

Sport & Leisure Programme

October 2011 – March 2012



The Olympiad Leisure Centre

The Activity Zone

Springfield Leisure Centre*

Lime Kiln Leisure Centre

Welcome

Our facilities include The Olympiad Leisure Centre, Springfield Leisure Centre, The Activity Zone and Lime Kiln Leisure Centre. We offer a diverse range of activities for you, your family and friends. Whether your interest is fitness, football, badminton or swimming, we can offer something to suit your needs.

DC Leisure Management Ltd. manage the leisure facilities in partnership with Wiltshire Council and aim to offer you a high quality service at all times,

We are currently working hard to manage our environmental impact and energy use. These include extensive recycling opportunities throughout the buildings including the administration offices. All promotional literature is now being produced on NAPM approved recycled paper. Our energy usage is also being monitored on a daily basis to reduce wastage.

We hope you enjoy your visit with us and should you wish to make a suggestion or pass comment on any of our services, please make use of our customer feedback forms situated in reception. Alternatively, you may ask to speak to the Duty Manager who will be pleased to help.

Thank you for your custom.

Nick Moran, Area Manager

Accessibility

FAMILY / BABY CHANGING

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

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.

Prices and activities are subject to change at short notice.

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

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*Springfield Leisure Centre. From 1st

January 2012 Springfield Leisure Centre will be operated by Wiltshire Council.

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 activities and events.
- Provide a Duty Manager at all public opening times to deal with all matters of concern to 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 the Duty Manager if they did not.
- Abide by 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.

This brochure is
available in large print –
please ask at reception

Zip Card Membership

Being a ZIP Card member brings with it a host of benefits, including an excellent reduction on the cost of using facilities. Membership is available to individuals, couples and families.

HAVING A ZIP CARD YOU WILL RECEIVE

- Excellent discount on a range of facilities and activities
- Book most facilities up to 7 days in advance, from 9am daily and pay on the day of use
- Have priority booking on all courses

Benefits and discounts are only available on the production of a valid membership card. Failure to show your card when visiting any of the centres or when paying for a booking will result in a full charge being made.

The ZIP Card membership allows entry to the following sites;

The Olympiad Leisure Centre, The Activity Zone, Springfield Leisure Centre and Lime Kiln Leisure Centre.

CONCESSIONARY MEMBERSHIP

This scheme is available to Wiltshire County residents in receipt of certain benefits and allows full membership for a greatly reduced price. For full information on the prices please contact any of the Leisure Centres listed above.

Applications for concessionary membership must bring one of the following

- Job Seekers Allowance – Award Notice
- Income Supports – Award Notice
- Housing Benefit – Letter from a District Council and/or Wiltshire Council

Application forms are available from any of the Leisure Centres listed on the back page. Please remember to bring along any necessary documents and proof of address. For further information please ask at reception.

DC Leisure Management Ltd and Wiltshire Council reserve the right to change the membership and concession fees in line with the new authority at any time.

Facilities for those with a disability

These are available at all Centres unless otherwise specified.

- Disabled hoist for access to pools.
- Ramp access to the Centre.
- Lift available at The Olympiad Leisure Centre.
- Disabled parking.
- Disabled family / disabled changing.
- Disabled toilet facilities.

In order to encourage disabled usage of our facility we operate a carer's register from reception. All Wiltshire 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.

At The Olympiad 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

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 11-17 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 Welcome 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 DC Leisure Management Ltd 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 Membership 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 Membership Advisor at your chosen Leisure Centre today.**

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 small fee each time you visit the gym. Contact reception for more information.

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

Please see site information

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Lime Kiln Leisure Centre	Page 18



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.

Contact a member of the Gym Team for 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*

*Conditions apply.



Fitness courses

We run a range of fitness courses to help you achieve your goals. Contact a member of the Gym Team for more details.



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.

Water Babies

5 months - 18 months

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

18 months - 2 1/2 years

Designed to introduce you and your toddler to the water including fun, games and activities.

2 1/2 years to 3 1/2 years +

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

Junior Lessons

3 yrs and over

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

Individual Lessons

3 yrs and over

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.

Adult Lessons

Learn to swim or develop your stroke technique.



Please contact our Swimming Co-ordinator on 01249 444144 to find the right lesson for you and/or your child.

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

Other Aquatic Activities

We also offer water polo, synchronised swimming and diving through associated clubs.

Swimming

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

SWIMMING PRICES

kinetika/swim member	FREE
Adult (16 years +)	£3.60
Adult Concession	£2.00
Senior Citizen 60 years +	£2.40
Junior (Under 16 years)	£2.40
Family Swim	£9.25
Family with Features	£12.10
Spectators	£1.25
Specialist sessions	Contact Reception

Save money by taking out a kinetika Swimming Membership.

If you swim more than once a week, you would save money by taking out a kinetika Swimming Membership and enjoy unlimited swim time* in any of the North Wiltshire Leisure Centres. Please see page 4



Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Maximum ratio of 2 children to 1 adult. Those supervising must accompany the children in the water.

* during All Welcome Sessions

Pick up our Swimming Timetable from reception for opening times and water based activities available.



Dive in with us!

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



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



www.zoggs.com

Swimming

- Swimming is considered to be a healthy and relaxing activity
- Tones the body and provides an excellent cardiovascular workout
- Strengthens your heart muscles
- Improves the delivery of oxygen to different parts of the body
- Enhanced muscular stamina and balance
- Better physique or figure
- Fast and effective remedy for healing muscles

Adult Swimming Lessons

Can't swim? It's never too late to learn. Our pools offer adult classes in a friendly and supportive environment. If you would like to learn to swim or to improve your technique on a particular stroke, then you may want to consider joining our adult swimming lesson scheme. For further information please contact centre reception.



Lime Kiln Leisure Centre swimming pool is closed.

Group Workout Classes Guide

Aerofit

An aerobic class to make you sweat without being complicated. Great for working the heart and lungs and improving health.

Phase I – Basic structured exercises, introducing Aerofit.

Phase II – Increased choreography and intensity.

Power Circuits

A brilliant class for those wanting to work hard and have fun with no complicated choreography. A station based class combining traditional strength, power and running activities.

Body Combat

Les Mills Programmes



Combining moves and stances from a range of self-defence disciplines like karate, Tai Chi, Tae Kwon-Do and kickboxing into a fending, fighting routine. Creating a fiercely energetic experience that raises fitness levels throughout the whole body, while fighting calories and cholesterol.

RPM Les Mills Programmes



A very energetic exercise on the bikes. It will make you sweat!!

Step

An energetic and inspiring workout that involves stepping and aerobic training.

Great for training the heart and lungs and improving coordination.

Body Pump

Les Mills Programmes



Is quite simply the world's most popular group fitness program ever, a revolutionary weight training workout that strengthens, tones and defines every muscle in your body. You get all the benefits of training and toning with weights in an energy-charged, fiercely physical group exercise class. And all the benefits of a better looking, better feeling and better working body.

Legs, Bums & Tums

An epic conditioning class that focuses on improving lower body definition and tone.

Body Conditioning

This body conditioning class focuses on improving your bodies definition and tone. It is suited to all levels and abilities as movements can be adjusted.

Body Balance

Les Mills Programmes



A mixture of Tai Chi, Pilates and Yoga. Working with your core strength throughout the main components of the class. You will leave this class feeling re-vitalised and refreshed.

Tai Chi

A spiritually enhancing low impact fitness session for body and mind.

Pilates

The Pilates Method represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement

Smart Hearts

A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences of angina, and would like to follow a safe and effective workout programme.

Nifty Fifty

A low impact aerobic session for the 50+.

Aquafit

A deep water workout class suitable for all ages and abilities.

Aquatrim

A shallow water exercise class suitable for all ages and abilities.

Ab Attack

Abdominal work designed to sculpt and tone the mid section.

Yoga

Improve your all over sense of well-being. Reduce tension and improve core strength and flexibility.

Street Jam

A funky dance based fitness class featuring the latest sounds & hottest moves. Incorporating street dance, hip hop, cheerleading & sizzling salsa in a aerobic workout session.

Fitness Industry Association's Leisure Centre Operator of the Year 2008/09 & 2009/10.



Olympiad Leisure Centre

- Gym
- Group Workout Classes
- 25m Leisure Pool with 2 Flumes
- Rapids
- Lagoon Ledge
- Junior Activities
- Birthday Parties
- Sports Hall
- Fully Licensed Bar
- Squash Courts
- Crèche
- Conference & training rooms

The Olympiad Leisure Centre,
Sadlers Mead, Monkton Park,
Chippenham,
Wiltshire, SN15 3PA

Booking and enquiries: 01249 444144

Email: enquiries@olympiadleisurecentre.co.uk

Website: www.olympiadleisurecentre.co.uk

Membership Advisors: 01249 443679

Monday - Friday	7.00am - 10.00pm
Saturday & Sunday	8.00pm - 6.00pm
Bank Holidays	Closed

Adult and Junior Activities

Trampolining

Mondays – Trampolining Courses 10 weeks
£51.20

4.30pm – 5.30pm Beginners

5.30pm – 6.30pm Recreation 8-16 yrs

6.30pm – 7.30pm Recreation 11-16yrs

Adult Trampolining

Mondays 8.30pm – 9.30pm £6.40

Drop in Trampolining

Saturdays 9.00am – 11.00am 1 hour £4.10

2 hours £6.30

Tiny Tots Fun Time £4.20 per session

Sessions include games, songs, use of hand apparatus and a large circuit, plus a bouncy castle and trampoline. The session promotes co-ordination, strength, flexibility and social awareness in a fun and safe environment.

Mon 10am – 10.50am Walking to 2 yrs old

11am – 11.50am 2 – 3 yrs old

12noon – 12.50pm 3 yrs – school age

Fri 10am – 10.50am Walking to 2 yrs old

11am – 11.50am 2 – 3 yrs old

12noon – 12.50pm 3 yrs – school age



Gymnastics

Thursdays

General Gymnastics – Course 10 weeks £51.20

4.00pm – 5.00pm Beginners

4.30pm – 5.30pm Junior Improvers

5.00pm – 6.00pm Improvers

5.30pm – 7.00pm Advanced

10 week course £65.70

Cheerleading

Friday

3.30pm – 4.30pm All Abilities

A fusion of dance and acrobatics, children work as a team to perform high energy dance routines, cheers and stunts. Children of a variety of ages and abilities may participate as part of a cheerleading team.

Smart Hearts

Tuesday & Friday 1.30pm – 2.30pm

Wednesday 5.00pm – 6.00pm

A comprehensive programme, open to anyone who has had a heart attack, heart surgery, or experiences of angina, and would like to follow a safe and effective exercise programme.

Karate

Session price	Adult £4.70	Junior £3.35
Mon	6.00pm – 7.15pm	10 – 14 years
	7.15pm – 10.00pm	Adult
Fri	6.15pm – 7.00pm	5 – 9 years beginner
	7.00pm – 8.00pm	5 – 9 years improver
	8.00pm – 10.00pm	Adult

Aikido

Session price	£4.60
Wed and Thurs	8.30pm – 10.00pm

Crèche

Enjoy exercising, safe in the knowledge that your children are being looked after by our qualified and experienced staff. Pre booking is recommended

Available for children aged 2 weeks – 4 years 11 months.

1 hour	£3.20
2 hrs	£4.35
Mon – Fri	9.30am – 1.30pm

Badminton/Short Tennis

Bookable daily	9.00am – 10.00pm	
55 min court	Peak	Off Peak
Adult	£8.70	£6.95
Junior	£8.70	£4.50

5-A-Side Football

Subject to availability

55 min session	Peak	Off Peak
Whole hall	£52.10	£47.15

Squash

40 min session	Peak	Off Peak
Adult	£7.90	£6.20
Junior	£7.90	£4.95

Contact reception for more details on our squash leagues.

If you would like to advertise here, contact **Marketing**
01249 444144

Birthday Parties

Let us take the stress and strain out of organising your birthday party. There's no mess and no fuss as we do all the work, whilst you, your children and their friends have all the fun. Pick up our latest birthday party leaflet from reception.

Choose from football party, pool party, bounce party, mixed game party. Birthday party invitations are also available on request.

Please contact reception for further details.



Table Tennis

Bookable daily 9.00am – 10.00pm

	Peak	Off Peak
Per table per hour	£8.70	£6.95

Omega – Activities for the over 50's

Session price £4.20

We are a friendly club that play sports, swim, exercise and socialise.

Thurs 1.00pm – 3.30pm

A range of activities are available during this session including squash, racquet ball, table tennis.

The following activities are only available at the following times:

1.00pm – 3.30pm	short tennis, badminton, table tennis and tramps (check availability)
1.00pm – 3.25pm	lane swimming casual swimming
1.15pm – 3.15pm (introduction must be carried out prior to use of the gym, please book at reception)	kinetika gym
50+ aerobic class (Nifty Fifty) Tues	10.35pm- 11.35pm
50+ swimming Tues and Thur	9.00am – 10.00am

Additional Sessions

Cardiac rehabilitation class

Tues and Fri 1.30pm – 2.30pm

Volleyball Club

Mon 7.30pm – 9.30pm

14 – 16years £2.50

16years – Adult £3.80

Group Workout Classes

Pick up a copy of our Group Exercise timetable from reception.

Free unlimited use for all kinetika members. We aim to provide a Group Exercise Timetable suitable for all our customers, regardless of age or ability.





The Activity Zone

- Gym
- Group Workout Classes
- Swimming Pool
- Junior Activities
- Holiday Activities
- Birthday Parties
- Sports Hall
- Meeting Room
- Crèche
- Squash
- Therapy Room

The Activity Zone,
Bremilham Road,
Malmesbury, SN16 0DQ

Bookings and enquiries: 01666 822533

Email: enquiries@theactivityzone.co.uk

Website: www.theactivityzone.co.uk

Monday - Friday	7.00am - 10.00am
Saturday	8.00am - 6.00pm
Sunday	8.30am - 9.00pm
Bank Holidays	Closed

Workout Classes



Pick up a copy of our workout timetable from reception.

Free unlimited use for all kinetika members. We aim to provide a Group Workout Timetable suitable for all our customers, regardless of age or ability.

Adult and Junior Activities

Birthday Parties

Let us take the stress and strain out of organising your birthday party. There's no mess and no fuss as we do all the work, whilst you, your children and their friends have all the fun. Pick up our latest birthday party leaflet from reception.

Tots Gymnastics

18months – 5years
Thurs 9.30am – 2.30pm

Junior Gymnastics

5 years and over
beginner Fridays 4.00pm – 5.00pm
intermediate 5.00pm – 6.00pm
advanced 6.00pm – 7.00pm

Trampoline

Monday Classes between 3.45pm – 5.45pm
Friday Classes between 3.45pm – 6.45pm

Crèche

Enjoy exercising at the centre, safe in the knowledge that your children are being looked after by our qualified and experienced staff. Pre booking is recommended. Available for children aged 3 months – 4 years 11 months.

Mon 9.15am – 11.15am
Fri 9.15am – 11.15am
1hr £3.20
2 hrs £4.35

Badminton/Short Tennis

	Peak	Off Peak
55 min court		
Adult	£8.70	£6.95
Junior	£8.70	£4.50
Badminton Pay and Play		
Tuesday 7.00pm – 9.00pm	£3.60 pp	

5-A-Side Football

55 min court £43.40

Squash

	Peak	Off Peak
40 min court		
Adult	£7.90	£6.20
Junior	£7.90	£4.30

Table Tennis

	Peak	Off Peak
55 min table	£7.50	£6.60

50+ Club

	Peak	Off Peak
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We are a friendly club that plays sport, swim and socialise.

Wednesday 1.30pm – 3.30pm
Session Price £2.30

Clubs

Lifeguarding Please ask at reception
Tae Kwon-Do 0800 1955 640 for more information
Swimming Club 07799 066453
Triathlon & 5K Runs and Aquathlons.
Please contact James Higgs 01666 822533.

Ladies Netball

Supported by England Netball
A social netball club for anyone 16 yrs +. Beginners & regular players welcome
7pm – 8pm Thurs
£3.15 per person per session



Kidz Zone – Children's Holiday Activities

Our holiday programmes run every school holiday and we will ensure that you have a fantastic time. We offer a variety of activities for children aged 5 – 14. Contact reception for our latest holiday programme.

LAST MINUTE DISCOUNTS on sports hall and court weekend bookings.

Phone and check availability
Turn up and play
Pay discounted price!
Only £20 per hour – sports hall
Only £4 per hour – badminton & squash



Springfield Leisure Centre

- Gym
- Group Workout Classes
- Swimming Pool
- Junior Activities
- Holiday Activities
- Birthday Parties
- Sports Hall
- Meeting Room
- Squash Courts
- Tennis Courts

Group Workout Classes

Pick up a copy of our Group Workout Timetable from reception Free unlimited use for all Kinetika members. We aim to provide a Group Exercise Timetable suitable for all our customers, regardless of age or ability.

Springfield Leisure Centre,
Beechfield Road,
Corsham, SN13 9DN

Booking and enquiries: 01249 712846

Email: enquiries@springfieldleisurecentre.co.uk

Website: www.springfieldleisurecentre.co.uk

Membership Advisors: 01249 717896/7

Monday - Friday	7.00am - 10.00pm
Saturday	8.00am - 6.00pm
Sunday	8.30am - 9.00pm
Bank Holidays	Closed

Springfield Leisure Centre

From 1st January 2012 Springfield Leisure Centre will be operated by Wiltshire Council. Timetables and programmes may vary to those shown in this programme. Please visit Springfield Leisure 01249 712846, or contact Wiltshire Council for further information.

Adult and Junior Activities

Pre School Gymnastics Course

Roll, bounce and tumble on soft equipment. Great for coordination and motor skills development.

For children aged:

18 months – 2 1/2 years

Tuesday 9.40am – 10.20am

2 1/2 years – school age

Tuesday 10.20am – 11.00am

Gymnastics

Tues 4.30pm - 5.15pm Beginners
5.00pm - 6.00pm Improvers
6.00pm - 7.00pm Advanced

Trampoline

Mon 3.30pm – 6.00pm
5 yrs +
Sat 9.00am – 11.00am
5 yrs +

Badminton

Sat 8.30am – 12.30pm
8yrs and over

Kidz Zone –

Children's Holiday Activities

Our holiday programmes run every school holiday and we will ensure that you have a fantastic time.

We offer a variety of activities for children aged 5 – 14.

Contact reception for our latest holiday programme.

Birthday Parties

Let us take the stress and strain out of organising your birthday party. There's no mess and no fuss as we do all the work, whilst you, your children and their friends have all the fun. Pick up our latest birthday party leaflet from reception.

Badminton/Short Tennis

	Peak	Off Peak
Adult	£8.70	£6.95
Junior	£8.70	£4.50

Squash

Per 40 minutes

Adult	£7.90	£6.20
Junior	£7.90	£4.50

Table Tennis

Adult	£8.70	£6.95
Junior	£8.70	£4.50

Tennis courts

Per hour per court

Adult	£5.95	£4.55
Junior	£5.95	£3.25

Five A Side Football/Basketball/Volleyball/Netball

Peak	Off Peak
£41.85	£34.75

Equipment available to hire. Deposit required – please ask at reception.

Over 50's

Tues and Fri 2.00pm – 5.00pm

Swimming, gym and health suite £4.75

Triathlon, Aquathlon & Fun runs.

Please ask at reception for more details.

Clubs

Swimming Club – Corsham	01249 716016
Swimming Club – Chippenham	01249 661305
Dance	01249 660084
Tae Kwon-Do	0797 167 5527
Badminton Club	01249 715790





Lime Kiln Leisure Centre

- Gym
- Junior Activities
- Birthday Parties
- Sports Hall
- Meeting Room
- Squash Court
- Group Workout Classes

Group Workout Classes

Pick up a copy of our Group Workout Timetable from reception.

Free unlimited use for all kinetika members.

We aim to provide a Group Exercise Timetable suitable for all our customers, regardless of age or ability.

Lime Kiln Leisure Centre,
Lime Kiln,
Wootton Bassett, SN4 7HG

Bookings and enquiries: 01793 852197

Email: enquiries@limekilnlc.co.uk

Website: www.limekilnlc.co.uk

Monday	7.00am - 9.00pm
Tuesday - Thursday	7.00am - 10.00pm
Friday	7.00am - 8.00pm
Saturday	8.00am - 5.00pm
Sunday	8.00am - 10.00pm

If you would like to advertise here, contact
Marketing 01249 444144

Adult and Junior Activities

Junior Gymnastics

5 years – 16 years

Wed	4.00pm – 5.00pm	Beginner
	5.00pm – 6.00pm	Beginner / Intermediate
	6.00pm- 7.00pm	Advanced

Trampoline

4.00pm - 4.30pm	Mixed ability
4.30pm - 5.00pm	Mixed ability
5.00pm - 6.00pm	Improver

Junior Gym Training Sessions

11 – 15 years old

Every Mon, Wed & Fri	3.30pm – 4.30pm
Sun	2.00pm – 3.00pm

£11.60 per induction paid on booking
£3.45 per Gym Session

Badminton/Short Tennis

	Peak	Off Peak
Adult	£8.70	£6.95
Junior	£8.70	£4.50

Squash

	Peak	Off Peak
Adult	£7.90	£6.20
Junior	£7.90	£4.50

Hall Hire

£41.75	£33.40
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Clubs

Badminton Club
Children's Football
Martial Arts
Volleyball Club
Ladies Netball
Cricket Club
Children's Rugby

Ask at reception for further details.



Birthday Parties

Let us take the stress and strain out of organizing your birthday party. There's no mess and no fuss as we do all the work, whilst you, your children and their friends have all the fun.

Pick up our latest birthday party leaflet from reception.



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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...

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