

# Sport & Leisure Programme

April 2011 – 2012



Wolverhampton Swimming & Fitness Centre  
01902 384777

# Welcome

مرحباً  
خوش آمدید  
স্বাগতম  
Witamy  
स्वागत  
ਜੀ ਆਇਆਂ ਨੂੰ

Welcome to the latest version of our centre brochure. Please take the time to read it as since the last edition we have made several changes following your greatly appreciated feedback allowing us to continuously improve the services we offer.

The centre, a £12 million PFI leisure facility was opened in December 2006 was built and is operated by DC Leisure Management Ltd in partnership with Wolverhampton City Council. Since then we have developed a programme of activities designed to meet the needs of our community and we will continue to add new and innovative activities to ensure we keep you active. In essence Wolverhampton Swimming & Fitness Centre has something to offer all age groups.

In summary if this is your first experience of our facility we have a wide range of swimming facilities including a main 25 metre pool, a studio pool with moveable floor, wave pool, river run, waterslides and a parent and baby pool. We have our Centre Café – Cafeology which offers a wide selection of food and beverage options. With two meeting rooms we are also able to host meetings, training sessions and even fully catered conference facilities. Our soft play area, 'Adventure Zone' is a purpose built adventure play facility ideal for the little ones to burn off some energy whilst you relax with a refreshing drink. Adventure Zone is also ideal for children's birthday parties!

Our health and fitness facilities are second to none and offer excellent value for money membership schemes, including unlimited gym, group exercise classes, sauna/steam and swimming usage.

Both my team and I look forward to welcoming and being of service to you and hope that you enjoy using Wolverhampton Swimming & Fitness Centre.

Yours in health and wellbeing  
**Damian Watts**  
General Manager



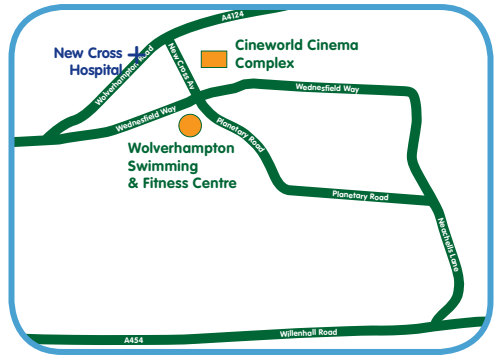
# Contents

Customer Care / Accessibility	3
kinetika Memberships	4 – 5
kinetika Gym	4
Fitness Courses	5
Swimming	6 – 7
Swimming Memberships	8
Meetings	8
Workout Classes	9
Birthday Parties	10
Junior Activities / Adventure Zone	11
Clubs	12
Cafeology	12
Swim shop	12

## Opening Times

Monday – Friday	7.00am – 10.00pm
Saturday	7.00am – 6.00pm
Sunday	7.00am – 10.00pm

- Please check with reception prior to your visit as opening times may vary by facility / activity.



## **WOLVERHAMPTON** Swimming & Fitness Centre

### Wolverhampton Swimming & Fitness Centre

Planetary Road, Wednesfield  
Wolverhampton, WV13 3SW  
Tel: 01902 384777 Fax: 01902 384767

We actively support type talk  
[www.rnib-typetalk.org.uk](http://www.rnib-typetalk.org.uk)  
Call 1800101902384777

[enquiries@wolverhamptonswimmingandfitnesscentre.co.uk](mailto:enquiries@wolverhamptonswimmingandfitnesscentre.co.uk)  
[www.wolverhamptonswimmingandfitnesscentre.co.uk](http://www.wolverhamptonswimmingandfitnesscentre.co.uk)

# Customer Care

We aim to provide a quality leisure experience for the residents of Wolverhampton and visitors through the provision of a flexible and varied programme of activities and to deliver a first class service to every customer on each visit.

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

## We rely on feedback from our customers.

We would appreciate your help by completing a customer feedback form, located in reception, with any observations, suggestions and other feedback you may have regarding your visit.

In order to encourage disabled usage of our facility we operate a carer's register from reception. All Wolverhampton 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 not for profit fitness facilities to become Inclusive, catering for the needs of disabled and non-disabled people alike.

Here at Wolverhampton Swimming & Fitness 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

# Accessibility

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

## FAMILY / BABY CHANGING

Family size cubicles can be found within the village pool changing room.

## HOIST

For access to the Main Pool and Studio Pool. 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 car park, close to the building, to allow easy access to the Centre for Registered Disabled badge holders.



# 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 18yrs +

- 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.

## Over 60s

A discounted membership rate offering the same benefits as a Single membership.

## Junior Ages 11-15 yrs

- Swimming
- Drop in sessions
- Supervised gym sessions

## 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.

## 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.

You can also enjoy workout classes and swimming on a pay per visit basis. Please enquire at reception.

## National Access

We are now able to offer the option to use any of 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](http://www.kinetikagyms.co.uk)  
Contact a Customer Advisor for more details.

# kinetika Gym

Whatever your fitness level, age or goals, we have something for you.

Following 5 training sessions (see page 5) with our fully qualified instructors we will work with you to design a fitness programme that is tailored to your needs and lifestyle.

Your needs will be regularly monitored and reviewed so that your programme can be updated and adjusted as your fitness levels change.

With a little commitment from you, and a lot of motivation and support from us, you will achieve the results you want. For full details of membership to the kinetika Gym speak to a Customer Advisor.

Authorised Gym User Induction      £10.60  
Authorised Gym User Session Price      £5.50

## GYM OPENING TIMES

Monday – Friday      7.00am – 10.00pm  
Saturday      7.00am – 6.00pm  
Sunday      8.00am – 8.00pm

**PLEASE NOTE** that all customers are required to complete an induction before using the equipment in the gym.

- For safety reasons, coats and bags are not permitted in the gym.
- Membership cards must be swiped at reception on arrival.
- A towel is essential for all gym sessions.

## 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.

\*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



## Personal Training

At kinetika we want to help you get the results you want, in the fastest time, and to help you stick with it for good. Our Personal Trainers are amongst the best in the business. They are highly trained and highly motivated. Whether you want weight loss, sports specific training or just a little extra motivation, they will do the best to help you achieve this.

Discounts available for members.



# Swimming Academy



## Learning to Swim

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.

### Parent & Baby – 6 months to 2 years

#### Parent & Toddler – 2 to 3 years

Designed to introduce very young children and their parents/guardians to the environment and pleasure of water.

### Pre-School – 3 to 4 years

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

### Junior Lessons – 4 years and over

ASA National plan for teaching swimming stages 1-7. In addition we also teach the Sports Skills awards and Rookie Lifeguard. These lessons will help your child develop into a confident swimmer. An ideal springboard into competitive participation.

We fully endorse our aquatic clubs that use the centre, please see page 12 for further details

## Adult Lessons

Learn to swim or improve your stroke.  
Wednesday 6.00 – 9.00pm  
(Suitable for non users to improvers.)

Please contact our Swimming Co-ordinator on 01902 384777 for further details.  
New Masters Classes to get fit and perfect your strokes.

## Swim Activities

### GROUP WATER WORKOUT

Enjoy a workout to music using the water as resistance. Great for all levels of fitness – for swimmers and non-swimmers.

Please contact our Swimming Co-ordinator on 01902 384777 for further details on our swimming lessons.

## Clubs

We are committed to your sporting development. For further details on our Aquatic clubs please see below or contact reception.

### Heath Town Swimming Club

- Monday 7.30pm – 8.30pm
- Tuesday 7.00pm – 9.00pm
- Thursday 6.30pm – 9.00pm

Please see the Health Town Swimming Club notice board for further information.



## 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.



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

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

Don't forget to collect your swimming guide from reception.



# Swimming

Swimming is probably the best form of all round exercise available. It's 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.

## WHY SHOULD I SWIM?

Swimming is a great way to get a trimmer body and improve your general health and fitness.

Whether you are splashing around with your children, swimming a few lengths a week or joining in a Water Workout Class your health will still benefit.

Because the water supports your weight the stress on your joints is much less making it an activity suitable for all ages and abilities.

Collect your swimming guide from Reception

## SWIMMING PRICES

Adult Swim – Peak	£3.70
Adult Swim – Off Peak	£3.30
Junior Swim	£2.30
Over 65 Swim	£2.30
Under 3's	FREE
Family Swim *	£10.15
Spectator/ Entry Fee	£1.40

Peak time is classed as 4.00pm – close Monday – Friday Term Time only and all day Saturday and Sunday.

\* Family swim – 2 adult and 2 children

- Price includes swim session and full use of the sauna, steam and bubble pool facilities.
- Children under 8 years of age must be supervised by a parent/adult 18 years or over in the pool and changing areas. A ratio of no more than 2 children per adult is allowed in the water.

## Swim Memberships

Save money by taking out a swimming membership. For details please see page 4.



## 16 or under?

Wolverhampton Resident? You could swim for free thanks to funding by Wolverhampton City Council & Wolverhampton Primary Care Trust. Please contact our reception or visit our website for full details.

## Pool Parties

Ideal for birthday parties, special events or corporate team building.

Contact reception on 01902 384777 for further information.

## Sauna, Steam and Bubble Pool

### Sauna & Steam

Soothe away everyday stress and indulge yourself in a whole body experience that helps deep cleanse your skin of impurities at the same time.

- Minimum age of 16 years old.

### Bubble Pool

Relax and 'bubble' away all the stresses and strains of everyday life. Our bubble pool, located in the leisure waters, is also an ideal for injury or sports rehabilitation.

- Minimum age of 16 years old.

### Opening Times:

#### Sauna & Steam

Monday – Friday	7.00am – 10.00pm
Saturday	7.00am – 6.00pm
Sunday	7.00am – 9.00pm

#### Bubble Pool

Monday – Thursday	4.00pm – 9.00pm
Friday	4.00pm – 10.00pm
Saturday	9.00am – 6.00pm
Sunday	8.00am – 9.00pm

# Meetings, Conference & Training Venue

Our meeting and conference facilities are the ideal environment for all of your business needs. Our experienced team are on hand to ensure that your event runs smoothly. Catering options are available ranging from light refreshments to buffets.

Please contact Reception on **01902 384777** for further information.



## Café

Relax after a good workout in our café.

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

### Opening hours

Monday – Friday	8.45am – 9.00pm
Saturday	9.00am – 6.00pm
Sunday	9.00am – 7.00pm

CAFE  
OLOGY<sup>®</sup>  
COM

*Great Coffee. Great Cause.*



# Workout Classes

An excellent way to get fit and in shape – our workout classes provide all round exercise, ranging from cardiovascular workouts to pure conditioning abdominal workouts.



Join our kinetika membership now and enjoy all of our workout classes for FREE.

Contact a Customer Advisor now on 01902 384777 or see page 4 for further details.



Collect your workout timetable from reception or visit us at [www.wolverhamptonswimmingandfitness.co.uk](http://www.wolverhamptonswimmingandfitness.co.uk)



## Qualifications

Interested in becoming a HSE approved full first aider or a fully qualified RLSS National Pool Lifeguard? We run regular training courses here at this facility.

Please contact Chris Warrilow on 01902 384777 or email [chriswarrilow@dcleisure.co.uk](mailto:chriswarrilow@dcleisure.co.uk) for further information.

# Birthday Parties

Let us take the stress and strain out of organising your child's birthday party. Choose from one of these fantastic party options.

Your party includes an hours chosen activity, as listed below, followed by a 45 minute party tea time. Your party is supervised by our party host(s) to ensure that you enjoy every minute of the celebrations.

## Cool Pool Party 5 yrs+

Enjoy sole use of our swimming pool & various water features (Leisure Pool only). Please note that our swimming admission policy applies. A ratio of no more than 2 children under 8 years old per adult are allowed in the water.

## Adventure Zone Party 2yrs+

Enjoy sole use of our purpose built soft play area, Playzone, for fun and adventure for your little ones. Parental supervision is required. Playzone Parties are only available 12.00noon – 6.00pm Saturday's.



### Hot Menu – Choose from:

- Chunky Chicken Pieces
- Pork Sausages
- Vegetable Nuggets
- Golden Whale Fishcake
- All of the above served with Chips or Jacket Potato

Jacket Potato Served Plain with Butter, Cheese or Beans

Small Pasta Pot with our daily choice of vegetarian or meat pasta sauce

Mr Men Milk or Fruit Lolly

Drinks supplied with meal

### Cold Menu includes:

- Assorted Sandwiches or Rolls
- Cocktail Sausages
- Chunky Chicken Pieces
- Cheese & Tomato Pizza or Crisps
- Chocolate Biscuit
- Fresh Vegetable Sticks
- Fruit
- Mr Men Milk or Fruit Lolly
- Drink supplied with meal

Please note we provide staff for all parties however some will require additional parental supervision. Please contact reception on 01902 384777.

Contact Reception now on 01902 384777 to book your party



# Junior Activities

All Adventure Zone users are to be 148cm or less in height.

## Adventure Zone

**Age 2-10 or under 148cm in height**

Our purpose built three storey soft play facility allows your little ones to have fun, in a safe and secure environment with their friends.

Please be aware that parental supervision is required at ALL times for children under 8 years old. Parents of children aged 8 – 11 years old are welcome to exercise in the Centre whilst their child is having fun in the Adventure Zone.

## Holiday Activities

We operate various sessions and courses during the school holidays please ask reception for details of swimming lesson intensive courses and other children's activities.

Shoes and jewellery must be removed before entering the Adventure Zone.

## Adventure Zone Session Times

Monday – Friday	9.00am – 7.00pm*
Saturday	9.00am – 6.00pm
Sunday	9.00am – 7.00pm

\* Please be aware that closures may apply between 12 noon and 6.00pm Saturdays due to private party hire. Please check availability with reception prior to your visit

### Prices

Junior – member	FREE
Junior – 1 child **	£2.85
Junior – 2 children **	£4.50
Junior – 3 children **	£6.25

\*\* Children must be siblings to qualify for the discounted rates.



If you would like to advertise in our new Centre brochure please contact our Marketing Manager on 01902 384777.

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**