

Sport & Leisure Programme

2011 – 2012



Farnborough Leisure Centre

Aldershot Lido

Aldershot Pools

Farnborough Bowl

Welcome

to Farnborough Leisure Centre, Aldershot Pools, Farnborough Bowl, Aldershot Lido.

Please take time to read the Sport and Leisure Programme. Alternatively please view up to date information on our website www.dcleisurecentres.co.uk

With the facilities and activities on offer we continue to encourage sport, leisure and fitness in the heart of the community. Please ask one of the team about the great value ways you can pay to keep fit at Farnborough Leisure Centre and Aldershot Pools Complex.

Our great facilities include tenpin bowling which continues to be very popular. Please call us for the many exciting offers we have, including family tickets and holiday specials.

Whatever you do with colleagues, friends and family we hope you have a great time!

We are keen to encourage customer feedback and your comments are vital in helping us achieve the quality of service you would expect. Thank you for choosing our facilities and we look forward to seeing you soon.

Duncan Mackay
Contract Manager



Farnborough Leisure Centre

Days & Times	Main Centre	Overflow Car Park (Past Main Car Park through Tunnel)
Monday-Friday 8.00am-6.00pm	*Pay and Display	Not available
Monday-Friday 6.00pm-8.00am	*Pay and Display	Free
Sunday and Bank Holidays	Pay and Display	Pay and Display
Saturday 8.00am-6.00pm	Pay and Display	Pay and Display

*Discounted to Centre Users
Correct at time of print.

Aldershot Pools and Lido car parks are free of charge.

▲Full refund for centre users

8.00pm - 8.00am Farnborough Leisure Centre CAR PARK CHARGES APPLY. Please contact reception for further details.

Photo's may not be of these facilities, Brochure correct at time of print and is subject to change. Please contact reception before your visit.

Prices correct at time of print.

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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.

Opening Times

Farnborough Leisure Centre

Centre Opening Times

Monday – Friday	6.00am-11.00pm
Saturday and Sunday	8.00am-8.00pm

Farnborough Bowl

Monday-Sunday	10.00am-close
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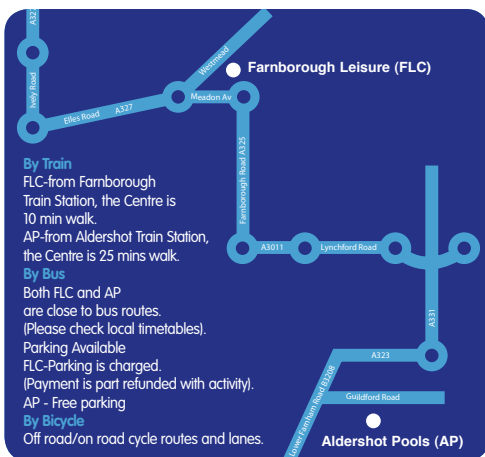
Aldershot Pools

Early Riser

(Pre Paid/Members only)

Monday-Friday	7.00am-9.00am
Monday-Friday	7.00am-10.00pm
Saturday & Sunday	9.00am-6.00pm

Note: please check the specific times for your chosen activity.



Accessible Facilities

- Main entrance improvements with wide doors and flat surface.
- Lifts available to all floors
- Accessible changing rooms and toilets available on the ground and first floor
- Poolside hoist and access steps to assist in getting in and out of the swimming pool

Accessibility

For those customers with additional accessibility requirements the Centre has been equipped with hearing loops at reception, 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. 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.

LARGE PRINT VERSIONS OF THIS PUBLICATION AND ALL LEAFLETS ARE AVAILABLE UPON REQUEST.

Please browse through this leisure programme and if you have any questions pop in to see one of our friendly customer advisors who will be happy to give you a tour. Telephone: 01252 554040

CONTACT US

Farnborough Leisure Centre

Westmead, Farnborough GU14 7LD
 Tel: 01252 370411 Textphone users add 18001
 Email: enquiries@farnboroughleisurecentre.co.uk

Farnborough Bowl

(within Farnborough Leisure Centre)

Westmead, Farnborough GU14 7LD
 Tel: 01252 554046
 Web: www.farnboroughbowl.co.uk

Aldershot Pools & Lido

Guildford Road, Aldershot GU12 4BP
 Tel: 01252 323482 Lido: 01252 313706 (Seasonal)
 Email: enquiries@aldershotpoolscomplex.co.uk

Rushmoor Borough Council Farnborough

Council Office
 Tel: Ashley Sharpe 01252 398762
 Web: www.rushmoor.gov.uk
 Email: ashley.sharpe@rushmoor.gov.uk

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 membership types to suit your lifestyle and interests. The benefits of membership are shown below:

Single 16yrs +

- kinetika Journey
- Introduction to the Gym
- Gym
- Swimming
- Workout Classes
- Sauna and Steam Room
- Off-peak racket sports*

Family

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Children enjoy swimming, Soft Play and Teen Fit Gym Sessions

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
- 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.

Booking Card

14 day advance booking privilege for courts, bowls, 5-a-side football and 7 day advance class booking privilege. Booking terms and conditions are available from 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

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 01252 554040 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. Refer to pages 8 and 16 for more information.



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 gyms, with their extensive range of cardiovascular and resistance equipment, have something to offer everyone. Whether you want to tone, tighten, lose weight, build strength or increase stamina we can help.

Our gyms are supervised by friendly, qualified staff*, who will organise your personal fitness assessment and develop a training package to suit your needs.

We also offer a range of fitness programmes including Personal Training and regular Motivational Sessions to add variety to your training and improve your health and fitness.

Opening times for our kinetika gyms are as follows:

Farnborough

Mon-Fri 6.00am-10.00pm
Sat & Sun 8.00am-8.00pm
(with Junior Gym Sessions)
Tel: 01252 370411

For details on times for sessions and courses, please contact reception on 01252 370411

Aldershot*

Mon-Fri 7.00am-10.00pm
Sat & Sun 9.00am-6.00pm

Please note that the opening times are subject to change on public holidays.

*Aldershot Pools is supervised by qualified gym staff at various times. Please note there are restricted times for casual users (unless pre-paid). kinetika is all about 'feeling great' and our friendly, qualified fitness instructors will show you how.

For details on times for sessions and courses please contact reception on 01252 323482



TEEN FIT – Farnborough Leisure Centre

Junior Gym sessions are now available (Term Time)

Tuesday – Friday 4.00pm – 5.30pm, Saturdays and Sundays 8.00am – 8.00pm. (Monday to Thursday 10.00am – 4.00pm during Hampshire school holidays)

Children aged 11-16 years will be given guidance on using treadmills, bikes, cross trainers and an introduction to resistance training. Juniors must participate in an induction prior to attending these session. Please ask at reception for further details.

GET ACTIVE EXERCISE REFERRAL SCHEME – Farnborough Leisure Centre

If you have suffered from an illness, or recently had an operation, Get Active will help you get back into fitness. Our qualified and friendly instructors will supervise you over a 10 week period. To make use of this service, you will need a 'prescription to exercise' from your GP. Contact the kinetika gym for further details.

1 ON 1 PERSONAL TRAINING – Farnborough Leisure Centre & Aldershot Pools

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, 1 on 1 could be the service for you. Our experienced Personal Trainers are available seven days a week for those who need extra motivation, require nutrition or lifestyle guidance or if you simply are not getting the desired results. They will motivate you and plan your exercise programme to achieve your goals, whatever they may be.

We take it personally so let us help you to achieve your fitness goals! Contact main reception or the gym for more details on (01252) 370411

1 on 1 is also available at Aldershot Pools. Contact the Centre for more information on 01252 323482

Don't Pay Separately For Workout Classes!

Enjoy UNLIMITED...

• Gym • Swim • Workout • Sauna/Steam
kinetika membership includes all of the above

Call 01252 370411 or see page 4 for more information

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***



Fitness courses

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

Back Fit

A stronger back, a fitter you! Benefit from our back fit course by strengthening and increasing your back mobility. Improve your posture and help to reduce the risk of future back problems.

Ab Attack

Want a flatter stomach? Improve your abdominal strength; Improve your body shape and posture and start feeling great about your body shape.

Kett Fit

A new way to get fit. Reduce body fat, increase strength and power, Improve flexibility all help to create a lean body.

Box Fit

Box your way to fitness. Learn basic boxing moves, improve your fitness, tone your body while having fun and training with other people.

Swimming

Swimming is one of the best forms of all round exercise available. It is also a great way to relax and refresh yourself after a stressful day.

As well as casual swimming for children and adults, our pools are host to a variety of swimming clubs and other sports. Below is a glimpse of what we offer.

PLEASE NOTE: The use of electrical equipment such as camcorders, mobile phones and cameras are strictly prohibited on poolside

UNDER 8'S SWIM FOR FREE**

Swimming Membership

If you swim at least once a week then you could save £££'s with our swimming membership!

Contact a Customer Advisor on 01252 554040 to start your membership



Adult Lane Swimming

Slow, medium or fast, we have a speed to suit everybody!

Weekdays: 12.00pm-2.00pm

Monday, Wednesday & Friday:

5.30pm-7.00pm & 9.00pm-10.00pm

Splashtime

At weekends & during school holidays we have regular fun giant float sessions in the Main Pool. Its not just for kids*, Mum and & Dad can join in to!



A good routine to keep the pool clean

- Go to the toilet before swimming
- Have a shower and wash your feet
- Store your clothes in a locker
- Think... have I just eaten, should I swim?

I should not go swimming if I have:

- A cold
- A throat infection
- An ear infection
- A poorly stomach
- An infectious skin condition or an open wound

HIRE OUR FANTASTIC FACILITIES FOR POOL PARTIES, GALA'S & SPECIAL EVENTS!

Contact the Booking Co-ordinator on 01252 554039.

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

**One child under 8 years free when accompanied by a paying adult.

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.

Duckling Lessons

6 months – Pre School

Classes designed to introduce you and your child to the water including toys and games, as the children progress they will be taught the basics of becoming water confident. We follow the nationally recognised ASA National Plan for Teaching Swimming.

Junior Lessons

4 years and at school and over

Our all inclusive programme takes the non-swimmer from their first splash to developing confidence and competence in the water. When the core ranges of skills have been developed you can continue swimming or try diving, synchronised swimming, rookie lifesaving or water polo. (subject to availability)

Adult Lessons

It's never too late to learn to swim or improve your technique. Join our adult only lessons today.

Group lessons or private lessons are available for more information please ask at reception.

Individual Lessons

Individual lessons are available for children and adults, helping you to learn, improve and gain confidence before joining our lesson programme.



swimming
academy™



Please contact our Swimming Co-ordinator on 01252 554041 to find the right lesson for you and/or your child.

Other Aquatic Activities

As part of our swimming programme we offer lessons in water Polo, synchronised swimming, competitive swimming and diving. We also have associated aquatic clubs see page 23 for club contact details.

Farnborough Bowl



www.farnboroughbowl.co.uk
01252 554046

Farnborough Bowl is a 10 lane Tenpin Bowling facility located within Farnborough Leisure Centre. It is fantastic fun for all occasions and for all ages whether with family, friends or work colleagues. Bowling is great for groups, birthdays or corporate events. We are open through the year, are fully air conditioned, with computerised scoring and amazing cosmic bowling adding to the adventure. There is access to target ramps and bumper bars enabling all ages and abilities to bowl with ease.

There are no hidden charges; shoe hire and admission are included in all of our prices.

Adult parties can include:

- 2 games of bowling
- Shoe Hire
- Waiter service to your lane
- Hot & Cold Food options available.

Tenpin Bowling Weekly Programme

- Kids Bowl Free Sunday 10.00am – 12.00pm (whilst accompanied by a full paying adult) 1 per full paying adult
- After School Special Monday to Friday 4.00pm – 6.00pm
- Lunchtime Special 12.00pm – 3.00pm (Term Time Only)
- Farnborough Youth bowling club, Mondays & Saturdays for under 18's who would like to bowl regularly and improve their technique (Session taken by a qualified coach)
- Under 3's Bowl Free at all times
- League Bowling nights Monday, Tuesday & Thursday Call 01252 554046 for information

NEW FOR 2011! Teen Parties

For "teens" aged between 12 – 16 years. A fun filled teen party with 2 games (cosmic bowling available at selected times) with a fantastic hot and cold menu.

Junior Parties

Contact one of our friendly staff to book that important Birthday party for your child aged 4-16 years. Let us do the organising and tidy up too!

Party Package include:

- Kids Party Invitations to give to all your friends
- 1 hour Bowling
- Shoe hire
- Hot and cold food options available

Adult Parties

We offer amazing adult party packages.

When did you last have a really great night out with your Friends, Family or Work Colleagues, Farnborough Bowl have everything you need for a great night out.

Fully licensed bar, serving a range of hot and cold food and beverages.

Let us do the organising and tidy up too! There are no hidden charges; Shoe Hire and Admission are included in all our prices.



*Terms & Condition's Apply

Great for Groups

The Centre bar offers a wide range of hot and cold food as well as alcoholic drinks.



Corporate / Group Hire

Farnborough Bowl offers a variety of options and theme nights for your group to enjoy. You can hire a few lanes or the whole facility for your company to enjoy a basket meal or hot and cold buffets. If you have a group of friends and would like to organise a weekly booking at Farnborough Bowl please contact us on 01252 554046.

Schools Bowling Clubs

Schools are able to organise a regular bowling slot during Term Time.

Opening Times

Monday-Sunday

10.00am to close

Please note, a booking fee may be charged

Off Peak Times

10am – 6pm Monday – Friday

(Term Time Only)

Peak Times

All other Times

Bowling Prices Start From
Just £1.50

Cosmic Bowling

Enjoy bowling in the dark with cosmic glow lighting, available

Term Time:

Friday 8.00pm - 10.00pm

Saturday 2.00pm - 4.00pm

During School Holidays:

Monday to Friday 2.00pm - 4.00pm

Contact Bowl reception for details on
01252 554046



Pick up a leaflet, contact Bowl Reception on **01252 554046** or visit

www.farnboroughbowl.co.uk

Junior Courses

Book NOW on 01252 370411 or at the Main Reception. All courses run during term time.

Trampolining

Friday 4pm onwards for children ages 5yrs+
Our qualified coaches work with the children in a fun energetic session where children will learn a variety of fun moves.
All abilities welcome.



Gymnastics

Saturday mornings for all children aged 5yrs+.
Our Gymnastics Academy runs on a Saturday for children aged 5-16yrs.
All abilities welcome.



All programmes are endorsed through the National Governing Body (NGB) and follow the British Gymnastics Proficiency Award Scheme. All coaches are qualified to NGB standards.

Holiday Activities

Our holiday activities run in line with the Hampshire school holidays.
Book early to avoid disappointment!

Playscheme

During school holidays we provide an all day Playscheme for children aged 5-12 years. Your child can experience a full day of sporting fun! Our Playscheme is registered with OFSTED so you can have peace of mind while your child has FUN! FUN! FUN!



Book & Play

We offer casual sessions throughout the school holidays for children aged 5-12 years

- Arts & Crafts
- Bounce About
- Football
- Sports Time
- Playground Fun

Please pick up a leaflet or ask at reception for more information.

Birthday Parties

Let us take the stress and strain, not to mention the mess, out of organising your child's birthday party!

Choose from the following activities:

- STRIKE Tenpin Bowling Party
- BOUNCE Bouncy Castle party
- HOTSHOTS Football Party
- SPLASH Pool Party
- JUNGLE Soft Play Party
- MEGAFUN Mixed sports and games

All parties include: Activity, Invitations, Party Host and Party Food (Hot and cold options available).

All parties require a minimum of 10 children except STRIKE which is 12.



NEW FOR 2011 Exclusive Parties 4-12 Years

JUNGLE EXCLUSIVE 4 – 12 Years

Hire our soft play area exclusively for your party! Mix and match your party package to include the following:

- Party Hosts
- Food Options
- Music Player
- Time

SWIMMING EXCLUSIVE 4 – 8 years

Teaching Pool / 8 – 12 years Main Pool

Hire one of either our Main Pool or Teaching Pool exclusively for your party! Mix and match your party package to include the following:

- Floats
- Party Hosts
- Food Options
- Music

NEW FOR 2011 Teen Parties 13-16 Years

We are now offering two great options for your Teens!

TEEN SWIM

Hire our main swimming pool exclusively for your teens party. Different package options available to suit your needs, these can include, Inflatable, floats, music and food options!

TEEN BOWL

Farnborough Bowl offers a fun filled Teen Party with 2 games (cosmic bowling available at selected times) and with a fantastic cold and hot menu available.



Crèche & Soft Play



At Farnborough Leisure Centre we offer a fully supervised child care facility allowing you to escape for an hour or two's leisure.

Our purpose built crèche is a lovely safe environment available to centre users between 9.15am – 3.15pm weekdays. It is operated on a first come first served basis, however there are limited pre-book places available. We are fully registered with OFSTED to take children from 8 weeks to 5 years 11 months for up to 2 hours at a time.

Fun activities include sand, play dough, jigsaws, books, baby area, drawing and a home corner. Why not pop in for a chat and meet our friendly, qualified & experienced staff?



FANTASTIC SOFT PLAY AREA



The **ULTIMATE** in adventure play for children under 12 years

Opening Hours: 10.00am – 6.00pm Daily

- Over 5's area with fun wavy slides, ball ponds, twisty swings, rope climbs and many other exciting features
- Under 5's area with mini ball pond, wavy slide and soft toy fun
- Parents area – relax with food and drink from our café

For more information please contact Reception on 01252 370411

Height restrictions apply and socks must be worn, safety of children is the responsibility of the parent / guardian. Children under 8 must be supervised by an adult (18+) at all times.

Adult Courses & Drop in Sessions

Available at Farnborough Leisure Centre

Tenpin Bowling



Our 10 lane Tenpin Bowling facility offers Fun for the Family, pick up a leaflet for details on courses, lessons and party options call 01252 554046.

Adult Trampolining

This session is run on a Monday evening and is open to adults regardless of experience.

Young at Heart

This is our programme for the over 50's.

This exciting and multi-recreational programme helps to achieve a healthier lifestyle in a relaxed, social environment. This programme includes activities such as Work-out Classes, Gym, Tenpin Bowling, Swimming, Badminton, Squash, Racquet Ball, Short Tennis, Table Tennis or relax in the sauna and steam rooms.

Bowls Hall

The 6 rink bowls hall is available for private hire on a per rink basis, so you can enjoy a casual game.

Contact reception for further details.

Bowls may be hired (deposit is required).

Please pick up a leaflet from reception for the activities days and times.

Pilates

An exercise technique that targets deep postural muscles that balance the body, improving posture, strength and flexibility.

Helps distress the mind and body.



Cardiac Care

On Friday afternoon from 2-4pm, the kinetika gym is offered to Cardiac Care. If you have had heart surgery or suffer from a heart condition, you are able to make use of this supervised session to maintain fitness in a safe environment. Contact Dr. Lawrence at the Friday session or main reception for further details on 01252 370411.



Aged between 9 - 90?

WHY NOT JOIN US
FOR INDOOR BOWLING AT

Rushmoor Indoor Bowls Club



The Indoor Bowls Club operates from mid-September to mid-April. It has a full programme of leagues, weekend friendly fixtures as well as club and national competitions.

Coaching and tuition is available by registered tutors.

Membership applications can be made from mid-August by e-mail giving your name, address and telephone number to tcuming@hotmail.co.uk to receive an information booklet and application forms.

We reserve the right to alter/ change the programme.

Workout Programme

For a full timetable, pick up a leaflet at the Main Reception or visit www.farnboroughleisurecentre.co.uk

Farnborough Leisure Centre offers a wide variety of invigorating classes designed to help you get fit and have fun!

Our Body Training Systems classes combine the power of choreographed moves with inspiring music and motivating instructors. A new routine is released everything 3 months to keep your workout fresh. Whether you are looking for an athletic challenge, an exhilarating experience or a low impact workout, our classes will leave you feeling rejuvenated and fizzing with energy!

Fitness Courses

- Pilates
- Box Fit

NEW FOR 2011:

- Back Fit
- Ab Attack
- Kett Fit



To find out how to get classes for FREE see page 4



Sauna, Steam Room & Sunbed

Sauna/Steam Room

The ideal place to relax and unwind after an energetic workout or hard day at work. You will leave feeling refreshed and rejuvenated.

Facilities include sauna cabin, sunbed and steam room at Farnborough Leisure Centre and a sunbed at Aldershot Pools.

FARNBOROUGH

Monday-Friday 7.00am-9.30pm

Saturday & Sunday 9.00am-7.00pm

Adults only (over 16 years)

Sessions are mixed at all times, so please wear costumes.

Sunbed (Restricted to ages 18+)

Our fantastic high powered sunbed is situated within its own private room. Farnborough Leisure Centre has a separate shower room. Whether you are preparing for a holiday, special occasion or simply maintaining that all year round tan, our bed will help you achieve the best results.

Courses are available at a discounted rate and further discounts are available for kinetika members.

Call Farnborough Leisure Centre on 01252 370411 and Aldershot Pools on 01252 323482.

Bookings, Courts & Pitches

Main Hall

Our Main Hall can be used for a wide variety of sports and activities.

Our facilities include:

- 10 x Badminton Courts
- 2 x 5-a-side Football Courts
- 2 x Netball Courts
- 1 x Basketball Courts
- Volleyball
- Skater Hockey
- Mini Tennis
- 5 x Boccia Courts
- Floorball Court

All bookings are 55 minutes to allow for equipment set up. Main Hall size is 36.5m x 34m and has a viewing gallery.

Squash & Table Tennis

We have 4 squash courts that are available for hire 7 days a week.

Courts can also be used to hire our two table tennis tables

Studio & Activity Rooms

Looking for a space to run your own club? We have studio space and a matted activity room that can be hired either as a one off or as a booking. Contact the Booking Co-ordinator on 01252 554039



Booking Card Member

Booking members gain up to 14 days advanced booking privilege. See page 5 for further information.

We require at least 48 notice for any cancellation or the full fee will be charged

Bookings

We offer reduced prices to regular bookings, for more information contact our Booking Co-ordinator on 01252 554039

Special Events

Farnborough Leisure Centre hold many special events throughout the year. If you are looking at holding an event then we can help! Contact our Bookings Co-ordinator on 01252 554039



Inclusive Fitness



The Inclusive Fitness Initiative (IFI) is a Sport England Lottery Funded project that supports fitness facilities to become inclusive, catering for the needs of disabled and non-disabled people alike.

Farnborough Leisure Centre has now been awarded IFI accreditation. We have fitness equipment in the gym that can be used by all. We are committed to ensuring fitness is accessible to anyone wanting to use our gym.

Our instructors are trained to help customers use the equipment which will strengthen and tone muscles as well as help improve aerobic fitness. A personal training programme can be specifically developed for your needs. Alternative formats are available on request from reception. Induction loops are available at reception, a lift to all floors and Typetalk.

For further details on how you can use our fitness facilities please call our IFI Activator on 01252 370411.

To obtain this brochure in other formats please contact Reception.

Inclusive Sports Sessions

The Inclusive Sports Sessions are fun based sports activities that support all needs, through a range of skills, activities and games.

Activities include: Boccia and New Age Curling.

The combination of these elements ensures that people should expect a truly inclusive experience when visiting our inclusive fitness facilities.

Rushmoor Mallards Farnborough & District Sports Association for the Disabled.

Friday 8.00pm – 10.00pm

Activities include

- Badminton
- Basketball
- New-Age Kurling
- Table Tennis
- Football
- Cricket

And much much more...

Sunday 12.00pm – 2.00pm

- Swimming (pool hoist available)

Enquiries to John Ball **01252 627021**



LOTTERY FUNDED



FREE fun programme for kids to become fitter, healthier and happier!

Do you have children 8 to 13 years old?
Are you worried they might be unhealthy or even overweight?
Then call us at the Centre to join the MEND Programme!
The MEND Programme gets kids healthy and fit in only 10 weeks - and helps them stay that way!
Find out about other children having fun on the MEND Programme www.mendprogramme.org



Special Events, Meetings and Café

Special Events

We have an extensive range of facilities that can be hired for special/ sporting events which include our Tenpin Bowling Alley with a fully licensed bar, Main Hall (Consists of 10 Badminton Courts and a viewing gallery), Large Swimming Pool and Children's Pool, Dance Studios, Squash Courts, Martial Arts Room and Children's Soft Play Area.

Meeting Room Hire

We have two meeting rooms for hire within Farnborough Leisure Centre, both offering free wifi. We also offer a projector and plasma screen to meet your needs. We can offer an extensive range of catering requirements that suit all tastes.

For more information on please contact our Bookings Co-ordinator on 01252 554039.

Refreshment Facilities

Our Centre Café provides a wide range of hot and cold food and drink. Why not refresh and relax yourself after your workout with a luxurious FAIRTRADE tea or coffee? Get connected in our FREE wifi zone!

Café Opening Times

Monday-Friday 10am-7pm
Saturday 9am-5.30pm
Sunday 9.30am-5pm

Bar Opening Times

Monday-Friday 6pm-11pm
Saturday 12.30pm-11pm
Sunday 12.30pm-10.30pm



ASK AT OUR CAFÉ FOR
YOUR DISCOUNT CARD

Aldershot Pools



Aldershot Pools

Facilities include a main and teaching swimming pool, lido and 40 station gym.

Aldershot Pools have 2 floodlit NEW 3G Astro football pitches for hire. The pitches are available throughout the year for football. Special rates apply for regular bookings.

Ask about the Aldershot only membership available which includes the use of the Lido, saving you £££s – refer to pages 4 & 5.

Under 8's swim for free!*

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.



Aldershot Membership Options

ALDERSHOT GYM AND SWIM

(Applies to over 16s and only facilities at Aldershot).

- Unlimited use of the Aldershot kinetika gym with personal kinetika journey programme
- Unlimited use of the swimming pools including the Lido (during public sessions)
- Unlimited use of the water workout classes
- Discount on Sunbeds (over 18's only)

Swimming Academy Lessons

Our popular children's programme covers all levels of ability throughout the year. We operate the National Plan for Teaching Swimming developed by the Amateur Swimming Association. The lessons are tailored to suit various swimming levels and children are guaranteed to be challenged without being overstretched. Continuous assessment of the children means that they can progress through the lessons "at their own pace." We also have an adult programme which offers the chance to learn to swim or improve your style.

For further details on our Swimming Academy Lessons, see page 9 or call 01252 323482 or email aldershot@swimmingacademy.co.uk.

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 3 children to 1 adult. Those supervising must accompany the children in the water.

* One child under 8 years free when accompanied by a paying adult



3G Football Pitches

Aldershot Pools has two NEW 3G Astroturf Football Pitches.

It's good enough for England & Premiership players, and now Rushmoor's football fans can enjoy it too.

Our 2 NEW 3G 5-a-side Football pitches are available for hire all year round!

The new £25,000 floodlit pitches, which look like grass, are made from the same high-tech material used at the Luzhniki Stadium in Moscow. The durability of the surface means that matches can be played one after the other and could provide a solution to all those matches that are postponed during wet weather. It is not just wet weather the pitch is beneficial for, in summer grass pitches harden which increases the risk of injury whilst a 3G pitch retains its impact absorbency making it ideal for clubs and regular leagues to train on.

To book contact the Reception on 01252 323482. 5-a-side League. For more information log onto www.azzurrifives.co.uk or call 01483 715580



Aldershot Lido



28th May – 5th June, weekends only during June! Open 7 days a week from 1st July – 4th September.

The largest open air pool in the area

- hot and cold food
- 1m Fixed Platform Board
- picnic area
- swimming accessories shop
- basketball area
- toddler paddling pool
- sandpit
- water fountain feature
- three fun water slides**
- free parking



Tel: 01252 313706 (Seasonal) or 01252 323482 (Off-season)

* 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. **Under 8's are not permitted on water slides.

Children under 8 swim **FREE!***



*one free per full paying advert.


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Melanie Craig a fully qualified Beauty Therapist, The Mellow Room,
Farnborough Leisure Centre, Westmead, Farnborough, Hampshire, GU14 7LD

Clubs

Our Centres are home to a host of independent clubs, many of which are listed below. For details of activities and prices please contact the relevant club directly.

Farnborough Leisure Centre

Club Name	Day & Time Of Club	Contact	Tel. No
Aldershot & District 5-a-side Football League	Monday	Rob Lath	07973 134923
Aldershot Dolphins Dive Club	Tuesday 9-10pm	Kenneth Phillips	07050 254209
Farnborough Flyers Trampoline Club	Mon, Tues & Fri pm	Caroline Snell	01276 505866
Farnborough Swimming Club	Thursday	David Hill	01276 507169
Farnborough YBC Tenpin Bowling	Saturday 9.30-11.30am	Rowena Gallagher	01252 816945
Floor Ball	Wednesday 7-8pm	Peter Goodman	07971 208045
Fudoshin Karate Club	Wed 7.30-9pm	Robert Windsor	07901 933966
Footy Monsters	Saturday 9-11am	Paul Wheeler	0800 5335443
Hampshire Dive Crew	Wednesday 9pm	Colin Miles	01344 454245
I.M.A.S Martial Arts	Mon/Thurs 8.30-9.30pm	Vik Hothi	07742 467761
Ju Jitsu Club (Waregachi)	Tues & Thurs 8.30pm	Mr M Johnson	01252 326923
Mallards (Disabled Club)	Fri 8-10pm & Sun 12-2pm	John Ball	01252 627021
Mallards Marvels Wheelchair Basketball	Sunday	Dave Taylor	07966 160197
MMA (K1/ Muaytai Martial Arts)	Monday/Thursday	Suleman Raja	07888 677807
Mossa Dance Studios	Saturday	Laura Waghorn	07870 454827
Rushmoor Amateur Gymnastics Club	Tues & Fri 5pm onwards	Kirstie Raffo	01252 333804
Rushmoor Bowls (Indoor)	Ongoing	Dennis Sherwood Terry Cuming	01344 771727 01252 540227
Rushmoor Royals (Competition Swimming)	Tuesday	Mrs Chris Wall	01252 330666
Rushmoor Synchronised Swimming Club	Tuesday	Judith Anderson	01252 655880
Rushmoor Youth Swimming Club	Thursday 6.30-8pm	Mic Perry	01252 456654
S.A.S.H Roller Hockey	Sunday	Penny Veljokovic	01252 514702
Spitfire Taekwon-Do	Wednesday/Friday	Mark Haywood	07711 103591
Tuesday Double (Tenpin Bowling)	Tuesday 7.30-9.30pm	Dave Steiner	01252 654548

Aldershot Pools

Club Name	Day of Club	Contact	Tel. No
Aldershot Youth Swimming Club	Wednesday 6-7.30pm	Natalie Boniface	07504 497798
Blackwater Valley Canoe Club	Wednesday Eve 6-8.30pm	Mr Rogers	01344 775946
Aldershot Adult Swimming Club	Wednesday 9-10pm	Fred Elkins	01252 713333
Synchronised Swimming Club	Wednesday 7.30-9pm	Judith Anderson	01252 655880
Rushmoor Royals (Competition Swimming)	Friday 6-9pm	Mrs Chris Wall	01252 330666
Azzurri 5-a-side League	Mon & Wed 6.30-9pm	Azzurri Fives	01483 715580

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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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