

Sport & Leisure Programme

October 2011 – March 2012



Bradford Swimming Pool
Castle Place Leisure Centre
Christie Miller Sports Centre
Leighton Recreation Centre

Melksham Blue Pool
Trowbridge Sports Centre
Warminster Sports Centre
Westbury Swimming Pool

Welcome

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 on behalf of Wiltshire Council. We aim to offer you an enjoyable, 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 building 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 with the Duty Manager who will be pleased to help.

Thank you for your custom



Photos used may not be of these Centres.

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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.

This brochure is available in an alternative format. Contact reception for further details.

Opening Times

PLEASE NOTE: ALL CENTRES WILL BE CLOSED ON ALL BANK HOLIDAYS. CHECK OUR WEBSITE FOR THE LATEST INFORMATION.

BRADFORD SWIMMING POOL

| | |
|-----------|----------------|
| Monday | 9.00am-10.00pm |
| Tuesday | 7.00am-9.30pm |
| Wednesday | 7.00am-9.15pm |
| Thursday | 7.00am-10.00pm |
| Friday | 7.00am-9.00pm |
| Saturday | 7.00am-6.30pm |
| Sunday | 8.00am-6.30pm |

CASTLE PLACE LEISURE CENTRE

| | |
|-------------------|----------------|
| Monday – Thursday | 6.30am-10.00pm |
| Friday | 6.30am-8.00pm |
| Saturday & Sunday | 7.30am-5.00pm |

Crêche Opening Times

| | |
|-----------------|---------------|
| Monday – Friday | 9.30am-1.30pm |
|-----------------|---------------|

CHRISTIE MILLER SPORTS CENTRE

| | |
|----------------------------|----------------|
| Monday, Wednesday & Friday | 7.00am-10.00pm |
| Tues, Thurs, Sat, Sun | 8.00am-10.00pm |

GYM OPENING HOURS

| | |
|----------------------------|----------------|
| Monday, Wednesday & Friday | 7.00am-10.00pm |
| Tuesday & Thursday | 8.00am-10.00pm |
| Saturday | 8.00am-6.00pm |
| Sunday | 8.00am-7.00pm |

LEIGHTON RECREATION CENTRE

| | |
|------------------------------|----------------|
| Monday-Thursday | 9.00am-10.00pm |
| Friday | 8.30am-9.00pm |
| Saturday (September - April) | 9.00am-7.00pm |
| Saturday (April - September) | 9.00am-8.00pm |
| Sunday | 9.00am-8.00pm |

MELKSHAM BLUE POOL (IFI ACCREDITED)

| | |
|-----------------|----------------|
| Monday-Thursday | 7.00am-10.00pm |
| Friday | 7.00am-9.00pm |
| Saturday | 8.00am-5.00pm |
| Sunday | 9.00am-6.00pm |

TROWBRIDGE SPORTS CENTRE

| | |
|----------------------|----------------|
| Mon, Tues, Wed & Fri | 7.00am-11.00pm |
| Thursday | 8.00am-11.00pm |
| Saturday | 7.30am-5.00pm |
| Sunday | 8.30am-9.00pm |

TERM TIME SPORTS HALL & SQUASH COURTS AVAILABLE

| | |
|---------------|----------------|
| Monday-Friday | 5.30pm-10.30pm |
| Saturday | 8.00am-7.00pm |
| Sunday | 9.00am-9.00pm |

WARMINSTER SPORTS CENTRE

| | |
|---------------------|----------------|
| Monday | 7.00am-10.30pm |
| Tuesday & Wednesday | 7.00am-10.00pm |
| Thursday | 7.00am-10.00pm |
| Friday | 7.00am-9.00pm |
| Saturday | 8.30am-6.00pm |
| Sunday | 8.00am-8.00pm |

WESTBURY SWIMMING POOL

| | |
|--------------------|----------------|
| Monday & Wednesday | 7.00am-10.00pm |
| Tuesday | 8.00am-9.00pm |
| Thursday | 7.30am-10.00pm |
| Friday | 7.30am-9.00pm |
| Saturday | 9.00am-6.00pm |
| Sunday | 8.30am-6.00pm |

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.

Melksham Blue Pool provide easy access specialist fitness equipment and implement 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 16yrs +

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

Family

- kinetika Journey
- Gym
- Swimming
- Group 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
- Specific Classes

Corporate

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

Swimming

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



National Access

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

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

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

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

Our friendly gyms offer 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 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 9 for more information on classes and swim sessions.



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 MINS)

This first 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



Ask about NEW FLABeLOS!

ViPR

A blend of strength training and functional training. An effective movement is a mixture of lifting, shifting and twisting.

BRAND
NEW

Kett Fit

This is a full body workout, incorporating a full range of movement exercises. The sessions are non contact and last 30 minutes.

Ab Attack

If you are after a flat stomach or a six pack to die for, this course of weekly workshops will put you on the right track.

Box Fit

This is a full body workout, incorporating boxing techniques. The sessions are non contact, using pads, gloves and other mainstream studio equipment.

Core Fit

This course uses stability balls and floor work to help you tone and strengthen your muscles to improve posture.

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.

Ducklings

Introduction to the water with parents in the water, Foundation level of the ASA National Plan for Teaching Swimming

Pre School/Cygnets Lessons

Small groups with the teacher in the water introduction and development of water confidence, buoyancy and movement in the water. These classes are age specific.

Stage 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

Stage 2

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. floats etc

Stage 3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge

Stage 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10m to a set standard.

Stage 5

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

Stage 6

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

Stage 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Stage 8-10 - FUNdamental Sport Skills

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines.

| Competitive Swimming | Mini-Polo (Water polo) | AquaFun (Synchronised swimming) | Flip n Fun (Diving) | Rookie Lifesaving |
|--|---|--|---|---|
| Basically a way to continue with swimming as the main focus, the aim is to lead the way for a move to a Swimming Club. | A simpler more basic version of the game of Water Polo, developing teamwork and having fun. | Covering basic Synchronised Swimming moves whilst having fun & building confidence in the water. | Covering FUNdamental Diving skills from the poolside in a safe & fun way. | The ASA and the Royal Life Saving Society (RLSS) have worked closely together in developing basic lifesaving / water safety and life guarding awards that link into the ASA NPTS. |

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 in West Wiltshire

| | |
|--------------------------|--------------|
| Bradford Swimming Pool | 01225 862970 |
| Melksham Blue Pool | 01225 703525 |
| Trowbridge Sports Centre | 01225 764342 |
| Warminster Sports Centre | 01985 212946 |
| Westbury Swimming Pool | 01373 822891 |



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.

Save money by taking out a swimming membership. Swimming is free to kinetika members. See page 4 for details.

FOR A FUNCTION WITH A DIFFERENCE WHY NOT HIRE THE POOL?

Contact our pools directly for more information.

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.

A NEW way to view the timetable

You can now download an App for your iPhone and view our timetables wherever you are! It's free to download and you can also take part in various swim challenges.

Have a look at this new timetable by visiting

www.dcleisurecentres.co.uk
In association with



Splashpath

Get special Swim Challenges

Log on to www.splashpath.com

Swimming Sessions

All Welcome

A session available to all for fun and fitness

Adult Swimming

An unstructured session available for those 16 and above, male and female.

Family Fun Session

A session for parents and children with an inflatable and floats (subject to availability. All children must be accompanied by a parent).

Fun Session

A session aimed at children 8 years plus with an inflatable and floats (subject to availability).

Adult Swimming

An unstructured session available for those 16 and above, male and female.

Adult Lane Swimming

A structured lane session available for those 16 and above, male and female with the ability to swim lengths. Ideal for those wanting to swim for fitness or to have a relaxing swim, lanes available for all abilities and speed of swimmer.

Parent + Baby/Child

A session for parents and children (under 5 years old) with toys and floats (subject to availability. All children must be accompanied by a parent).

50+ Swimming

A structured lane session available for those 50 and above, male and female with the ability to swim lengths. Ideal for those wanting to swim for fitness or to have a relaxing swim, lanes available for all abilities and speed of swimmer.

Pool Party Hire

If you are interested in hiring the pool for a Pool Party please contact your nearest Centre.

Group Workout Classes

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

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

Just a taster...

Aerobics

An energising exercise to music workout to improve fitness, toning, co-ordination and burn those extra calories.

Aqua Fit

A fun, non-impact workout using the water for resistance. Tones and strengthens muscles, suitable for non-swimmer (small pool only).

Ultimate Cycle Workout

A motivating instructor led group class on stationary bikes. For the ride of your life!



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.



www.zoggs.com

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

Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

www.purelime.com

PURE LIME

ADVERTISE HERE! Call Marketing on 01225 762711

Under 18's Activities

We offer a wide selection of activities for children of all ages and abilities.

Crèche

| | | | |
|-------------------------------|-----------------|------------------|-------------------------|
| Castle Place Leisure Centre | Monday - Friday | 9.30am - 1.30pm | |
| Christie Miller Sports Centre | Monday - Friday | 9.00am - 12.00pm | |
| Leighton Recreation Centre | Wednesday | 9.30am - 10.30am | Friday 9.30am - 11.30am |

An OFSTED Registered stimulating and caring play environment for children aged 6 weeks to 31st Aug after their 5th birthday. They can have fun, make friends, develop and learn new skills. Activities offered will be varied and suitable for the age and stage of development. Children are always supervised by trained and qualified staff.

Bradford Swimming Pool

| | | |
|-----------------------|-------------------------|-----------------------|
| Swim Academy | Various times and dates | From 3 months upwards |
| Swim Fitness Sessions | Various times and dates | Ages 14+ |

Castle Place Leisure Centre

| | | |
|-------------------------|-------------------------|------------|
| Fitness/Aerobic Classes | Various times and dates | Ages 11+ |
| Teen Gym | Various times and dates | Ages 11-15 |
| Squash/Racketball | Available every day | Ages 11+ |

Christie Miller Sports Centre

| | | |
|----------------------------|-----------------------------|------------|
| Badminton | Thursdays 5.00pm - 6.00pm | Ages 8-16 |
| Trampoline | Saturdays 10.30am - 12.30pm | Ages 6-16 |
| Ten Pin Bowling | Available every day | Under 18's |
| Fitness/Aerobics Classes | Various times and dates | Ages 14+ |
| Teen Gym | Various times and dates | Ages 11-15 |
| OFSTED Registered Fun Club | School Holidays | Ages 5-14 |
| Street Dance | Beginning Sep 2011 | |
| Cheerleading | Beginning Sep 2011 | |
| Up & Unders Rugby | Beginning Sep 2011 | |



Leighton Recreation Centre

Junior activities

| | | |
|----------------------------|-------------------------|-----------|
| Gymnastics Tuesdays | 3.40pm - 5.45pm | Ages 5+ |
| Fitness/Aerobics Classes | Various times and dates | Ages 14+ |
| OFSTED Registered Fun Club | School Holidays | Ages 5-14 |

Melksham Blue Pool

| | | |
|-----------------------|-------------------------|------------|
| Swim Academy | Various times and dates | All ages |
| Swim Fitness Sessions | Various times and dates | Ages 14+ |
| Teen Gym | Various times and dates | Ages 11-15 |

Under 18's Activities

We offer a wide selection of activities for children of all ages and abilities.

Trowbridge Sports Centre

Pre-school activities

| | | |
|--------------|-----------------------------|----------------|
| Trampolining | Mondays 4.00pm - 5.00pm | Ages 3-5 |
| Gymnastics | Thursdays 9.30am - 10.15am | Ages walking-2 |
| Gymnastics | Thursdays 10.20am - 11.05am | Ages 2-3.5 |
| Gymnastics | Saturdays 9.15am - 10.00am | Ages 2-3.5 |
| Gymnastics | Thursdays 3.40pm - 4.25pm | Ages 3-5 |
| Gymnastics | Saturdays 10.05am - 10.50am | Ages 3-5 |
| Swim Lessons | Various times and dates | Under 5's |

Junior activities

| | | |
|----------------------------|----------------------------|-----------------|
| Trampolining | Various times and dates | Ages 5-7 & 8-12 |
| Gymnastics | Various times and dates | Ages 5-15 |
| Squash | Mondays 3.30pm - 4.30pm | Ages 7-11 |
| Squash | Mondays 4.30pm - 5.30pm | Ages 11-18 |
| Swimming Academy | Various times and dates | All ages |
| Diving Lessons | Various times and dates | Ages 8-15 |
| Swim Fitness Sessions | Various times and dates | Ages 14+ |
| Rising Stars | Wednesdays 4.00pm - 5.00pm | Various |
| OFSTED Registered Fun Club | School Holidays | Ages 5-14 |

Warminster Sports Centre

Pre-school activities

| | | |
|------------------|-------------------------|------------|
| Trampolining | Various times and dates | Ages 3-5 |
| Gymnastics | Various times and dates | Ages 2.5-4 |
| Swimming Lessons | Various times and dates | Under 5's |

Junior activities

| | | |
|----------------------------|-------------------------|------------|
| Trampolining | Various times and dates | Ages 3-16 |
| Gymnastics | Various times and dates | Ages 5-16 |
| Aerobics/Fitness Classes | Various times and dates | Ages 14+ |
| Swimming Academy | Various times and dates | All ages |
| Teen Gym | Various times and dates | Ages 11-15 |
| OFSTED Registered Fun Club | School Holidays | Ages 5-14 |

Westbury Swimming Pool

Pre-school activities

| | | |
|--------------|-------------------------|-----------|
| Swim Lessons | Various times and dates | Under 5's |
|--------------|-------------------------|-----------|

Junior activities

| | | |
|-----------------------|-------------------------|----------|
| Swim Fitness Sessions | Various times and dates | Ages 14+ |
| Swim Academy | Various times and dates | All ages |

*Prices are subject to change

For specific information on times and dates please contact your nearest Centre.

Holiday Activities

We run a number of activities during the school holidays. Pick up a leaflet from reception for further details.

Fun Club

Our Centres offer OFSTED Registered holiday clubs for children aged 5-14 years throughout the school holidays. There are always plenty of activities available to keep the kids occupied throughout the day.

The following Centres run Fun Club:
Christie Miller Sports Centre
Trowbridge Sports Centre
Warminster Sports Centre

Pick up a brochure or contact your nearest Centre for more information.



Birthday Parties

Turn your children's party into an exciting day to remember. There's no mess, no fuss and we do all the work whilst you, your children and their friends have all the fun!

Pool Parties

Book one of our pools and enjoy a variety of floats, inflatables and games.*
*equipment varies at each pool.

Parties are available at:
Bradford Swimming Pool
Melksham Blue Pool
Trowbridge Sports Centre
Warminster Sports Centre
Westbury Swimming Pool

Dryside Parties

Our Centres provide a wide range of activities such as football, bouncy castle, trampoline, games and much more!

Contact your nearest Centre for more information.
Available at:
Christie Miller Sports Centre
Leighton Recreation Centre
Trowbridge Sports Centre
Warminster Sports Centre

Clubs

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

Melksham Blue Pool

| Club name | Contact Name | Contact number |
|----------------------------|-----------------|----------------|
| Melksham Amateur Swim Club | Sarah Todhunter | 01380 828730 |

Leighton Recreation Centre

| Club name | Contact Name | Contact number |
|----------------------------------|--------------------|----------------|
| Westbury Cricket Club | Neil Hawker | 07977 254262 |
| Westbury Netball Club | Rachael Simmonds | 07749 267758 |
| White Horse Badminton Club | Marianne Hardwidge | 01380 818167 |
| Westbury White Horse Karate Club | Steve Cox | 07800 776104 |
| Westbury Tae Kwon Do | Rob Tucker | 01225 344530 |
| Trowbridge Aikikai | Robin Wilton | 07050 052931 |

Trowbridge Sports Centre

| Club name | Contact Name | Contact number |
|-----------------------------------|---|------------------------------|
| Tae Kwon Do | Rob Tucker | 01225 344530 |
| Trowbridge Swimming Club | Julie Gribbs | 01225 351288 |
| Trowbridge Squash Club | | info@trowbridgesquash.co.uk |
| West Wilts Spirit Gymnastics Club | Sue Clark | 07816 502183 |
| West Wilts Diving Club | Paula Drew | paula@divingwestwilts.org.uk |
| Taekwondo Masters | Don Deedigan www.blackbeltschool.com | 08000 350421 |

Westbury Swimming Pool

| Club name | Contact Name | Contact number |
|--------------------------------|---------------|----------------|
| Westbury Amateur Swimming Club | Sandra Pearce | 01380 830091 |

Warminster Sports Centre

| Club name | Contact Name | Contact number |
|----------------------------|----------------|----------------|
| Wessex Blades Fencing Club | Laurence Moody | 01985 847250 |

The Ideal Venue

Our Centres are the ideal venues to hold meetings, conferences, training days and parties. For more information contact our Centres to discuss your individual requirements.

Available at:

Castle Place Leisure Centre
Christie Miller Sports Centre
Leighton Recreation Centre
Trowbridge Sports Centre



Wessex Blades Fencing Club

Warminster Sports Centre:

Monday: 6.00 – 8.00 pm
(adults & juniors min. age 10 years)

Wednesday: 8.00 – 10.00pm
(adults & juniors min. age 14 years)

First session free

Further details:

Web: www.wessexblades.co.uk

Phone: 01985 847250

Laurence Moody (Secretary)

Adult Activities

Swimming Academy

If you would like to learn to swim or improve your technique on a particular stroke then you might want to consider joining our adult swimming lesson scheme. For further information please contact reception at your preferred Centre.

Dry Sports

Some of our Centres have main halls and squash courts for activities such as badminton, racketball, squash and football. Our partnerships with England Squash and Racketball Association and Badminton England enables us to provide coaching courses for all abilities. Courts may be booked throughout the day and No Strings Badminton is available at Trowbridge Sports Centre and Christie Miller Sports Centre. It's perfect for those who want to play badminton in a non-club environment where you just turn up and play in sessions facilitated by a badminton enthusiast!

Older Adult Activities

Our 60+ sessions provide an excellent opportunity to meet new friends and enjoy a range of activities.

60+ Swim

An unstructured session available for those 60 and above, male and female.

Abacus & Phase 4

Our Centres provide various classes for all abilities. Abacus is for those who have experienced a fear of falling, feeling unstable and have low bone density. Phase 4 is a cardiac rehabilitation programme for anyone who has had heart surgery or angina and would like to follow a safe and effective exercise programme.



Sports Activity Hire

Our Centres have a wide range of activities available for hire. Choose from squash, badminton, 5-a-side football, bowls, table tennis, main hall hire, cricket, outdoor tennis/football/netball, swimming pool hire and birthday party hire.

Activities vary per Centre and all prices are available upon request.

Westbury Osteopathic & Sports Injury Clinic

For all your aches and pains contact Nicola Corvin on: 07973 953634 at Leighton Recreation Centre.

Colonic Hydrotherapy Health and Wellbeing

Ring Debbie on: 01373 832509 at Leighton Recreation Centre.

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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...

Lite Lucozade SPORT

IMPROVE YOUR WORKOUT

ONLY 50 CALORIES