

# Sport & Leisure Programme

Braintree District 2011/12



Braintree Leisure Centre  
Braintree Swimming Centre  
Bramston Sports Centre  
Halstead Leisure Centre  
Notley Sports Centre

# Career Opportunities

## Have you considered a career in the Leisure Industry?

Opportunities to advance your career with DC Leisure at one of our 5 excellent sites.

Please contact your nearest centre by person, post or email for more details. Site details can be found on their home pages.



## How to find us...

### Braintree Leisure Centre

Panfield Lane, Braintree, CM7 1FF

Tel: 01376 552585

E-mail: [enquiries@braintreeleisurecentre.co.uk](mailto:enquiries@braintreeleisurecentre.co.uk)

[www.braintreeleisurecentre.co.uk](http://www.braintreeleisurecentre.co.uk)

### Braintree Swimming Centre

Freeport Braintree, Braintree, CM77 8YJ

Tel: 01376 333833

E-mail: [enquiries@braintreeswimmingcentre.co.uk](mailto:enquiries@braintreeswimmingcentre.co.uk)

[www.braintreeswimmingcentre.co.uk](http://www.braintreeswimmingcentre.co.uk)

### Bramston Sports Centre

Bridge Street, Witham, CM8 1BT

Tel: 01376 533400

E-mail: [enquiries@bramstonsportscentre.co.uk](mailto:enquiries@bramstonsportscentre.co.uk)

[www.bramstonsportscentre.co.uk](http://www.bramstonsportscentre.co.uk)

### Halstead Leisure Centre

Colne Road, Halstead, CO9 2HR

Tel: 01787 472480

E-mail: [enquiries@halsteadleisurecentre.co.uk](mailto:enquiries@halsteadleisurecentre.co.uk)

[www.halsteadleisurecentre.co.uk](http://www.halsteadleisurecentre.co.uk)

### Notley Sports Centre

Notley Road, Braintree, CM7 8JX

Tel: 01376 323873

E-mail: [enquiries@notleysportscentre.co.uk](mailto:enquiries@notleysportscentre.co.uk)

[www.notleysportscentre.co.uk](http://www.notleysportscentre.co.uk)

This brochure is available in alternative formats. Contact your local centre for further details



Details correct at time of going to press. Programme and content is subject to change.  
Photos in brochure may not be of these centres.

# Welcome

## to Braintree's Fantastic Leisure Facilities

DC Leisure Management Ltd is delighted to manage the leisure facilities in the Braintree District on behalf of Braintree District Council. DC Leisure aims to provide our customers with committed, safe and enjoyable leisure pursuits.

This brochure aims to give you a good understanding of all the services that we offer, and to help you plan your leisure time around all your other commitments. Please browse through our Sport & Leisure programme and if you have any questions, please contact sites directly (see page 2 for more details), or visit [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk).

### Mark Taylor

Braintree Contract Manager

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



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

# Contents

Welcome/Customer care	2
kinetika Membership Options	3
kinetika Journey & Courses	4
kinetika Plus	5
Swimming Academy	6
Children's Dryside Courses	7
Braintree Leisure Centre	8-9
Braintree Swimming Centre	10-11
Outdoor Hire	12
Children's Holiday Activities	13
Bramston Sports Centre	14-15
Halstead Leisure Centre	16-17
Notley Sports Centre	18
Birthday Parties	19
How To Find Us	20

## 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.

# Braintree Leisure Centre



## Welcome

A warm welcome to Braintree Leisure Centre, operated by the Braintree District Leisure Community Association Ltd. A superb facility offered to the residents of the Braintree District and their visitors.

The facility offers an extensive range of activities suitable for all. So whatever the reason you have for visiting the facility, we are confident that Braintree Leisure Centre offers something for everyone.

To ensure the continuous development of our facilities and services, we are keen to hear what our users think and welcome any feedback that you may have.

We do hope you enjoy your visit to Braintree Leisure Centre and look forward to your continued support in developing these facilities.

## Function Hire



Whatever your celebration or event, Braintree Leisure Centre can cater for you.

For further information contact Reception.



## Facilities

- 30 Station "kinetika" gym
- 5 Court Sports Hall
- 3G Synthetic Pitch
- Tennis / Netball Courts
- GP Referral Programme
- Personal Training
- Group Exercise Programme
- Cardiac Rehab Referral Programme
- Buzzy Bees Crèche
- Fitness Courses
- Junior Courses
- Children's Birthday Parties
- Cafeteria and Bar Facility
- Private Function Hire
- Terrace Rooms
- All Weather Athletics Track
- Grass Football Pitches
- Holiday Activity Programmes
- Free Car Parking

## Centre Opening Times

Monday – Friday	6.00am – 11.00pm
Saturday	8.00am – 10.30pm
Sunday	8.00am – 11.00pm

Opening and closing times may vary.



# Athletics Track

The newly refurbished track and field facilities at Braintree Leisure Centre are an ideal sporting venue for use by members of the local community and athletes from around the region.

This excellent site boasts a floodlit 8 lane synthetic all-weather 400m track together with full field event facilities including High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer and Javelin.

So whether you are young or old, novice or veteran, training for competition or for pure enjoyment, all are welcome to make use of the athletics facilities.

## Buzzy Bees Crèche

Our crèche offers child care facilities for those using our centre from 3 months to 4 years of age, leaving you to take some time out for yourself.

## Group Workout Classes

A great way to get in shape, our group workout exercise classes provide an all round work out ranging from mind & body to high impact classes.

Suitable for all fitness levels, why not bring a friend.

## Bar and Café facilities open

Monday – Friday 6.00pm – 11.00pm  
Saturday – Sunday 9.30am – 4.30pm

## Site Only Membership

Gym Membership exclusively at Braintree Leisure Centre  
Includes gym and all workout classes  
Contact a Customer Advisor for more details

# 3G Pitch

The newly refurbished synthetic pitch has been updated with the latest technology for artificial surfaces. Third generation pitches, also known as 3G pitches, looks like natural grass with similar playing characteristics, its non-abrasive and can be used with rubber studs. It provides a more natural bounce than sand filled AstroTurf pitches and provides players with a better grip resulting in a safer and more enjoyable playing experience.

The 3G pitch is suitable in all weather conditions and meets with FA and UEFA Standards. It is available for full size Football and Hockey, and 6 and 7 a side Football.



See separate leaflets for Birthday Parties, Group Workout Timetables and Children's Holiday Activities.

## Sportswear from PureLime



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

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

PURE LIME

# Braintree Swimming Centre

**Braintree**  
Swimming Centre

## Welcome

Welcome to Braintree Swimming Complex operated by the Braintree District Leisure Community Association Ltd. This superb facility is offered to the residents of the Braintree District, neighbouring districts and their visitors.

Located at the Freeport Braintree outlet village this facility is a joint project between Braintree District Council and Hermes the owners of Freeport. The facilities are available for all ages and abilities'. Everyone is welcome.

To ensure the continuous development of facilities and services, we are keen to hear what our users think and welcome any feedback that you may have.

We do hope you enjoy your visit to Braintree Swimming Centre and look forward to your continued support in the development of this facility.

## Facilities

- 25 metre Competition Pool
- Swiss timing on main pool
- Teaching Pool
- Leisure Pool with interactive play equipment
- Extensive Swim Academy Lessons
- Water Aerobics classes
- Mobility session
- Meeting Room
- Seminar Facilities
- Training Room
- Inclusive Access
- Free Parking (first 6 hours)

## Centre Opening Times

Monday to Friday	6.00am – 10.00pm
Saturday	6.30am – 6.00pm
Sunday	7.30am – 6.00pm

## Reception Opening Times:

Monday	6.00am – 8.45pm
Tuesday	6.00am – 7.45pm
Wednesday	6.00am – 8.15pm
Thursday	6.00am – 9.30pm
Friday	6.00am – 9.30pm
Saturday	6.30am – 4.00pm
Sunday	7.00am – 5.30pm

Opening and closing times may vary for specific activities.

Bank Holiday opening times 10.00am – 4.00pm



## Dive in with us!

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



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

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



## Do you swim regularly?

If you swim more than twice a week then our swim membership could save you money.

For more information on this great offer contact a member of staff for full details.

## Water Aerobics Classes

What better way to get in shape, than our water based exercise classes?

These non weight bearing classes are designed to be suitable for all fitness levels.

Why not bring a friend and exercise together.

Collect your pool programme from reception.

WiFi available on site please contact reception for more information and terms and conditions.

## Multi-function Room

Fully equipped facility including; kitchen facilities and separate washroom.

Available 7 days a week. Contact Reception for availability and bookings



## Meeting/Seminar Room

Are you looking for somewhere to hold your meetings or seminars? Our facility offers full conference facilities with easy access from the A120 and railway links. This room is fully air conditioned. Contact the centre for further details.

See separate leaflets for Birthday Parties, Pool Programme and Children's Holiday Activities.





# High Flyer on the pitch?

## Outdoor Hire

- Synthetic Pitches
- Grass Pitches
- Netball Courts
- Basketball Courts
- Tennis Courts

Great prices on outdoor pitch hire. To find out more, contact your local centre.



# Children's Parties

Aqua Splash  
Aqua Challenge



Tots Tea Party  
Under 4's Party



Mega  
BOunc<sup>e</sup>



Hot  
Shots



Let us take the strain whilst you  
enjoy your child's birthday party!

Contact your local centre for more details. For swimming parties normal admissions policy applies.

# Bramston Sports Centre

**bramston**  
sport • fitness • health

## Welcome

A warm welcome to Bramston Sports Centre operated by Braintree District Leisure Community Association Ltd on behalf of Braintree District Council. This fabulous facility offers you, your family and friends a wide range of facilities and activities that we are confident can provide something for whatever your interests – If you like swimming, using the gym, or group fitness classes, Bramston Sports Centre can cater for you.

To ensure continuous development of the centre we are keen to know what you think of our facilities, products and services and welcome any feedback you may have.

We do hope you enjoy your visit to Bramston Sports Centre and look forward to your continued support as the programme and facilities are developed.



## Centre Opening Times

Monday – Friday	6.15am – 10.30pm
Saturday	6.15am – 10.00pm
Sunday	6.15am – 10.00pm

Opening and closing times may vary for specific activities.

## Facilities

- State of the art 60 station kinetika gym
- Dance studio offering an extensive Group Workout Programme for all levels of fitness
- Indoor Studio Cycling Classes
- 25m 5-lane competition pool
- Teaching pool
- Diving pool with moveable floor
- Aqua Flume
- Beauty therapies
- 1 Fast Tan Sun Bed
- Health Suite with Steam Room and Sauna
- Little Lullabies Crèche
- 5 court sports hall
- 4 squash courts
- Gymnasium
- Conference room
- Football pitches
- Synthetic Pitch & changing facilities
- Bowls green
- Varied dryside courses
- Children's parties
- Cool Kids holiday activities
- kinetika members only changing facilities
- Free parking

## Health & Beauty

We offer a wide range of treatments from manicures to facials, waxing to holiday specials.

The Salon is open Monday, Tuesday and Thursday 9.15am - 3.00pm. For an appointment or to book a free consultation call now on 01376 533408



## Group Workout Classes

A great way to get and stay in shape. Exercise with a friend and try something new with a fun and motivational workout class.

Suitable for all fitness levels.

## Public Swimming

Daytime and Evening sessions available. Whether you want to get fit or just have fun, we have a session for you!

## Badminton and Squash

Are you competitive? Want to get fit? Why not play Badminton or Squash. A great way to get fit with friends. Various days and times available.

See separate leaflets for Birthday Parties, Group Workout Timetables, Pool Programme and Children's Holiday Activities.

## Conference Room

Our Conference room is available to hire. Ideal for meetings, seminars and courses. Call on 01376 533401 to book.



## Little Lullabies Crèche

**The crèche runs throughout the year, including all holidays.**

Take advantage of our Ofsted registered crèche for 0 – 5 years olds. Monday – Friday 9.15am – 12.00pm



# Halstead Leisure Centre

**HALSTEAD**  
Leisure Centre

## Welcome

A warm welcome to Halstead Leisure Centre operated by the Braintree District Leisure Community Association Ltd. A superb facility offered to the residents of the Braintree District and their visitors.

The facility offers an extensive range of activities suitable for all. So whatever the reason you have for visiting the facility, we are confident that Halstead Leisure Centre offers something for everyone.

To ensure the continuous development of our facilities and services, we are keen to hear what our users think and welcome any feedback that you may have.

We do hope you enjoy your visit to Halstead Leisure Centre and look forward to your continued support.



## Centre Opening Times

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

Opening and closing times may vary for specific activities.

Bank Holiday opening times will vary.

## Facilities

- State of the Art kinetika Gym with cardio theatre
- 25 metre Competition Pool
- 4 Court Sports Hall
- Learner Pool
- Extensive Swim Academy Lessons
- Dance Studio
- 6 Tennis Courts
- Basketball and Netball Courts
- Crèche Facility Available
- Function/Meeting Rooms Available
- Variety of Childs Party Packages
- Squash Courts
- High Powered Sunbed
- Inclusive access to all facilities
- Synthetic Outdoor Pitch
- Multi Use Games Area
- Free Parking

## Inclusive Fitness Initiative (IFI) HALSTEAD LEISURE CENTRE HAS BEEN AWARDED IFI ACCREDITATION



**Inclusive fitness**  
accredited site 2006

Halstead Leisure Centre has been awarded this accreditation as part of a £5 million national investment, supported by the federation of disabled sports and Sport England. A key objective of the scheme is to increase participation in sport and physical activity levels amongst people of every background and ability.

# ABC Creche

The crèche runs throughout the year, including all holidays.

Take advantage of our Ofsted registered crèche for under 5's.  
Monday – Friday  
9.25am -11.50am



## Badminton and Squash

Are you competitive? Want to get fit? Why not play Badminton or Squash. A great way to get fit with friends. Various days and times available.



## Group Exercise Classes

A great way to get in-shape, our group exercise classes provide an all round work-out ranging from mind & body to high impact classes.

Suitable for all fitness levels, why not bring a friend?



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

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

Don't let your Tan fade away With **FREE** Sunbed Sessions... Buy 8 Sunbeds and get 2 Absolutely **FREE**



## Junior kinetika

Junior kinetika sessions are aimed at 11 to 15 year olds. They will receive a full gym induction and a personalised programme to suit their fitness needs.

See separate leaflets for Birthday Parties, Group Exercise timetables, Pool Programme and Children's Holiday Activities.

# Notley Sports Centre



## Welcome

Facilities include a 5 court Sports Hall, Weight Training room, Multi purpose Room and Outdoor Football pitches.

Notley Sports Centre is great for Children's Birthday parties

These can be booked via Main Reception during opening times.

## Centre Opening Times

Monday – Friday	6.00pm – 10.30pm
Saturday	9.00am – 6.00pm
Sunday	10.00am – 6.00pm

Opening and closing times may vary for specific activities.

## Multi Purpose Room

Our multi purpose room situated on the first floor is suitable for:

- Meetings & Seminars
- Training Courses
- Table Tennis
- Aerobics
- Children's Parties

Suitable to seat up to 30 people

For further information, Telephone Notley Sports Centre during opening hours.



## Activities

### Sports Hall

5 Court Sports Hall.

Available for Hire for the following Activities:

- Badminton
- Football
- Basketball
- Children's Birthday Parties
- Indoor Tennis
- Volleyball

For further information, Telephone Notley Sports Centre during opening hours.

### Centre Clubs

Notley Sports Centre is home to a number of clubs including:

- Indoor Cricket League
- Braintree World of Football
- Sporting 77 Football Club
- Braintree Town Football
- Kickboxing Club
- Martial Arts
- Badminton Clubs

If you would like to book club time, please contact Notley Sports Centre during Opening Times.

### Weight Training

Session times:

Mon - Fri	6.00pm - 10.00pm
Sat	10.00am - 6.00pm
Sun	10.00am - 6.00pm

Notley Sports Centre is not part of the kinetika package. Inductions can be booked via Main Reception. Pay & Play or monthly gym cards available.

# Term Time Sports Courses

Want to learn to play a sport or  
build on skills you already have?

Prices start at just £3 per session\*

For children from the age of 3 years upwards\*

Courses include Football, Trampolining, Badminton, Athletics

and many more ...



Contact one  
of the sites  
listed below to  
find out what  
courses they  
offer.

Braintree Leisure Centre  
Bramston Sports Centre  
Halstead Leisure Centre

\*depending on site and sport

LUCOZADE and LUCOZADE SPORT are registered trade marks of the GlaxoSmithKline group of companies.

# LET'S TALK ABOUT YOUR WORKOUT



Treadmill. Cross-trainer. Aerobics. Spin class. Swim. Dance. Whatever your favourite way to stay fit, if you want to make the most of every session but don't want to take on more calories than you burn, use Lucozade Sport Lite. With 70% less sugars than regular sports drinks and just 50 calories per bottle, it provides the fluid and electrolytes your body needs to remain hydrated when you exercise, plus energy releasing B vitamins. You've got two thirst-quenching flavours to choose from – Summer Berries and Lemon & Lime – so if you want to get more out, without putting more calories in, try Lucozade Sport Lite and you'll see how your workouts can become lighter work...

DC126436

**Lite** Lucozade SPORT

IMPROVE YOUR WORKOUT  
ONLY 50 CALORIES