

Sport & Leisure Programme

1st April 2011 – 31 March 2012



Ferndown Leisure Centre
Cherry Grove, Ferndown, Dorset BH22 9EZ
Tel: 01202 877468
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Membership Enquiries Tel: 01202 863762
E.mail: enquiries@ferndownleisurecentre.co.uk

Welcome

to Ferndown Leisure Centre

On behalf of the staff at Ferndown Leisure Centre, we would like to extend a warm welcome to all our regular customers and to those visiting the Centre for the first time. If you are new to the area or have not used the facilities before please, contact a customer advisor for a tour of the centre.

Ferndown Leisure Centre continually aims to improve and enhance its quality of service through management of people and resources. Our fitness suite has been awarded the IFI Mark, the nationally recognised standard of inclusion for the fitness industry. Through attaining this award, we have demonstrated our commitment to treating all customers fairly and equally, plus working towards improving access for disabled people.

Recently the pool hall has undergone a programme of maintenance and renewal. The work carried out replaced all existing ceiling tiles with new ones, the light fittings were changed to provide a much brighter white light, and a new air duct to improve the flow of air around poolside. These changes have greatly enhanced the pool area and improved the services it is able to offer it's members and the local community.

This booklet has been designed to enable you to see at a glance the range of facilities and activities we have available for you to plan your leisure activities.

In offering a varied programme of activities to cater for the whole family during the year, the centre does host an array of events which may alter the Centre programming for that day.

We hope you enjoy your visit to the Centre.

Andy Lovering.

Andy Lovering
General Manager

How to contact us...

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Cherry Grove, Ferndown,
Dorset BH22 9EZ
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This promotional literature is produced on NAPM approved recycled paper.

Our energy usage is monitored daily to reduce wastage and so our environmental impact.

Opening Times

Monday	06.30 – 22.30
Tuesday	06.30 – 22.30
Wednesday	06.30 – 22.30
Thursday	06.30 – 22.30
Friday	06.30 – 22.00
Saturday	08.00 – 19.00
Sunday	08.00 – 21.00

Gym and pool times will differ.

DC Leisure
supports the
governments
Change4Life
campaign.



Eat well Move more Live longer

To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer.

Visit www.nhs.co.uk/change4life or call 0300 123 3434 for more information.

Our Customer Promise

We will strive to:

- Serve every customer with courtesy, effectiveness and efficiency.
- Provide customers with a welcoming, clean and safe building, car park and grounds.
- Provide an extensive programme of courses, activities and events.
- Provide a Duty Manager at all public opening times to deal with all matters of concern to users.
- Regularly monitor our customer 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 the Duty Manager if they did not.
- Abide by the 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.
- Come back again soon.

We value your views. Let us know what you think of Ferndown Leisure Centre. Simply complete a customer comment card at reception and post it in the box provided.

If you require a large print version of this brochure, please call the Centre on 01202 877468

E Bookings

E bookings are available via www.ferndownleisurecentre.co.uk to book squash and badminton courts.

Check online to view our latest programmes and activities and download holiday activity booking forms. Please contact reception for more information.

Accessibility

For those customers with additional accessibility requirements, we have the following facilities available at the Centre.

ACCESSIBLE PARKING

We have dedicated parking bays for registered badge holders, in the top car park these are situated next to the level path.

MAIN ENTRANCE

Automatic doors provide easy access for wheelchairs and pushchairs.

LIFT

Located in the pool lobby area, provides access to poolside, 1st and 2nd floors of the main building. Please ask at reception for a member of staff to access the lift facility.

FAMILY/GROUP/ACCESSIBLE/BABY CHANGING

Located on the ground floor along the pool corridor. Further accessible toilets and change facilities are located along the corridor to the kinetika gym and on the top floor by the K1 gym.

POOL HOIST

For access in and out of the main pool, please ask at reception on arrival.

During the week we have dedicated workout classes, gym and swimming sessions specifically catering for our customers with special needs.

IFI GYM EQUIPMENT

The Inclusive Fitness Initiative (IFI) is a Sport England Lottery Funded project that supports not for profit fitness facilities to become Inclusive, catering for the needs of disabled and non-disabled people alike.



Here at Ferndown 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 2006

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

Membership Options



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

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

Single 18 yrs +

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

Family

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

Students

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

Junior Ages 11-15 yrs

- Swimming
- Drop in sessions
- Supervised gym sessions

Youth Ages 16-17 yrs

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

Corporate

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

Swimming

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



National Access

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

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

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

**Let us help you to find the right membership for you.
Call a Customer Advisor on 01202 877468 today.**

kinetika All Inclusive membership benefits are

Enjoy unlimited use of the gym, workout classes, swimming during public sessions at Ferndown Leisure Centre.

Benefits of this membership include:

- Complimentary "Kinetika Journey" 5 step fitness programme
- Complimentary personalised exercise programme – reviews/upgrades included
- Free unlimited workout classes including aqua classes
- Free swimming – during public times
- Free racket sports during weekends
- Advanced booking facility, up to eight days in advance for sports facilities
- Discounts on personal training sessions
- 2 Complimentary 5-day passes
- Free open squash & squash leagues
- Free open badminton
- Free Masters swim & Swimfit sessions
- Guaranteed results in just 30 days or your money back

Family Membership

2 Adults and children, living at the same address Whilst the adults benefit from the all inclusive membership, your children (under 16) can enjoy:

- Free swimming – during public times
- Free racket sports during weekends
- Free junior gym sessions (11-15yrs) supervised sessions only
- Free junior activities including badminton, active 4 sport, expressive dance, spinning, and kickabout
- Discounted holiday activities
- Discounted party rates
- Discounted courses

Junior kinetika Membership

An affordable membership to promote an active lifestyle in a friendly environment for local young people aged five to fifteen years.

Under 16 year olds enjoy unlimited junior workouts, swimming, racket sports and a selection of activities for only £14.99 per month (by direct debit) or get 12 months for the price of ten months by paying annually at £149.99. Joining fee applies.

See the junior activities brochure for further information.

15 year olds can only take out a membership by monthly DD. As soon as the junior turns 16, if they wish to continue their membership they must transfer to a youth membership if in full time education or pay the full adult membership if not (even if the membership is taken out before they turn 16).

Joint Membership

Help motivate yourself by training with a partner or a friend (subscription payable from one bank account)..

Junior Centre Membership

Membership entitles you to financial savings on many activities. A junior is under 16 years of age.

Youth kinetika Membership

16-17 year olds who are in full time education can enjoy all the benefits of a kinetika membership for only £19.99 per month (by direct debit) or get 12 months for the price of ten months by paying annually at £199.99. Joining fee applies.

For help in choosing the right package for you and for a tour please contact a customer advisor now on 01202 877468



kinetika Gym

kinetika Gym

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.

Pay per Visit Gym Use

Join us as an Authorised Gym user and you can use the gym without making a long term 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 fee each time you visit the gym.

Contact the reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis.

Gym Opening Times

Monday-Thursday 6.50am-10.00pm

Friday 6.50am-9.00pm

Saturday 8.00am-5.30pm

Sunday 8.00am-8.00pm

These times are subject to revision during the year, contact the Centre for confirmation.

Authorised Gym User Prices

	Member	Casual	kinetika
Adult 16+		£6.45	Free
Senior 60+		£4.45	Free
Junior under 16	£2.40	£2.70	Free
Adult Induction Session		£25.00	Free
Junior Induction Session	£12.50	£13.80	Free



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.

FITNESS COURSES

We run a range of fitness courses to help you achieve your goals. A new part of the programme this year will include Nordic Walking, and Bikeability Level 3 (cycling instruction for the 21st Century). Contact a member of the Fitness Team for more details.

kinetika Journey kinetika Journey

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

STEP 1 CHECK IN (30-45 MINS)

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

STEP 2 PERSONAL PROGRAMME (30 MINS)

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

STEP 3 MOTIVATION SESSION 1 (30 MINS)

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

STEP 4 MOTIVATION SESSION 2 (30 MINS)

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

STEP 5 REVIEW

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

RESULTS GUARANTEED OR YOUR MONEY BACK*

* Terms and conditions apply

Junior Sessions

Junior training sessions for 11-15year olds are held in our gym. All juniors must complete an induction. On completing you can attend the supervised sessions where instructors can help you with your programme so you exercise safely. We advise you to book all sessions in advance. Juniors may only attend the junior supervised sessions. The supervised sessions and inductions need to be booked in advance. Please contact our Customer Advisors for the next available induction.

'Way of Life' GP Exercise Referral

The 'Way of Life' GP Exercise Referral programme provides you with the opportunity to improve your general health and well being.

Whether you are overweight, have high blood pressure, suffer with stress or depression, struggle with poor mobility or diabetes etc, then through our programme of activities we can help you make that change 4 life on the Way of Life programme.

Clients can be referred for the kinetika gym programme, an aqua therapy programme or both.

You will be assessed by our fully qualified instructor and then have two programming appointments before you embark on your activities. This will be reviewed at the end so that you can see the improvements you have made.

Once you have completed the two programming appointments you may then come and use the gym whenever you wish, as there is always a qualified fitness instructor available should you require advice and guidance.

For the aqua therapy sessions in the main swimming pool you will develop water confidence and then be part of the water based exercise group working with the resistance of the water.

These sessions are suitable for everyone including those of you with mobility issue as we have a hoist available if required.

Ferndown Leisure Centre has a special interest in COPD and stroke rehabilitation and hosts the Poole heart club twice a week for cardiac rehabilitation.

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

4 mths – 4 yrs

Designed to introduce you and your child to the water including toys and games.

Pre School Lessons

3 yrs – 4 yrs

As your child is more able to understand simple instructions they will be taught the basics of becoming a confident swimmer.

Junior Lessons

4yrs and over

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



Individual Lessons

3yrs – Adult

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.

Rookie lifesaving

You will learn lifesaving skills, water survival, teamwork, initiative and basic life support (resuscitation).

Adult Lessons

Learn to swim or develop your stroke technique.



swimming
academy™



DC Leisure, operator of this leisure facility, have won the Amateur Swimming Association's (ASA) Facility Operator of the Year 2010. This reflects our commitment to continually developing our swimming programmes.

Please contact our Swim Academy Team on 01202 877468 to find the right lesson for you and/or your child.

Other Aquatic Activities

We also offer synchronised swimming, competitive swimming, and sub aqua through associated clubs. See page 14 for Club contact details.

Swimming



Swimming is a fantastic form of exercise it's one of the few that exercises the whole body. It is a great way to relax and relieve the stresses of everyday life. Ferndown Leisure Centre has 2 swimming pools. In addition to male/female changing rooms the Centre has a family changing room, family/group room and accessible change. The lockers operate with a £1.00 coin, which is returnable.

	length	width	shallow end	deep end
Main	25m	8m	1m	2m
Teaching	17m	6m	0.64m	0.75m

Swimming Membership save money and get fit

If you swim regularly at the Centre you could save you money with our swim membership. Swimming is one of the largest participation sports in the UK and has a number of benefits

Fat Burning – Swimming is a great way to tone up and trim down as you move your body against the resistance of the water.

Great Workout – Just swimming a few lengths can involve most of the major muscle groups, working both upper and lower muscles giving your body a great workout. If you crank up the pace, you'll get a brilliant aerobic workout too, improving the condition of your heart and lungs.

Low Impact – Swimming allows you to put your body through a good workout without your knees, hips or spine paying the price.

Benefits of this membership include:

- Free swimming – during public times
- Free Masters swim & Swimfit sessions

Call a Customer Advisor for more details.

Senior Swim Passes (excellent value for money)

If you enjoy swimming and swim on a regular basis but do not require the all inclusive kinetika membership then a swim pass is definitely worth purchasing. Passes can be used at any public session. Passes are not transferable and no refunds will be given.

Senior 60+

1 Year	£155.00
6 Month	£87.00
1 Month	£23.00

Swim Descriptions

Swim Fit Sessions (using swim lanes)

Swim Fit sessions use ASA designed programme cards to provide structure and purpose to your swim workouts. There are 4 different programmes to follow health, shape up and tone, fitness, and competitive. Price as for normal swimming.

Masters Swimming (using swim lanes)

An adult swimming session that encompasses the whole range of ability from fitness swimming to highly organised competitive swimming. We have created a pathway for swimmers to follow which will be achieved through 3 varying levels. Our coach Jan Hutchings will be on hand to guide you on your journey.

Aqua Fit Gentle/Moderate

Works by combining the exercise against the resistance in the water. The instructor provides a well balanced set of exercises to help tone the body and improve levels of fitness. Suitable for all.

Disabled Sessions

These sessions are very sociable and friendly and are for the registered disabled. We've an accessible changing room, with toilet and shower area, and a lift that can transport you to all levels of the main building. Friendly staff are on hand to give their assistance on poolside, and there is a hoist available for those who need assistance in and out of the water. We have dedicated parking and access to the Centre for the disabled.



Fun Sessions

Try the fun session, a selection of floats are put in both pools for the children's delight, and a lane rope in the main pool for the more serious swimmers.

The Under 5 Session

Children aged under 5 swim for FREE during all public sessions.

Adult Courses

Adult Swimming lessons • National Pool Lifeguard Qualification • ASA Swim Teacher Courses
• Rescue Tests for teachers • First Aid at Work Courses

For further details on all the above courses please contact reception on 01202 877468.

Swim Timetable

For information on swimming times please pick up a Swimming Timetable from reception.

Swim Lanes

A swim lane may be put in during busy sessions by request.

Adult & Child Session

Pay as you go swimming session with instructors on hand to give advice on water confidence to adults with children aged from 6 months to 4 years.

POOL PRICES

	Member	Casual	kinetika
Adult swim 16+		£3.35	Free
Senior 60+		£2.50	Free
Junior 5-15yrs	£2.20	£2.45	Free
Under 5	Free	Free	Free
Family (2 Parents & 2 Children/ 1 parent & 3 Children)		£8.00	Free (kinetika family)
Aqua Fit hr Adult		£4.80	Free
Aqua Fit hr Senior		£3.70	Free
Disabled session		£1.70	Free

Supervision Ratios

Children under 8 MUST be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. Maximum ratio of 3 children to 1 adult. Those supervising must accompany the children in the water.

Nappy Policy

Please note that if your baby is not potty trained then they must wear a swim nappy (available at reception).



Dive in with us!

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



www.zoggs.com

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



Group Exercise Classes

Sunbed – (Member of Sunbed Association)

Must be 18 years and over

Put a little sunshine in your life, and book a tanning session today.

Relax and enjoy our fast tan sunbed and have a healthy glow all year round.

Monday – Friday 7.00am – 9.45pm
 Saturday 8.30am – 6.30pm
 Sunday 8.30am – 8.30pm

Minimum booking 3 minutes – Maximum 9 minutes

3 minutes £2.55
 6 minutes £5.10
 9 minutes £7.65

For your safety, goggles must be worn for each session and disposable goggles are included in the price.

We have a range of Group Exercise Classes available for you to choose from, many of which are included within a kinetika membership. Our classes are suitable for all levels and ages.

Pick up the latest Group Exercise Timetable from reception for a list of classes available.

Classes included as part of a Kinetika membership. Body Pump, Body Balance, Legs, Bums, & Tums, Fab Abs, Aqua Fit, Pilates for Backs, Zumba, BoxFit, Yoga, and Salsacise etc.

Indoor Cycling

An energetic, motivating group class on stationary fixed wheel bikes. A great way to burn calories and improve your cardiovascular fitness. All abilities catered for. See our aerobic timetable for class times.

PRICE

	Member	Casual	kinetika
Aerobics/ Circuits		£4.85	Free
Club Five 0 (Wed)		£5.00	Free
Yoga 1 hour		£5.00	Free
Yoga 1 ¼ hour		£6.25	Free
Junior Supervised Sessions	£2.40	£2.70	Free
Junior aerobics	£2.40	£2.70	Free
Indoor cycling Peak		£4.85	Free
Indoor cycling Non Peak		£3.95	Free



Junior Activities

Junior sessions are available all through the week including weekends. Whether you are looking to try something new or something you already like or just want to improve, then come and join our qualified instructors on one of our fantastic, fun for all courses.

Active 4 Sport

Comprises a variety of different sports to try, these include, football, basketball, cricket and hockey. Put your skills into plenty of game play action. A swim is included in the 8+ session.

Saturday	9.00-10.30am	4-7yrs
	10.30-12.30pm	8-15yrs
	12.30-1.00pm swim	8-15yrs

Badminton

A great course to introduce you to the game and develop your skills. With our Badminton Association of England Coach's enjoy structured activities and organised games.



Monday	5.30pm – 6.25pm	8 – 15 yrs
Friday	5.30pm-7.00pm	13+yrs
Saturday	12.30pm – 1.30pm	8 – 15 yrs

Expressive Dance

Claire Camble helps you to choreograph dance routines to put into a show that you will perform to an audience of family and friends.

Saturday	9.45-10.45am	4-7yrs
	10.45-11.45am	7-10yrs
	11.45-12.45am	11+yrs

Ferndown Trampolining

Work towards the British Gymnastics Proficiency Awards in this fun trampoline session with qualified coach.

Wednesday	4.00-5.00pm	4-7yrs
Wednesday	5.00-6.00pm	8+yrs
Saturday	9.00-10.00am	2-4yrs
	10.00-11.00am	4-7yrs
	11.00-12.00pm	8+yrs

“Kickabout” Football

Improve your football skills and game play, make new friends and have a fantastic time.

Thursday	5.00-5.55pm	8-15 yrs
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Netball (Contact Mandy Burton on 07808 930922)
Learn the skills & tactics of this fast and exciting team game, the club also enables you to enter local leagues and tournaments.

Monday	4.00-5.25pm	9+ years
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Squash

Clive Ewins will help you to develop your skills and improve your game of squash.

Saturday	10.30am – 11.50am	9+ yrs
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Teeny Boppers

Sample movement through dance in a fun session, specially catering for the young with Claire Camble.

Saturday	9.00am – 9.45am	2 ½ – 4 yrs
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Rookie lifesaving

You will learn lifesaving skills, water survival, teamwork, initiative and basic life support (resuscitation). The session is split into wet and dry training, and follows an award scheme.

Saturday	9.00-11.00am	8+ yrs. Confident in deep water and can swim 50m with ease.
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Bikeability. National Standard 1, 2, & 3

The Centre visits Schools and community groups, so if you are interested in having Bikeability courses run at your site, contact the Centre for details. We also run Bikeability courses throughout the School holidays.

Level 1 age 7+years

Level 2 age 8+years

Level 3 age 8+years (must of successfully achieved level 2)

For more information, pick up our Bikeability leaflet from reception.



Holiday Activities

During all school holidays we provide lots of fun for children with our varied programme of activities to cater for all ages. Contact the Centre for a holiday programme detailing the activities, and book early to avoid disappointment.

Basic First Aid

If you are interested in a basic First Aid course run at your School, contact Tracy for details on 01202 877468. Activities may be subject to cancellation if there is insufficient demand.

The management reserves the right to change activities or teachers when necessary.

Junior Booking Special!

Book a badminton, squash, football, basketball, table tennis or tennis court on the day and only be charged half the normal court price. Applies to under 16's.

Birthday Parties

Pick up our Birthday Party programme for more details. Age ranges from 2 yrs to 16 yrs

Party options include:

Archery	Gladiators
Splash-Tastic	Trampoline
Football Fanatic	Slam Dunk Basketball
Ultimate Games	Water Polo
Bouncy Castle & Traditional Games Party	

Bookings for parties include, party instructors, activity room, and 45 minutes for the food area after the party

Adult Activities

Open Badminton

Develop your skills and meet new people and play against them in this sociable adult activity.

Monday 8.30pm – 10.30pm

Cost £5.35 kinetika Member Free

50+ Table Tennis

An afternoon session of table tennis in a fun and friendly atmosphere.

Tuesday 2.00pm – 4.30pm

Cost £2.10 kinetika Member Free

Private Badminton Coaching

Individual tuition can help to improve your game and develop you as a player. For more information or to book, contact reception or David Marsh on 07868 723552.

Squash League

Operating at the centre we have a thriving squash league which caters for all levels. The league runs for 9 weeks on a Sunday evening. Contact reception on 01202 877468 for information, or to join the league.

Healthy Walks

Each hour long session offers different routes, allowing people to further explore Ferndown. The walks are designed to get people into a weekly exercise routine, as well as give them the perfect opportunity to socialise.

Tuesday 10.00-11.00am followed by tea and coffee £1.00

Ferndown Gun Club

If you are interested in being part of the gun club, contact Ian Osborne on 07505 847567 to arrange a suitable time to visit the range.

Racket Sports

	peak	non peak
Badminton (55 mins)	£8.60	£6.75
Squash/Racketball/		
Table Tennis (40 mins)	£6.40	£5.20
Tennis	£4.00	£4.00
Racket hire	Adults £1.00	Juniors £1.00
	(Free daytimes and weekends)	

Indoor/Outdoor Sports

	Peak	Non Peak
Indoor: (55 mins)		
5-A-Side Football	£53.50	£33.00
Basketball	£53.50	£33.00
Netball	£53.50	£33.00
Outdoor:	Adult	Junior
Redgra Football	£27.50	£15.50
6-A-Side (floodlit)		
Football 11-A-Side	£65.00	£33.50
Baseball	Price on application	
Mini Pitch	£15.00	

Club Contact Numbers

We are committed to your sporting development. For further details on all of the clubs please contact them directly.

Activity	Contact	Tel. No	Level
Aikido	Mrs M Williams	871495	Adult
Bournemouth Performance Centre – Badminton	Martin Wells	0779 0757 348 martin@topracket.com	Junior
Dive South	Richard Frew	info@divesouth.co.uk	Adt/Jnr
FLC Badminton	Mr Milne	874731	Adult
Football Coaching	Matty Holmes	0777 4242 818	Junior
FSRC Badminton	Pam Bennett	876233	Adt/Jnr
Gun Club	Ian Osborne	0750 5847 567 ferndowngc@hotmail.com	Adt/Jnr
Gymnastics 5+	Carol Morris	872948 carol.morris67@hotmail.co.uk	Junior
Karate	Karen Tompkins	470054	Adt/Jnr
Kingswood Youth (Football)	Mike Robinson	0783 1696 386	Junior
Middlefern Badminton	Linda Peaston	874606	Adult
Netball	Val Crawley	0142 5654 415	Adult
Netball (Juniors)	Judy Hooper	07879 623801	Junior
Pilates	Debbie Whittle	0778 0875 192 or 301773	Adult
Poole Harbour Canoe Club		secretary@phcc.org.uk	Adt/Jnr
Poole Heart Club	Mr Pringle	884250	Adult
Rink Hockey	Ken Flood	0142 5477 331	Adt/8+
	Lynda Waller	302689	
Squash Club	John Robinson	0779 5474 353	Adt/Jnr
Swim Bournemouth	Emma Hirst	em_hirst@yahoo.co.uk	Junior
Synchronised Swimming	Vicki Banfield	07722 621367	Adt/Jnr
Taekwondo	Kim Robinson	07989 928403 www.integritymartialarts.co.uk	4-6yrs & 6+
Taekwondo	Steve Lambeth	07702 997133	Adt/Jnr

How to find us

By Car

All directions are from www.theaa.com

- Visit the link
- Click on Travel
- Click on Route Planner
- Then select your chosen route

By Bus

For local Bus timetables visit: www.wdbus.co.uk



Centre Policies

1. The Member shall pay in full all fees relating to the booking before using the facilities.
2. The Member/Hirer will give Ferndown Leisure Centre at least 48 hours of notice of cancellation of courts or other facilities. If notice is not received the Member at the Managers discretion will be responsible for the facility hire.
3. The Member/Hirer shall observe any regulations made by Ferndown Leisure Centre relating to the use of the facilities and shall comply with the instructions of the Manager.
4. The Member/Hirer shall ensure that the use of the facilities does not cause a nuisance, annoyance or disturbance.
5. Members may book 8 days in advance from 7.00am by phone or in person.
6. Ferndown Leisure Centre reserves the right to withdraw the use of a facility, at any time, if, in its opinion, it is unfit for use. The hire fee will be refunded or alternative dates offered, but Ferndown Leisure Centre accepts no liability for any other expenditure incurred or loss sustained by the Hirer. Ferndown Leisure Centre reserves the right to adjust the activity areas and times allocated to hirers to ensure the optimum use of facilities.
7. The Member/Hirer shall adhere to the agreed booking times to ensure that subsequent users are not deprived of their full allotted time.
8. Ferndown Leisure Centre reserves the right to alter its scale of charges at any time.
9. The membership card remains the property of Ferndown Leisure Centre. Ferndown Leisure Centre reserves the right to retain the membership card.
10. Members and non-members under the age of 18 will not be allowed entry to the Centre after 7pm unless they are taking part in an activity or are accompanied by a responsible person over 18 years of age.
11. Centre membership is not transferable and refunds will not be given.
12. Casuals can book 7 days in advance but must pay at time of booking
13. Refunds for courses need to be put in writing to the General Manager and should be accompanied by a Doctors letter.
14. Customers must pay outstanding court fees before further courts are booked. Booking privileges will be denied until debts are cleared.
15. Members who have booked classes in advance must give at least 2 hours notice of cancellation. Members will be charged the non member rate for the class if they fail to give 2 hours notice of cancellation.
16. Casuals who have booked classes in advance must give at least 2 hours notice of cancellation or they will lose their payment.
17. Membership cards must be shown at time of paying. Customers will be charged at non member rates if no membership card is produced.
18. If membership card is lost a fee of £5 will be charged for replacement card
19. Members can only reserve one court per membership per evening in advance.
20. Customers must complete a booking sheet and terms of hire in advance for one off bookings and block bookings.
21. If a customer damages a hire racket then the following charges will be levied £10 for a completely damaged racket, and £2 per string for broken strings.
22. On occasions the Centre may be closed, or withdraw facilities for certain periods of time to carry out cleaning, repairs, alterations, maintenance, security work or for any other reason beyond our control without giving you notice.

The Centre is a non smoking establishment.

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