



Junior Activities Programme

2010 – 2011

Birthday Parties
Drop In Sessions
Sports Courses
Teen Sessions
Holiday Camp
Swimming Lessons
Crèche

Arena Leisure Centre
Grand Avenue (Just off the A30)
Camberley
GU15 3QH
01276 417111
enquiries@arenaleisurecentre.co.uk
www.arenaleisurecentre.co.uk

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008/9

 **Arena**
Surrey Health's Leisure Centre



Managed by DC Leisure on behalf of Surrey Heath Borough Council



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PHOTOGRAPHY

where a picture is worth a thousand words...

PACKAGES TO SUIT EVERY BUDGET
FULLY EQUIPPED CAMBERLEY STUDIO
LOCATION SHOTS AVAILABLE

CHILDREN • FAMILY • COUPLES
MATERNITY • NEWBORN
BIRTHDAY PARTIES • CHRISTENINGS
SPECIAL OCCASIONS

Please contact us for further information
or view our portfolio online

07717 343777

janeprice@studio49photography.com
www.studio49photography.com



Centre Facilities

- Free car parking
- 25 metre swimming pool
- Learner pool
- Swimming lessons
- State of the art kinetika gym
- Workout Classes
- Studio Cycling Suite
- Personal Training
- Teen gym
- **Health suite**
(sauna, steam room and Spa)
- Squash
- Badminton
- 5-a-side football
- Sports and Martial Arts Clubs
- Over 50's club & activities
- Function rooms & bar
- Luxury café
- Birthday parties
- Fully registered Crèche
- Holiday camp
- Under 5's sessions
- Sports courses

Admission Charges

Swimming

Adult	£3.90
Senior	£2.50
Junior	2.50
Under 3 years	FREE
Student	£2.50
Disabled	£2.50

Health Suite

Adult Health Suite	£7.30
Senior Health Suite	£5.40
Student Health Suite	£5.40

Casual Fitness Price

Adult Induction	£25.00
Adult	£7.30
Senior	£5.40
Student	£5.40
Teen Gym	£3.30
Teen Induction	£5.00

Main Hall

	Peak	Off-peak
Badminton	£9.40	£8.10
5-a-side	£38.50	£32.00
Table tennis	£4.30	£3.60
Short tennis	£9.40	£8.10

Equipment Hire

Racquet, bat & ball hire	£2.00
Hire Deposit	£10.00

Other Price

Lockers	£1.00
Parking	FREE

Squash

	Peak	Off-peak
45 minutes	£7.60	£6.30
60 minutes	£8.70	£7.20

Please note that we recommend that suitable eye protection is worn whilst playing squash.



love Surrey Heath
Arts and Leisure Service

For more information about the Arts and Leisure Service please visit:
www.surreyheath.gov.uk or phone 01276 707338

Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

www.purelime.com

PURE LIME



Dive in with us!

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



www.zoggs.com

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

contact us today to
claim your FREE 7 DAY
MEMBERSHIP PASS

Membership Options

Save yourself £'s by becoming a member of the Arena Leisure Centre.

Membership packages are available to suit everyone including

Single
Seniors

Couples
Students

Families
Corporate

Juniors

Fitness membership at the Arena includes all of the following benefits;

5 one-to-one sessions with an instructor
Workout classes from over 90 per week
Health suite (sauna, steam & spa)

State of the art kinetika gym
Swimming
Off peak racquet sports free of charge

Junior and family members will also benefit from;

Teen Workout Classes
Teen gym

Under 5's soft play sessions
Free place at their Birthday Party

Students that can provide a valid NUS card will receive a discounted membership rate. Corporate membership available on request.



Swimming Membership

Save £££'s with an Arena swimming only membership*

Unlimited swimming in our two pools**
Access to early morning sessions

For further information on membership packages, call us now on 01276 417116 or email enquiries@arenaleisurecentre.co.uk



*Terms & conditions apply. ** During general swim times.



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- New at the Arena***
- ***Birthday Parties***
 - ***Weekly Fitness Sessions***

***Please ask at reception
for more information***

FitKid is a children's activity provider encouraging children to lead a healthy lifestyle. Now FitKid presents the LazyTown Sports Club. LazyTown Sports Clubs Powered by FitKid, include all the movement, excitement, action and Go Go Go of the LazyTown TV Show to create an engaging and fun physical activity class for kids.



LAZYTOWNSCFK

Classes suitable for children from 3-6 years.

Please note that Sportacus does not attend these activity classes. Classes will be run by the LazyTown Sports Club Team.

Children's Birthday Parties

Choose from activities including:

Lazy Town	A fun and energetic party with Lazy Town trained team. Learn all the dances moves and games from your favourite TV show.
Urban Pop	A brilliant, fun and exciting dance party with Doris Pearson, a former member of the successful international pop group Five Star. For boys and girls aged 5 to 11 years, all abilities.
Splash Around	Sole use of the learner pool for the under 8's
Super Splash	Use of half the main pool for over 8's
Cool Pool	Sole use of the main pool for over 8's with the inflatable or mats
Creepy Crawlies	Soft play with bouncy castle for the under 5's
Bounce Around	A traditional party for the over 5's with the jungle run bouncy castle and party games
Sports	Choose 2 activities from football, rounders, hockey, basketball, netball and dodgeball
Roller Skating	Roller-skating in the main hall with music***
Trampolining	Enjoy use of 3 trampolines with a qualified coach.

If you would like an activity not listed, please contact the Party Manager who will create a package to suit your requirements

The cost of your party includes the following:

Chosen activity	Invitations
Party food - Cold buffet or hot menu**	Party organisers

Costs

Up to 15 children	£170
Creepy Crawlies for 10 children	£130
Cool Pool party	£200
Urban pop for up to 15 children	£185
Trampolining for up to 15 children	£185
Lazy Town	Please see reception
Child Kinetika Member	Birthday child goes free
Additional children	£8.00 per head



To book your party please visit reception

For further information please telephone 01276 417111

Please note that bookings can not be taken over the telephone

** Hot menu not available at parties after 6pm on Saturday and 3pm on Sunday

*** Please bring your own CD's

Bluebell Ballet School

Weekday and weekend classes in central Camberley for babies (ages 2+) through to majors, taught by qualified RAD teachers.

Call (01252) 409 405 or check our website <http://www.bluebellballet.co.uk> for further details.



ROYAL ACADEMY OF
DANCE

Contact: Sarah Birth R.A.D., B.Ed (Hons)
sarahbirth@bluebellballet.co.uk

free spirited, high energy **MUSIC AND DANCE** for babies & children



For classes of pure MADness, join MAD Academy

- Babies from 3 months** action songs, rhymes and sensory stimulation
- Walkers to 2 years** music, movement and motor development
- 2 to 4 years** dance, musicality and beat competency

Birthday parties too!

Classes in Camberley, Bracknell, Crowthorne, Finchampstead, Frimley, Hartley Wintney, Hook, Sandhurst, Yateley and Wokingham

Call Vicki on 0118 973 4554 or email: vicki.lynskey@madacademy.com

madacademy.com

Music And Dance and a whole lot of fun!



Holiday Camp Activities

From only
£24 a day
including all
activities, breaktime
snacks & lunch

During the school holidays it can be hard to find activities to keep your children happy and motivated without breaking the bank. Holiday Camp at the Arena offers excellent value for money for only £24 a day including all activities, morning and afternoon breaktime snack, a hot or cold lunch and unlimited drinks.

Our caring and experienced holiday camp team provide the best quality care for your child so they have great fun and meet new friends in a safe, happy environment.

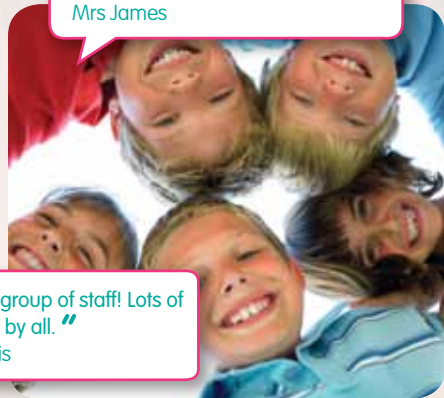
Your child will be treated to a timetable of fun packed day of activities giving you peace of mind to continue with your day.

- OFSTED registered
- Enhanced CRB checked staff
- NVQ level 3 qualified co-ordinators
- Running Monday to Friday 8.30am – 5.30pm
- For children aged 5 to 11 years

“ My daughter really enjoyed holiday camp. We are impressed with how well it was run and how varied the activities were.”
Mrs James



“ Lovely group of staff! Lots of fun had by all.”
Ms Davis



Every day will be packed with activities including:

Swimming on a Wednesday and Friday
Trampolining Team games Badminton
Short tennis Art and crafts Bouncy castle
Cooking Movie time Free play
Park visit Soft play Special events
Party Day – On Friday's there will be a buffet lunch, disco and party games

Holiday camp will be running thought the year as follows;

October	Monday 25th - Friday 29th 2010
Christmas	Tuesday 22nd - Tuesday 4th Jan 2011
February	Monday 21st - Friday 25th 2011
Easter	Monday 11th - Thursday 21st 2011
May/June	Tuesday 31st May - Friday 3rd June 2011
Summer	Monday 25th July – Friday 2nd September 2011

Holiday Camp runs through the year on each school holiday
Please download the holiday camp programme from the website each half term
www.arenaleisurecentre.co.uk
For further information please telephone 01276 417111 or email enquiries@arenaleisurecentre.co.uk



Clubs

Badminton Clubs

A great way to practice, enjoy a game, socialise and meet new people

Experienced Players

Thursday	8.30pm – 10.30pm
Casual	£3.70
Members	£2.40

Ladies Experienced Players

Friday	1.30pm – 3.00pm
Casual	£3.70
Members	£2.40

Yummy Mummies

Friday	9.30am – 11.00am
Casual	£3.70

NDM Martial Arts

www.KICK-BOXING.net 1 MONTH FREE!*
07739 184418

info@NDMMartialArts.com

NDM Martial Arts established since 1997. A quality Martial Arts company for all levels & beginners.

NDM Martial Arts offers YOU more...

Ninja kids club (ages 4-8)

Kickboxing & self defence:

Mixed age / family (ages 8+)

Adults only (age 17+)

Personal training or private classes

Instructors available for courses or seminars

Ndm martial arts instructional dvds

Courses & events

Gradings

White to black belt

Tournaments

Socials

***FIRST CLASS is FREE +**

sign up after class & receive

1 MONTHS CLASSES FREE!

Email, Call Or Text NDM Martial Arts "Empowering

People since 1997"

07739184418 info@NDMMartialArts.com

Hampshire Shotokan Karate

Stevan Harrison 0800 612 8439

The Hampshire Shotokan Karate are affiliated to the Japan Shotokan Karate Association with Sensei Harrison JSKA 5th Dan the UK representative of the JSKA.

Full details on the HSK are on the web site
www.hsk.co.uk.

Training 6 days a week with training here in the Arena, Monday 7.30pm – 9.0pm (Beginners Welcome) "Tiny Tigers" This club is for children aged between 4 and 8. Sunday 9am – 9.45am

For details contact Sensei Harrison 0800 612 8439 or see the web site, www.tinytigers.info

ITF Taekwon-Do

Taekwon-Do is a modern, scientific martial art system of self defence, which literally means "The art of foot and hand in unarmed combat" Taekwon-do offers excellent fitness training with full body exercise which will improve cardio fitness, strength, and flexibility. Taekwon-Do is suitable for anyone who wants to learn an effective martial art in a safe and professional environment and is especially good for children as they will learn and have fun in a disciplined, structured setting.

For more details contact David Hilton on
07906760722

Kung Fu

New leisure centre members get 1st lesson FREE!
Make new friends, improve health & fitness, build confidence and learn effective confrontation skills.
Thursdays

Kung Fu Kids (6-12years) 5.30pm – 6.30pm

Adults (31+) 7.00pm – 9.00pm

Call to reserve you place on 07880 721765 Spaces are limited!

Kotora Shotokan Karate Gakkou (K.S.K.G.)

Classes are for 4 to 9 year olds & last 45 minutes with boys & girls learning the fundamentals of karate through a mixture of training and fun and games. Shotokan Karate's core values of control, respect & discipline are instilled, & improved concentration, co-ordination, behaviour, balance, flexibility, strength & agility are reported to spill over into academic performance.

Progress is monitored, assessed and rewarded with badges to go on the Tiny Tigers T-shirt which is worn with karate trousers.

Instructors & Senior Assistants are CRB cleared and hold a CRB certificate.

Contact "Big Hairy" Dave on 07986 460 443 or 07775 337 499 or see www.kotora.co.uk & www.inytigers.info

Bluebell Ballet School

Weekday and weekend classes in Camberley for babies to Majors. Taught by qualified RAD teachers. Call 01252 409405 www.bluebellballet.co.uk

Swimming Clubs

Bracknell

Keith Hutton	01344 773634	
Sunday	Mixed Standards	8.30pm – 9.30pm

Hart

Karen Marchant	01252 684385	
Wednesday	Mixed Standards	7.00pm – 9.00pm

Rushmoor Royals

01252 330666		
Monday	Mixed Standards	7.30pm – 9.30pm

Sandhurst and Yateley

Ann Hutchins	01252 872328	
Friday	Mixed Standards	8.30pm – 9.30pm
	(adult only)	

Dryside Courses

All courses take place during term time only

(ACC) = Where parents are required to accompany their child during the session.

BRAND NEW COURSE Lazy Town

Pre-School – 7yrs

Come and join in with Sportacus' friends for an action packed, energetic and fun 45 minute session. Learn all the dance moves and games from your favourite TV show.

Tuesday Pre school – 5yrs 4.00 – 4.45pm

Tuesday 6yrs – 7yrs 4.45 – 5.30pm

Tots Ballet

3-4yrs

A fun introduction into the world of Ballet.

Children will have the opportunity to progress to further levels once attending school.

Monday 1.00 – 1.40pm

Monday 1.40 – 2.00pm

Ballet

Ballet classes for children in full time school upwards.

Children do not have to have taken part in the pre school course to do this course. Beginners welcome.

Wednesdays 3.45pm until 5.15pm.

Class time will be dependant on ability level

Trampolining

3yrs to adults.

Working towards B.A.G.A National Trampolining Proficiency Awards. All Trampolining classes are split according to age not ability. Each class has one instructor and one bed, with between one and three classes running at any time.

3-6yrs classes take place Monday to

Thursday from 3.45pm.

6yrs + classes take place Monday to

Thursday from 4.30pm

Teen sessions take place Monday 5.30 – 6.30pm,

Wednesday & Thursday at 6.30 – 7.30pm

Adult session take place Thursday evening

7.30 – 9.00pm all abilities welcome.

Funfit Gym

3yrs to full time school.

Pre school Gymnastics working with a qualified instructor. Children have the opportunity to progress to further levels.

Monday 1.00 – 1.45pm

Monday 1.45 – 2.30pm

Gymnastics

Full time school upwards.

Working with qualified coaches towards the British Gymnastics Proficiency awards scheme.

Children are also given the opportunity to take part in additional competitions and displays throughout the year.

Friday 3.45 – 4.30pm Beginners

Friday 4.30 – 5.30pm Intermediate

Friday 5.30 – 6.30pm Advanced

Chelsea Football Club Coaching

All of our Football courses are coached

by qualified Chelsea Football coaches.

Certificates are awarded to all children at the end of each term.

The age groups and times are as follows:

Mini Dribblers 3-4yrs

Tuesday 3.45 – 4.30pm

Wednesday 3.45 – 4.30pm

Mini Soccer 4-5yrs

Tuesday 4.30 – 5.15pm

Wednesday 4.30 – 5.15pm

Sharp Shooters 5-6yrs

Wednesday 3.45 – 4.35pm

The Skills Squad 6-7 years

Wednesday 4.35 – 5.30pm

Chelsea All Stars 7 years +

Wednesday 5.35 – 6.25pm

Street Dance

Street Dance is great fun for boys and girls and combines fun, funky dance moves to the latest hip-hop, R&B and chart tunes.

Thursday 4.00 – 4.45 6-8yrs

Thursday 4.45 – 5.30 9-12yrs

Thursday 5.30 – 6.30 Teens

Tennis

Mini tennis is a great introduction to tennis and can be played indoors all year round. A good way to learn hand eye co-ordination whilst having fun and exercise.

Tuesday 3.55 – 4.40 3-5yrs

Tuesday 4.45 – 5.30 5-7yrs

ROLLER SKATING SATURDAYS

AT THE ARENA!

SK8 JAM COACHING SESSION

Saturday 8.30 -9.30am £2.90
5yrs to adults (under 8's ACC)
All abilities welcome.

SK8 JAM SUPERVISED SESSION

Saturday 9.30 – 10.45am £3.50
5-8yrs
Our coach will supervise a group in
casual skating and games.

SK8 JAM

Saturday 9.30 – 11.20am £3.65
5yrs to adults (under 8's ACC).
All abilities welcome to our open skating session

ADULT SK8 JAM

Saturday 5.00 – 6.00pm £2.90
A session just for the grown ups

No need to book, just pay and play.
Skate hire available for £1.70

Sk8Jam



Drop In Sessions

Children can take part in activities to help them develop, keep them healthy and entertained. Drop in Sessions are non bookable

Bobbing Babies £3.90

UNDER 3 years only

Exclusive use of the learner pool for parents and under 3's.

Wednesdays 11.15am – 12.15pm

Mini Dribblers £4.80

3-4yrs

Term time only.

A fun introduction to Football with CHELSEA qualified coaches. This is an ideal chance to see if your child likes football before enrolling them on our Chelsea courses.

Please note that although this is a drop in session it is bookable two weeks in advance. Payment is required at the time of booking and refunds will not be given due to the high demand for the class.

Friday 3.45 – 4.30pm

Creepy Crawlies £3.30

Under 5's (ACC)

Bouncy castle, ball pond, soft play.

Monday 1.45 – 3.00pm

Katapilla Kraff's £3.30

2-5yrs (ACC)

Themed arts and crafts sessions to develop your child's social skills and creativity. Have lots of fun and let us do the tidying up. All crafts supplied.

Monday 9.30 – 10.30am

Creepy Cars £3.30

Under 5's (ACC)

Bouncy castle, ball pond, soft play and an extra court for play road, trikes, cars and roller boards

Tuesday 9.30 – 10.30am

Tuesday 10.30 – 11.30am

Creepy Bouncers £3.30

Under 5's (ACC)

Bouncy castle, soft play, frames and trampolining with qualified instructor.

Wednesday 9.30 – 10.30am

Wednesday 10.30 – 11.30am

Creepy Bugs £3.30

Under 5's (ACC)

Bouncy castle, ball pond, soft play, frames and parachute song time.

Friday 9.30 – 10.30am

Friday 10.30 – 11.30am

Creepy Crawlies £3.30

Under 5's (ACC)

Bouncy castle, ball pond, soft play.

Sunday 9.30 – 10.15am

10.15 – 11.00am

SK8 JAM Coaching Session £2.90

Saturday 8.30 -9.30am

5yrs to adults (under 8's ACC)

all abilities welcome

SK8 JAM Supervised Session £3.50

Saturday 9.30 – 10.45am

5-8yrs

Our coach will supervise a group in casual skating and games.

SK8 JAM £3.65

Saturday 9.30 – 11.20am

5yrs to adults (under 8's ACC).

All abilities welcome to our open skating session.

SK8 JAM Adults £2.90

Saturday 5.00 – 6.00pm

5yrs to adults (under 8's ACC).

All abilities welcome. A session just for the grown ups.



Private Lessons

A change to have a one-to-one session with an instructor for all abilities. For 4 years to adults afterschool hours or weekends. £17 per ½ hour session.



SWIM ACADEMY

We have upgraded our swimming lessons at The Arena Leisure Centre and you can now enjoy the many benefits listed below:

- Guaranteed placement on our programme
- Fast track development
- Free junior swimming
- No booking days or queuing
- Easy payment scheme

For further information please contact the Courses Office during the following hours or pick up a leaflet.

Mon and Tues 9.00am - 12.00pm

Thurs 9.00am - 12.00pm and 4.30pm - 6.30pm

Lessons are for ages 4 months through to adults.

**CALL NOW ON
01276 417119**

or email shonacullen@dcleisure.co.uk



We follow the Amateur Swimming Association national teaching plan.

Crèche At The Arena Leisure Centre In Camberley

OFSTED registered providing care for children aged 6 weeks to 8 years

The crèche at the Arena is open to everyone whether visiting the centre or running errands. The team are CRB checked, NVQ qualified in Childcare & Education plus have Diplomas in Playgroup Practice.



Open Monday to Friday from 9am - 2pm

Costs:

First hour	£3.00
Two Hours	£6.00
Siblings two hours	£3.00
Per 15 minutes extra	£0.75
Member Off-site hourly	£4.00
Non-member off-site hourly	£5.50

Sibling rates do not apply



For further information please telephone the crèche on 01276 417124 or email enquiries@arenaleisurecentre.co.uk

The crèche will close daily at 1pm if there are no bookings. 48 hours notice required for cancellations.

Junior Members

Teen fitness membership designed specifically for 11–15 year olds. Become a member today and benefit from all of the following:

- Teen gym
- One-to-one gym induction
- Teen Spinning
- Teen Circuits
- Unlimited swimming during public times

Teen Spinning

Spinning is an aerobic exercise that takes place on a specially designed static bicycle in our studio cycling suite. As you pedal, motivating music plays and the instructor talks you through an energetic workout.

Sunday 11.00am – 11.30am

Teen circuits

An over body workout using traditional circuit training in the main hall.

Tuesdays 5.00pm – 5.45pm

Teen Gym

Time for you to improve you to work out in the gym.

January to March

Weekdays 3.30pm – 5.00pm

Weekends 10.00am – 5.00pm

April to December

Weekdays 3.30pm – 7.00pm

Weekends 10.00am – 5.00pm

Teen Personal Training

A great way to keep motivated and work towards your fitness goals.

Saturday 12.00pm – 1.00pm

For further information or to find out how to become a member, please telephone **01276 417111** or email enquiries@arenaleisurecentre.co.uk

*Times are subject to review and may change