

Felixstowe Leisure Centre



kinetika™
fitness



01394 670411

Centre Opening Times

Monday – Friday	7.00am – 10.00pm
Wednesday	6.30am – 10.00pm
Saturday – Sunday	8.00am – 8.00pm

kinetika Gym

Combined with its varied personal programmes and expertise, our kinetika fitness facilities are recognised for its high standards and superb value for money. The gym offers a fantastic panoramic sea view to add to your workout.

Youth Fitness Training

Supervised, structured sessions for 11-15 year olds to provide an introduction to fitness and exercise in a safe environment.

Monday, Tuesday & Thursday	4.00pm – 5.00 pm
Saturday – Sunday	10.00am – 11.00am 11.00am – 12.00pm

(Must be pre-booked)

kinetika Fitness Suite Prices and Times

Air-conditioned Fitness Suite with panoramic views

Opening Hours:

Monday – Friday	7.00am – 10.00pm
Wednesday	6.30am – 10.00pm
Saturday – Sunday	8.00am – 8.00pm

	Card Holder	Non Card Holder
Single Gym session	£6.15	£7.70
Off peak 7-5 weekdays	£4.60	£5.75
60+	£3.90	£4.90
Induction	£8.50	£10.65
Steam room and sauna (per hr)	£5.40	£6.75
Steam room sauna and swim	£6.75	£8.45
Sunbed (15 mins)	£5.50	£6.90
Youth fitness	£2.55	£3.20
Youth induction	£3.85	£4.85
kinetika Member Sunbed	£3.55	

Sunbeds & Health Suite

Why not take advantage of our sunbed, our solarium will enable you to retain the all-year tan or achieve that little bit of colour for a special occasion. As a member of the Sunbed Association, our bed is operated with strict guidelines.

Sunbed	£5.50	£6.90
Steam room and sauna	£5.40	£6.75
Kinetika Member Sunbed		£3.55

Why not unwind after your day or workout with a session in our relaxing health suite. Enjoy a visit and choose to use the split-level sauna or the 8 seat steam room. Adult Only.

Studio Classes Price List

50+ workout	3.25	4.10
Tea dance	2.55	3.20
Dance workout	4.65	5.85
Body balance	6.15	7.70
Body combat	6.15	7.70
Body pump	6.15	7.70



For details of all activities
contact reception.

Studio Classes

Felixstowe Leisure Centre

We have an extensive studio programme available throughout the week – Contact reception on 01394 670411 for details or pick up one of our studio class programmes.



Attendees of all classes including water based classes must receive and hand in their ticket (which they receive from reception) to the class instructor before the start of the class. Access to the class may not be authorised if a valid ticket is not provided. Also any attendee arriving 5 or more minutes late for a class may not be allowed entry.

All classes listed on the Class Timetable are included in the Full Kinetika Membership and therefore are free to those members, Day Time Memberships are allowed access for free to classes up to 5pm. The Class Timetable will be amended throughout the year at the management's discretion. Also due to our commitment with Blood Donors occasionally classes are either moved to another location within the centre or are cancelled. Information for Customers will be displayed within the centre.

Studio Classes

We aim to provide a workout program suitable for all our customers, regardless of age or ability. To help you pursue a healthy and active life style we offer a wide variety of classes, which will appeal to both men and women.

Class Descriptions

Body Pump

Body Pump is the worlds first class to combine high – repetition weight training with aerobic conditioning, It will tone and condition your body, can help you loose weight and ultimately change your body shape, all in record time.



Body Balance

Body Balance is the yoga, tai chi and pilates workout that leaves you feeling long, strong, centred and calm. Its your personal time out from the stress of daily life.

Tea Dance

Ballroom and Sequence dancing, tea and biscuits. Meet up with some friends.

Body Combat

Body Combat combines powerhouse moves and stances developed from a range of self defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon-do into a "take on prisoners" adrenaline pumping routine. It is an empowering, athletic workout that will have you fighting fit in no time.

50+ Workout

50+ is a gentle aerobic workout, including floor exercises. It helps increase your cardiovascular system and tone your body all over at the same time. It has simple moves so even the least coordinated person can take part. We have a friendly atmosphere throughout our classes and the instructor is there to guide you through your workout.

Swimming Price List

Felixstowe Leisure Centre



Get a Coastal Card and enjoy cheaper sessions

	Card Holders	Non Card Holders		Card Holders	Non Card Holders
SWIMMING			ACTIVITY SESSIONS		
Adult	£3.10	£3.90	Body balance	£6.15	£7.70
Child (3-16)	£1.95	£2.45	Body combat	£6.15	£7.70
Family	£8.35	£10.45	Body pump	£6.15	£7.70
Afternoon Swim	£2.75	£3.45	50 + Workout	£3.25	£4.05
Parent and Toddler Session	£3.55	£4.45	Tea Dance	£2.55	£3.20
Pool Fun Child	£2.75	£3.45	Dance Workout	£4.65	£5.85
Pool Fun Adult	£3.75	£4.70	Steam room & sauna (per hr)	£5.40	£6.75
Pool Fun Family	£9.30	£11.65	Steam room sauna & swim	£6.75	£8.45
Water Workout	£4.75	£5.95	Sunbed	£5.50	£6.90
Water Workout and Swim	£6.40	£8.00			
Gentle Water Workout	£3.60	£4.50	OTHER CHARGES		
Adult Swimming Lesson	£5.45	£6.85	Showers	£1.35	£1.70
Child Swimming Lesson	£4.85	£6.10	Spectator Charge	F.O.C	£0.90
Private Swimming Lesson	£13.50	£16.90			
KINETIKA			DRYSIDE ACTIVITY		
Casual Session (Peak)	£6.15	£7.70	Bowls	£3.25	£4.10
Casual Session (Off Peak)	£4.60	£5.75	Bowls Woods Hire	£2.55	£3.20
			Funtasia (Private Hire)	£33.90	£42.40
			Funtasia 2 Hours	£3.55	£4.45
			Funtasia Under 1 year	£1.35	£1.70
			Funtasia Over 1 year	£2.85	£3.60
			Crèche	£2.70	£3.40



NPLQ Lifeguard Courses

Here at Felixstowe Leisure Centre we offer you a fantastic environment to learn how to become a fully qualified Lifeguard. Whether you would like a holiday job, or would like to begin a career within the leisure industry this could be the ideal course for you!

We offer a very friendly and comfortable environment for you to learn in and our Trainers are extremely friendly and approachable, plus we offer a very competitive price! The courses are available throughout the year during holidays, so please give us a call to find out more.

Please contact Steve Burgess (Training Course Coordinator) at the centre on 01394 670411 or email him Steveburgess@dcleisure.co.uk



Sea Splash Pool Inflatable

Did you know we have a fantastic Pool Inflatable for hire every weekend! Whether you would like a party or team bonding session, this is a great activity for your child's birthday party or for a treat!

The Sea Splash inflatable is a great obstacle course of thrills and spills and will challenge the very best to stay on for the whole course, call us to find out more! Please contact Alice Palmer for more information by email Alicepalmer@dcleisure.co.uk or by phone on 01394 670411.



Swim Academy

We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons all throughout the week and year. You can even relax and unwind with a refreshment from our Café whilst your child is learning to swim! It is without doubt the best Swim school in the area.

Rookie Lifeguard is for Children aged between 8-12 years of age, and is a great follow on once your child has progressed through our Swimming Lessons, it gives them the opportunity to learn basic lifesaving skills and gives them an understanding of lifeguarding too! The Rookie Lifeguard course consists of survival, rescue and sports skills as well as life support and water safety.

Please contact Adele Bullock for more information by email Adelebullock@dcleisure.co.uk or by phone on 01394 670411



Swimming Activities

People with Disabilities Swimming Club

Saturday 4.45pm – 6.15pm

This session is aimed at any age for people with special requirements and ideal for people in rehabilitation, disabled or under medical supervision. A lap lane, mats, balls and toys, as well as specialised equipment is available in this session. Please complete a form from reception prior to your visit.

50+ Activities

Swimming

Tuesday	11.00am – 12.00pm
Thursday	8.30am – 10.00am
Sunday	9.00am – 10.00am

Gentle Water Workout Class

Sessions are available throughout the week, please consult the Class Timetable for times and days.



Drop in sessions

Parent & Toddler sessions (under 5s)

Tuesday	9.00am – 11.00am
Thursday	10.00am – 12.00pm

ASA Qualified teacher is available to offer guidance and answer questions, nursery rhymes are used for water confidence.

Kid's Wacky Fun Session

Large inflatable with mats balls and fun.
Monday 4.00pm – 5.30pm
Aimed at 8-12 year olds (swimmers only).

Pool Inflatable

Why not hire our pool any Saturday night, the price will surprise you!

Hire our main pool for 1 hour with option of inflatable for 60 swimmers, lifeguard charges apply.

Contact Reception for details

Ladies Water Workout

Try a water workout exercising in water is exceptionally therapeutic, buoyancy makes it effortless and fun, whilst resistance makes it effective. Please see the Class Timetable for times and days.

Felixstowe Swimming Club

Felixstowe Leisure Centre is the home of Felixstowe Waves Swimming Club. Members range from those who want to learn to swim (aged five upwards) to established swimmers who regularly attend a variety of competitive galas. In addition there is a thriving Masters section for adults.

The club swimming times are:

Wednesday	6.30am – 7.30am
	5.30pm – 7.30pm
Friday	7.00pm – 10.00pm
Sunday	7.45am – 8.45am
	6.30pm – 9.30pm

Felixstowe Waves is small, very friendly club whose success is based on the teamwork of the experienced coaches and teachers working alongside parents. The aim is to promote each individual swimmer's ability through a highly structured teaching/ training programme. The club is always eager to welcome new swimmers of all ages, or willing volunteers, teachers and coaches; for more details please contact the member secretary on (01394) 272351.

Children's Activities

Funtasia Treasure Island

Children's indoor adventure play area includes an undersea world inflatable; galleon Treasure Island trail, ball pools and an abundance of soft play toys.

	Card Holder	Non Card Holder
Children under 1 yr – 1hr	1.35	1.70
Children over 1 year – 1hr	2.85	3.60
Children over 1 year – 2 hrs	3.55	4.45

Private hire of Funtasia

Available for Private Hire from 6.00pm – 10.00pm. Up to a maximum of 50 children. Cost £33.90 CC, £42.40 NCC per hour. Maximum height of 130 centimetres.

Opening Times

Mon – Fri 9.30am – 6.00pm
Sat – Sun 9.30am – 6.00pm

Holiday Activities

For a copy of our holiday activity brochure, just give us a call.

Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options. Parties are for all age groups and vary from a pool party to traditional party games. Pick up a copy of our party leaflet for further details. Min 10 children per party.

Crèche

Our Crèche offers childcare facilities for newborns to 5 years and is open to parents using the facilities. Leave your child with the peace of mind that they are being looked after by qualified child carers, while you enjoy your favourite activity. Pre booking is recommended 7 days in advance.

Opening Times

Monday	9.15am-12noon
Tuesday	9.15am-11.15am
Wednesday	10.15-12.30pm 12.30pm-2.00pm
Thursday	9.15am-10.45am 10.45am-12noon
Friday	9.15am-10.30am 10.30am-12noon

Card Holder £2.70 Non Card Holder £3.40

Times may change throughout the year at the management's discretion, notices informing customers of any changes will be displayed around the centre.

Indoor Bowls

We are open to the public with a maximum of 8 players per rink.

Prices

Card Holder: £3.25
Non Card Holder: £4.00
Wood Hire: £2.55per rink per hour for Card Holders £3.20per rink per hour for Non Card Holders.

Rinks are available to the public during the following times:

Monday

7.30am – 10.30am
12.30pm – 2.30pm
4.30pm – 6.30pm
9.00pm – 10.30pm

Tuesday

7.30am – 10.30pm

Wednesday

7.30am – 6.30pm

Thursday

7.30am – 9.30pm

Friday

7.30am – 10.30am
12.30pm – 6.30pm
9.30pm – 10.30pm

Saturday

8.00am – 2.00pm
6.00pm – 10.00pm

Sunday

8.00am – 10.00pm
Rink times are subject to change

Felixstowe Indoor Bowls Club

If you are interested in joining Felixstowe Indoor Bowls Club please contact Derek Page on 01473 716450 for further information.



Café

The perfect venue for your lunchtime snacks, social drink or afternoon tea.

Opening Hours

Opening times are available from reception or alternatively please contact the Café.

CAFE
LOGY
CLUB
Great Coffee. Great Cause.



Main Hall Hire

Why not hire our facilities we can cater for a wide variety of hiring requirements.

- Wedding receptions
- Conferences or business seminars
- Corporate events
- Disco and band nights
- Fairs or presentations
- Ideal for Meeting/Training Sessions



Fitness & Meeting Rooms at Felixstowe Leisure Centre



A modern and inviting new facility with direct views over the coast, Fully equipped with Projector and Screen for presentations, Catering is available from Coffee's and snacks to Buffets and cooked meals. The fitness studio will host a variety of aerobic classes in particular yoga, pilates and Body Balance. The state of art sound system will ensure all classes are delivered to a high standard.

For Further Details please contact Reception.