you can imagine.

Personal Training



If you want to build a great house, you hire a great builder.

If you want to build a great body hire a great personal trainer.

kinetika Personal Training at the Waverley Leisure Centres offers a lifestyle package – personal training, injury recovery, nutrition and stress management – designed to help YOU achieve your dreams.

From the free initial consultation our highly trained personal trainers will work with you to assess your priorities and create your perfect, individualised programme. Regular monitoring and evaluation of your progress will not only help to keep sessions enjoyable and motivating but will also mean that if any difficulties arise you will never have to tackle them alone.



Core-Fit

It's how athletes have trained for years. It'll work you in places you never knew you had, and in the most effective possible way.



Ab Attack

Want to firm up those flabby abdominals? This four-week course will do just that. The programme includes a month's kinetika membership, weekly abdominal workshop and training sessions dealing specifically with abdominals.



Back Fit

This course is designed to strengthen the back by promoting core stability. This is achieved by teaching the participants the correct way to exercise the back muscles.



Ski-Fit

Want to get the most out of your skiing holiday? This course will ensure that you've strengthened the muscles needed for skiing before you even take a step onto the slopes. This is the best way to ensure that you are in peak condition to enjoy your holiday.



LE&N

This course looks at Lifestyle, Exercise and Nutrition without having to go on a diet. It teaches you about adopting a healthier lifestyle.

Ask at Reception for more information.

Membership Options

Regular exercise, along with good nutrition, is key to a healthy lifestyle. kinetika is our brand of specially designed health and fitness facilities, which are recognised for their high standards and great value for money.



ALL-INCLUSIVE

Enjoy UNLIMITED Gym, Workout Classes, Swimming and Health Suites at all the Waverley Leisure Centres within the DC Leisure Group.

FAMILY ALL-INCLUSIVE

Whilst 2 adults benefit from the All-Inclusive membership, up to 4 children can enjoy:

- Free Swimming
- Free Junior Activities
- Free Playzone
- Free Junior Gym
- 10% Discount on Birthday Parties
- And Loads more..

JUNIOR MEMBERSHIP

This is a membership for those young & active 11-15 year olds. With this membership, you can enjoy unlimited use of the Gym*, Swimming & lots more..

Ask at reception to get started.

* during junior gym hours only

JOINT ALL-INCLUSIVE

Help motivate yourself by training with your partner or a friend, and get all the benefits of 2 kinetika All-Inclusive memberships at a reduced rate. Choose a monthly membership, payable through one bank account, or an annual membership.

CONCESSION ALL-INCLUSIVE

A Membership with All-inclusive benefits available to:

- Full Time Students
- Over 60's
- Registered Disabled
- NHS Employees
- WBC Employees

Please contact reception for information on a swimming and workout class pay per visit basis.

CORPORATE ALL-INCLUSIVE

We offer an excellent Corporate package to suit companies & businesses of all sizes. For full details of the best option for your business, or for a list of companies that currently enjoy a Corporate membership, please contact a Customer Advisor at your nearest centre.

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.

Memberships Benefits

- Unlimited use of the gym, swim, sauna & workout classes (on all-inclusive)
- kinetika Journey (see page 6)
- No contract
- Freedom to suspend membership for 1 - 6 months at no extra charge
- Freedom to upgrade or downgrade the membership at no extra charge
- Unlimited use at all our Kinetika sites in Waverley (Cranleigh, Edge, Farnham, Godalming and Herons)
- Guest passes for your friends & family



See separate kinetika Membership Benefits leaflet for a full listing of discounts available to you when you show your kinetika membership card.

kinetika Memberships



Workout



Swimming



Gym

Membership includes:

- Unlimited use of our kinetika Fitness Studio
- Health Suite (Sauna, Steam & Spa)
- Majority of fitness classes including BTS & Swiss Ball*
- kinetika Journey
- Swimming Pool use

Plus Discounts on:

- Sports Physio
- Sunbed
- Personal Training
- Fitness Courses
- Indoor & Outdoor sports

Benefits of Health & Fitness:

- Stress Relief
- Improved Concentration
- Increased Energy Levels



As a kinetika member you now receive half price usage of swimming pools, kinetika gyms, health suite and classes at any other DC Leisure site within the Waverley Contract. Just show your kinetika card!

*Classes don't include Yoga.

Edge 01428 644577
Cranleigh 01483 274400
Farnham 01252 711119

Godalming 01483 417282
Herons 01428 658484

For the latest offers on membership please visit www.dcleisurecentres.co.uk

Health Suite

Take time to relax after your workout session in our Health Suite area incorporating Sauna, Steam and Spa facilities. Our Health Suite area will enable you to relax, unwind, refresh and feel rejuvenated.



Save £££'s with a kinetika package. See page 8 & 9 for further information.

Saunas are a great way to encourage healing of injuries as well as giving your skin a thorough cleansing. We advise that you shower prior to entering the Sauna area to ensure that you are **clean from any chemicals** that may react with the heat. Don't forget to drink plenty of water during and after your Sauna session, to ensure that you replace any lost body fluids.

An **alternative** to our Sauna, which uses dry heat, is our **Steam room**, which uses wet heat. Based on the same principles and benefits of our Sauna room, our Steam room provides an alternative **refreshing and relaxing** experience.

Take a plunge in our **Splash pool** and chill out after your Sauna or Steam session.

Our Splash Pool will help to **continue your relaxation** sessions, whilst aiding to **reduce muscle tension**.

Here's what our Centre's have to offer...

	Sauna	Steamroom	Jacuzzi	Splash pool	Sunbed
Hérons	✓	✓	✓	✓	
Farnham	✓			✓	✓
Cranleigh	✓	✓			
Godalming	✓				✓
Edge					✓

Group Exercise Classes

Our Group exercise classes provide all round exercise, ranging from cardiovascular workouts to pure conditioning abdominal workouts.

Suitable for all levels, why not bring a friend along to a class and workout together.

COLLECT YOUR GROUP EXERCISE PROGRAMME FROM RECEPTION

If you find yourself attending more than 6 Group Exercise Classes a month, then our monthly Group Exercise Only membership should be a serious consideration. Please contact your nearest centre for more information.

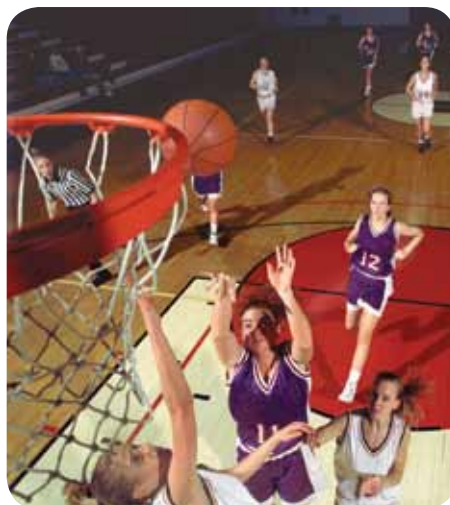


Courts & Pitches

We have a wide range of courts and pitches available, all bookable seven days in advance, or as a block booking. Sports that we can accommodate in these areas are:

- Badminton
- Squash Courts
- Football (indoor & out)
- Netball
- Basketball
- Short Tennis
- Volleyball
- Hockey
- Cricket
- Martial Arts

Contact your nearest centre for details





Crèche

Our crèche offers childcare facilities for children aged from 3 months until their 5th Birthday. Leave your children with us while you enjoy your workout. Contact Reception for details.



Playzone

A fun and exciting indoor adventure play zone for children under 8 years, comprising slides, balls, nets, soft play, toys and more. Children must be supervised when they are in the Playzone. You can enjoy Playzones at:

- Cranleigh Leisure Centre
- The Herons Swimming & Fitness Centre



Family Membership

Whilst 2 adults benefit from the All-Inclusive membership, up to 4 children can enjoy:

- Free Swimming
- Free Junior Activities
- Free Playzone
- Free Junior Gym
- 10% Discount on Birthday Parties
- And Loads more..

Contact Reception for more information.



Birthday Parties

Let us take the stress & strain, not to mention the mess out of organising your child's Birthday Party. Pick up the separate Birthday Parties in Waverley leaflet from reception.

Swimming Lessons



The Swimming Academy Lesson Scheme offers a variety of lessons for all ages and abilities and we are proud of our reputation for providing quality swimming lessons.

We follow the Amateur Swimming Association National Development Plan, and children will progress through levels 1 through to 12.

The Swimming Academy Lesson scheme includes:

- Direct Debit Membership option for Swimming Academy lessons
- Unlimited free swimming during public times (for person having lessons only)
- 50 weeks per year instruction.

Lessons are 25-45 minutes duration for children; we also teach individual 1 to 1 swimming lessons, and offer Adult swimming lessons (25-45 minutes duration).

PARENT & TODDLER

Babies 4 months to 3 years. An introduction to water skills for parent & child. Babies must be mobile to take full advantage of this class. (Cancelled during school holidays at some centres).

LOWER BEGINNERS

Non-swimmers or children with minimal skill progressing to ASA level 1 & 2 and 5m on back and front without aids.



UPPER BEGINNERS

For those who can swim 5m on back and front and introducing stroke technique, progressing to ASA level 3 & 4 and 10m back and front.

PUBLIC BOOKING DATES FOR NEW APPLICANTS

Please call The Herons, The Edge, or Farnham Sports Centre for 2012 booking dates

Course vacancy information is available from reception on the Saturday prior to booking.

Sorry, bookings in person only, telephone bookings will NOT be accepted.

This is not applicable for Cranleigh and Godalming Leisure Centres.



Clubs & Therapies

	Name	Work Phone	Home Phone
Athletics, Haslemere Border	David Bateman	020 8750 1928	07796 173157
Badminton	Chris Nicholls	01428 642130	
Casa Club	Jan McGuigan	01252 727000	
Choi Kwang Do	Maxine Clifton	07785 566139	
Cranleigh Amateur Swimming Club	Andy Hailey	01306 627585	
Cranleigh Water Polo Club	Mike Jeanes		07797718564
Cranleigh Tennis Club	Miss Brevis	01483 268270	
Cranleigh Squash Club	Centre reception		
Cricket Grayswood	Simon Nobes	01252 790115	07971 974438
Cricket Young, Grayswood	Stephen Frye	01903 856600	01428 653482
Cricket Headley	Keith Ellis	020 8980 8080	01420 538101
Football Hammer	AAW Budd	01428 642418	
Football Haslemere, Girls	Kym Hooker	01428 644420	
Football Haslemere, Youth	Kym Hooker	01428 644420	
Dynamo Haslemere	Mike Caudrey	020 7520 9343	01428 643942
Hockey Haslemere	Kevin Snewing	01428 654055	01428 661193
Hockey Haslemere Ladies	Karen Bennett		07786 084261
Hockey Haslemere	Dirhen Patel	01428 605001	
Karate Club	Jon Wicks	01252 326498	
Table Tennis, Haslemere Club	Noel Fairbairn		01428 653174
Tennis Haslemere, LTC	Kate Douglas	01428 644993	07788 596157
Life Saving Club	Judith	01730 264879	
Waverley Sports Development Officer	Christina Hales	01483 523368	
Midhurst Swimming Club	Maria	01730 816523	
Petworth Swimming Club	Colin	01793 343906	
Sub Aqua Club	Bryony Chapman	01252 703154	
Swallows Trampoline Club	Wendy Moss	01420 489214	07811 845438
Wodoryu Karate	Nick Davis	01243 536814	



Karate Kids

SPECIAL CHILDREN'S CLASSES FOR BOYS AND GIRLS

With the SU-HA-RI Karate at

CRANLEIGH LEISURE CENTRE

TUESDAY 6.15-7.15PM

GODALMING LEISURE CENTRE

TUESDAY 4.45-5.45PM

FARNHAM SPORT CENTRE

WEDNESDAY 6:30-7.30PM

HERONS LEISURE CENTRE

TUESDAY 6.30-7.30PM

SU-HA-RI students include World, European and National Champions.

Club includes regular gradings, special courses, and several Inter Club and National Contests.

Principal Instructor

Jon Wicks

Black Belt 7th Dan

Former World Champion

Four times European Champion

For Further Information contact 01252 326498

www.su-ha-riwadoryukarate.co.uk

Karate/ Jujitsu

SPECIAL TEENS & ADULTS CLASS

Learn authentic WADO

Karate & Jujitsu

Great for Fitness

Self defence & Increase awareness

Meet new friends

FARNHAM SPORTS CENTRE

WEDNESDAYS 7.45PM-9.15PM

Principal Instructor

Jon Wicks

Black Belt 7th Dan

Former World Champion

Four times European Champion

For Further Information contact 01252 326498

www.su-ha-riwadoryukarate.co.uk



Haslemere Swimming Club founded 1971

Boasting its first International swimmer and a host of County Champions, Haslemere Swimming Club is reaping the benefits of the superb facilities offered at the Herons. Haslemere has moved on from being regarded as a small town club to what can now justifiably be regarded as one of the top swimming clubs in Surrey, both competitively and also facility wise.

Since its birth in 1971 Haslemere has progressed from being purely a teaching club to being a Centre of Swimming. The club is multi functional and caters for swimmers of all ages and abilities. Children from the age of six are taught to swim with the emphasis being on stroke technique.

For those who wish to move into the competitive arena the club has a number of competitive squads. Children can compete from the age of 9 yrs and are coached with an intensity to suit their ages and ability. The club competes in various leagues throughout the South of England and is now a highly respected name in the Sport.

For the more 'mature' Swimmer the club runs a Masters section, ring the club office for details.



If you are interested in any aspects

of the club, give us a call in the Club Office on 01428 645006 or pop in when it's manned, you'll find us on the balcony overlooking the pool. Alternatively email us on

admin@haslemereswimmingclub.org

or visit our web site on

www.haslemereswimmingclub.org

Brian Wheller

(PR & Sponsorship)