



Summer Holiday Activities

Summer 2010



Leiston Leisure Centre
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www.leistonleisurecentre.co.uk

DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009



Suffolk Coastal Leisure Community Association Ltd working in partnership with Suffolk Coastal District Council

Pool Opening Times



MONDAY

7.00am-9.00am 'Early Birds' (M/Pool Only)
9.00am-10.00am Holiday Activities/Courses
10.00am-4.00pm Public Swimming (M/Pool)
11.30am-12.30pm Tadpole Swimming Lessons (T/Pool)
4.00pm- 6.00pm Children's Swimming Lessons
6.00pm- 7.30pm Public Swimming (Both Pools)
8.30pm- 10.00pm Lifesaving Classes

TUESDAY

7.00am- 9.00am 'Early Birds' (M/Pool Only)
9.00am-10.00am Holiday Activities/Courses
10.00am-4.30pm Public Swimming (Both Pools)
4.30pm- 5.30pm Children's Swimming Lessons
5.30pm- 7.00pm Public Swimming (Both Pools)
7.00pm- 8.00pm Ladies Water Workout
8.00pm- 9.00pm Ladies Only Swimming (M/Pool Only)
9.00pm- 10.00pm Adults Only Swimming (M/Pool Only)

WEDNESDAY

7.00am-9.00am 'Early Birds' (M/Pool Only)
9.00am-3.30pm Public Swimming (Both Pools)
3.00pm-4.00pm 'Big Splash' Swimming For People With Disabilities
4.15pm-5.15pm Children's Fun Session (8-15 Years Swimmers)
6.30pm-7.30pm Fitness Swimming
7.30pm- 10.00pm Public Swimming (Both Pools)

THURSDAY

7.00am-9.00am 'Early Birds' (M/Pool Only)
9.00am-10.00am 50+ Swimming (M/Pool Only)
10.00am-7.00pm Public Swimming (Both Pools)
7.00pm-8.30pm Adult Swimming Lessons
8.30pm-10.00pm Adults Only Swimming (M/Pool Only)

FRIDAY

7.00am-9.00am 'Early Birds' (M/Pool Only)
9.00am-4.00pm Public Swimming (M/Pool)
1.00pm-2.30pm Tadpole Lessons (T/Pool)
4.00pm-6.00pm Children's Swimming Lessons
6.00pm-7.30pm Public Swimming (Both Pools)

SATURDAY

8.30am-11.00am Swimming Lessons
11.00am-4.30pm Public Swimming (Both Pools)
4.30pm-5.30pm People With Disabilities Swimming 6.30

SUNDAY

9.00am-10.00am 50+ Swimming (M/Pool Only)
10.00am- 6.00pm Public Swimming (Both Pools)



Coastal Card Holders

Adults (19-60)	£2.90
Children (3-18)	£1.85
Senior Citizens (60+)	FREE IF REGISTERED
Family Swim Ticket (2 AD & 2 CH or 1 AD & 3 CH)	£7.40
Spectator	F.O.C
Shower	£1.50
Pre-paid 25 x Adult Swims	£58.25
Pre-paid 25 x Child Swims	£32.80
Pre-paid 25 x OAP Swims	£32.80
Water Workout	£4.65
Water Workout & Swim	£6.55
Children's Fun Session	£2.75
Sauna/Steam Room	£5.40
Sauna/Steam & Swim	£6.45
Sauna/Steam 5 Sessions	£21.45

Non-Coastal Card Holders

Adults (19-60)	£3.60
Children (3-18)	£2.30
Senior Citizens (60+)	FREE IF REGISTERED
Family Swim Ticket (2 AD & 2 CH or 1 AD & 3 CH)	£9.30
Spectator	£1.35
Shower	£1.90
Pre-paid 25 x Adult Swims	N/A
Pre-paid 25 x Child Swims	N/A
Pre-paid 25 x OAP Swims	N/A
Water Workout	£5.85
Water Workout & Swim	£8.20
Children's Fun Session	£3.45
Sauna/Steam Room	£6.75
Sauna/Steam & Swim	£8.10
Sauna/Steam 5 Sessions	£27.00

Both Pools Open Where Stated During Public Sessions. Under 8 Year Olds Must Be Supervised By An Adult. At All Times (18yrs+) No More Than 2 Under 8's Per Adult. (18yrs+) Last Tickets Issued 30 Minutes Before Sessions Close. One-Hour Sessions Will Operate At Busy Times.

PLEASE PRESENT YOUR 'COASTAL CARD' UPON ARRIVAL TO RECEIVE REDUCED RATES.

For Further Details Of The Coastal Card And Free Swimming For The Over 60's Please Contact Reception.



Summer Holiday 2010 Activities

SWIMMING POOL FUN SESSION

Giant inflatable, rafts, games and music
For 8-15 year old swimmers
Every Wednesday during Summer Holidays
4.15pm-5.15pm
Coastal Card Holders £2.75 per child per session
Non-Coastal Card Holders £3.45 per child per session.

DIVING SKILLS COURSE

2 Day Diving course, Fun & Skills
Monday 2nd & Tuesday 3rd August 2010
9.00am-10.00am
For 8 – 15 year old swimmers
Coastal Card Holders £7.15 per child
Non Coastal Card Holders £8.95 per child.

BOUNCY CASTLE & SOFT PLAY SESSIONS

GIANT INFLATABLES & SOFT PLAY FUN
For 1-7 year olds
Every Tuesday and Thursday during the
Summer Holidays 3.00pm-4.30pm (except
17th & 19th August 2010)
Coastal Card Holders £2.10 per child per session
Non-Coastal Card Holders £2.65 per child
per session

BASKETBALL SKILLS

Monday 2nd August 2010 2pm-4pm
Coastal Card Holders £3.00 per child per session
Non-Coastal Card Holders £3.75 per child
per session.

DAY CAMP

Every Wednesday during the Summer
Holidays 10.00am-5.30pm (except 18th
August 2010)
COME ALONG & SPEND THE DAY AT THE
CENTRE & TAKE PART IN ACTIVITIES UNDER
OUR STAFF SUPERVISION
(Including entry to the Pool Fun Session
4.15pm-5.15pm)
For 8 – 15 year olds
Coastal Card Holders £15.00 per child per
pre-booked session

Non-Coastal Card Holders £18.75 per child
per pre-booked session
PICK UP AN APPLICATION FORM NOW!

PAINT POTS

A fantastic session available to children
between 6 and 15 years old. Paint Pots will
allow your child the opportunity to become
creative with designing patterns and colours
on ceramics, and the best bit is that your
child can take home their creation.
For 6 – 15 year olds
(Children aged 6 & 7 must be accompanied
by an adult at all times)
Limited places available so book early...
Tuesday 27th July 2010 12.00pm-1.30pm &
Tuesday 31st August 2010 12.00pm-1.30pm
Coastal Card Holders £7.35 per child per session
Non-Coastal Card Holders £9.20 per child
per session.

CHEERLEADING SESSIONS

A combination of dance, gymnastics and
high level stunting
10am-12.00pm (8-12 YEAR OLDS)
12.30pm-2.30pm (13-16 YEAR OLDS)
Coastal Card Holders £2.60 per child per session
Non Coard holders £3.25 per child per session
Friday 4th August 2010 & Monday 23rd
August 2010.

SCDC ACTIVITY CAMP

Monday 16th August to Friday 20th August
£17.50 per day or £80 for the week
9.00am-4.30pm (drop off / pick up 8.30am /5pm
Snacks and packed lunch required also plenty
of drinks, sun cream and dress for mess!!!

DANCE MAT SESSIONS

Join the FUN & FUNKY craze, for all abilities.
£5.00 per child per session
Thursdays throughout August (5th, 12th, 19th & 26th) 10.00am-12.00pm

PAY & PLAY SPORTS

Choose from football, basketball, table tennis, squash and more
12.00pm-2.00pm
8-15 year olds
Coastal Card Holders £2.10per child per session
Non-Coastal Card Holders £2.65 per child per session
Check at Reception for dates this will be running!!
No need to book – just turn up!

CHEEKY CHICKS CRECHE

Mondays	9.30am-11.30am
Tuesdays	9.45am-1.45pm
Wednesdays	9.30am-11.30am
Thursdays	9.45am-1.45pm
Fridays	9.30am-11.30am

Maximum stay of 2 hrs, parent must stay on premises
(6 months – 4 Yrs)
Coastal Card Holders £2.80 per child per session.
Non-Coastal Card Holders £3.50 per child per session.

PIGLETS PLAY FARM

Mondays	2pm-6pm
Tuesdays	2.30pm-5pm
Wednesdays	2pm-5pm
Thursdays	2.30pm-5pm
Fridays	2pm-6pm
Saturday	9am-1pm
Sunday	9am-1pm

For 1-8 year olds. A maximum height restriction of 1 metre 20 cms.
Maximum stay of 2 hrs, parent must stay with their children
Coastal Card Holders £2.70 per child per session
Non-Coastal Card Holders £3.40 per child per session.

AEROBICS

We currently have an extensive Aerobic Timetable including Body Pump, Body Combat, Aerobics, Yoga, Legs Burns and Tums, Karate plus lots more!
Please contact reception for a current timetable.

CRASH COURSE SWIMMING LESSONS

Monday 16th & Tuesday 17th August 2010
9.00am – 10.00am
A 2 Day Crash Course of swimming lessons suitable for 5-15 year olds

CRICKET COACHING SESSIONS

2 One Day Cricket skills sessions with a qualified instructor for 8-15 year olds
Friday 30th July 2010 10am – 12pm
Friday 13th August 2010 2pm – 4pm
Coastal Card Holders £3.00 per child per session
Non-Coastal Card Holders £3.75 per child per session.

2-DAY SOCCER SKILLS COURSES

for 6-12 year olds 10.00am – 12.00pm
Course 1: Monday 26th and Tuesday 27th July 2010
Course 2: Thursday 26th & Friday 27th August 2010
Coastal Card Holders £9.00 per child per pre-booked course
Non-Coastal Card Holders £11.25 per child per pre-booked course
Children aged 6 & 7 must be accompanied by an adult

WATER POLO & GAMES SESSION

Tuesday 31st August 2010 9.00am – 10.00am
For 8 – 15 year old swimmers
Coastal Card Holders £2.75 per child per session
Non-Coastal Card Holders £3.45per child per session.



1 FREE adult karate session*

Use this pass at Leiston Leisure Centre and gain free access to an Adult Karate Session of your choice. This pass must be surrendered at point of sale. 1 free class per customer.

Name _____

Telephone _____

*Pass must be surrendered at point of sale. 1 FREE class per customer.

Buy 5 Creche sessions for the price of 3!*

Please bring this voucher to reception to claim this offer.

Name _____

Telephone _____

*Pass must be surrendered at point of sale.