

# Brackenburg Sports Centre



01394 270278

## Opening Times

Monday - Friday 10.00am - 10.30pm  
Weekends 10.00am - 6.00pm



## General Activities

You don't have to be a member of a club to use the facilities at Brackenburg Sports Centre. If you'd rather just play a casual game with some friends, there's plenty of opportunity to do just that.

Choose from badminton, squash, tennis, football, carpet bowls, table tennis or any other sport we can accommodate.

### Sports Hall (per hour)

	Card Holder	Non Card Holder
Badminton (peak time)	£7.90	£9.90
Badminton (off peak time)	£7.20	£9.00
Exclusive sports hall use	£36.85	NA

Non-sport hire by negotiation

### Activity Hall (per hour)

Table Tennis	£5.85	£7.35
Carpet Bowls	£5.00	£6.25

### Squash

Monday – Friday	10.00am – 5.00pm (1 hour Court)
Monday – Friday	5.00pm – 10.20pm (40 minute Court)
Weekends	10.00am – 5.00pm (1 Hour Court) 5.00pm – 6.20pm (40 Minute Court)

# Holiday Activities

## Holiday Activities

We offer a range of activities to entertain children of all ages during the main school holidays.

Pick up a copy of our latest holiday activity leaflet for further details.

## Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options. Parties are for all age groups include an hour playing your favourite sports and games and then adjourn to our private party room for food. We'll provide all the necessary equipment and even a party organiser for an additional fee - you provide the children and the food!

Pick up a copy of our party leaflet for further details.



Programming may be subject to change without prior notice.

Time	Sports Hall	Activity Hall	All Weather
<b>MONDAY</b>			
10am - 12pm	Casual hire	Casual hire	Available for casual hire
12pm - 2pm	Casual hire	Trampolining course	
2pm - 4pm		Trampolining course	
4pm - 6pm	Gym coaching & Casual hire	Trampolining course	Private club hire
6pm - 8pm		Legs, Bums & Tums	
8pm - 10pm	Casual hire	Felixstowe Karate Club	
<b>TUESDAY</b>			
10am - 12pm	Casual hire	Casual hire	Available for casual hire
12pm - 2pm		Trampolining course	
2pm - 3pm	Cheeky Monkeys	Trampolining course	
4pm - 6pm	Basketball		
6pm - 8pm	Casual hire & Fencing club	Casual hire	Private club hire
8pm - 10pm		Casual hire	
<b>WEDNESDAY</b>			
10.30am - 11.30pm	Casual hire	Casual hire	Available for casual hire
12pm - 2pm		Trampolining course	
2pm - 4pm			
4pm - 6pm	Football coaching	Private club hire	Private club hire
6pm - 8pm	Casual hire & Badminton club		
8pm - 10pm	Casual hire		
<b>THURSDAY</b>			
10.30am - 12pm	Cheeky Monkeys	Casual hire	Available for casual hire
12pm - 2pm	Casual hire		
2pm - 4pm	Gymnastics courses	Trampolining course	
4pm - 6pm			
6pm - 8pm	Casual hire		Private club hire
8pm - 10pm			
<b>FRIDAY</b>			
10am - 12pm	Prime time	Aerobics	Available for casual hire
12pm - 2pm	Casual hire	Private hire	
2pm - 4pm	Casual hire & Gymnastics courses		
4pm - 6pm			
6pm - 8pm			
8pm - 10pm	Casual hire	Club hire	
<b>SATURDAY</b>			
10am - 12pm	Casual hire	Trampolining course	Available for casual hire
12pm - 2pm			
2pm - 4pm		Casual hire & birthday parties	
4pm - 5pm			
<b>SUNDAY</b>			
10am - 12pm	Casual hire & Little Kickers	Stagecoach theatre arts	Available for casual hire
12pm - 2pm	Casual hire		
2pm - 4pm		Casual hire	
4pm - 5pm			

# Children's Sports Course

Brackenbury offers children's sports courses throughout the week.

Qualified coaches are in attendance at all times and follow the national governing syllabus. For more details contact Kirsty Stannard.

## Trampolining

### **Mondays**

1.00pm - 1.30pm	2-5yrs
1.30pm - 2.00pm	2-5yrs
2.30pm - 3.00pm	2-5yrs
2.00pm - 2.30pm	2-5yrs
3.00pm - 3.30pm	2-5yrs
4.00pm - 4.30pm	5-10yrs
4.30pm - 5.00pm	5-10yrs
5.00pm - 5.30pm	5-10yrs
5.30pm - 6.00pm	5-10yrs

### **Tuesdays**

3.00pm - 3.30pm	2-5yrs
3.30pm - 4.00pm	2-5yrs
4.00pm - 4.30pm	5-10yrs
4.30pm - 5.00pm	5-10yrs
5.00pm - 6.00pm	5-10yrs
6.00pm - 7.00pm	10-16yrs
7.00pm - 8.00pm	10-16yrs

### **Wednesdays**

3.45pm - 4.45pm	5-10yrs
4.45pm - 5.45pm	5-10yrs
5.45pm - 6.45pm	10-16yrs

### **Thursdays**

4.00pm - 4.30pm	5-10yrs
4.30pm - 5.00pm	5-10yrs
5.00pm - 5.30pm	5-10yrs
5.30pm - 6.30pm	5-10yrs
6.30pm - 7.30pm	10-16yrs
7.30pm - 8.30pm	10-16yrs



# Gymnastics

## Mondays

4.00pm - 5.00pm	Beginners
5.00pm - 6.30pm	Beginners Apparatus (5+ yrs)
6.30pm - 8.30pm	Intermediate Apparatus

## Thursdays

4.00pm - 5.00pm	Pre-school class (4+yrs)
5.00pm - 6.00pm	Badges 7, 6 & 5 (5+ yrs)
4.00pm - 6.00pm	Advanced Club

## Fridays

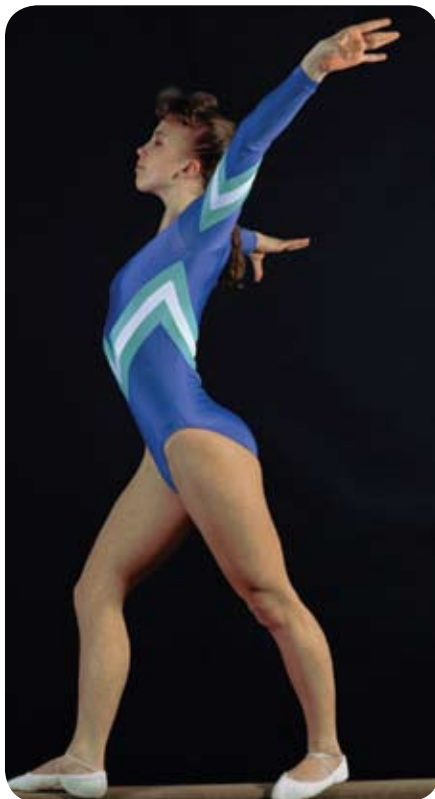
4.00pm - 5.00pm	Pre-school class (4+yrs)
5.00pm - 6.00pm	Badges 7, 6 & 5 (5+ yrs)
6.00pm - 7.00pm	Badges 4, 3 & 2 (5+ yrs)
4.00pm - 5.00pm	Beginners Badges (5+yrs)
5.00pm - 6.30pm	Beginners Apparatus
6.30pm - 8.30pm	Intermediate Apparatus

## Saturdays

10.00am - 1.00pm	Advanced Club
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## Prices (for 8 weeks)    Card Holder    Non Card Holder

Trampolining	£29.60	£37.20
Gymnastics (90 mins)	£41.60	£54.05
Gymnastics (60 mins)	£30.80	£38.80



# Drop in Sessions

Brackenburg also offers a range of drop in sessions for children of all ages and abilities.

## The Cheeky Monkeys Fun Hour

An opportunity for 1-5yr olds to come along and join in the fun and games, whilst developing their social skills.

Tuesday 2.00pm - 3.00pm &  
Thursday 10.30 - 12.00pm.

Tuesday £2.40 and Thursday £2.75 per session, parents must stay in attendance.

## Come & Try Trampolining

Come along and enjoy a 'bounce' under fully qualified instruction. A great way to keep fit and have fun at the same time. Don't worry if you've

never tried it before, it's never too late to have a go. Saturday at 10.00am, 11.00am or 12.00pm  
Limited spaces and pre-booking conditions apply.

	Card Holder	Non Card Holder
Children	£3.70	£4.65
Adult	£4.35	£5.45

## Basketball

An excellent opportunity for all keen basketball players to come along and receive expert coaching in a relaxed environment.

Boys and girls welcome - school years 7, 8, 9 & 10. Fully qualified coaches in attendance.  
Tuesday 4.30pm - 6.00pm.

**Card Holder £3.45, Non Card Holder £4.35**

# Adult Activities

## Prime Time

A 50+ activity session catering for people in the 'prime of their lives'. Come along and enjoy a friendly game in a relaxed environment.

Choose from badminton, table tennis, carpet bowls, mini-tennis and lots more.

Friday 10.30am – 12.00pm.  
(includes refreshments)

**Card Holder £2.85, Non Card Holder £3.60**

## Adult Trampolining

Casual activity sessions for adults under fully qualified instruction. Come along and enjoy the fun and relaxing atmosphere in which to improve fitness and flexibility.

Thursday 8.30pm-9.30pm, Saturdays 10.00am, 11.00am, 12.00pm (open to all ages).

Limited spaces available.  
(Pre-booking conditions apply)

**Card Holder £4.35, Non Card Holder £5.45**

## All Weather Pitch

Our all weather pitch is available for a variety of sports including tennis, netball, basketball and 5-a-side football.

	<b>Card Holder</b>	<b>Non Card Holder</b>
Tennis (peak)	£6.90	£8.65
Tennis (off peak)	£6.00	£7.50
Netball	N/A	£15.25
5-a-side (full court)	N/A	£35.40
5-a-side (half court)	N/A	£21.90

## Squash

We have 2 squash courts that are available for hire 10.00am - 10.20pm Monday – Friday and 10.00am - 6.00pm at weekends.

Mon-Fri 5.00pm-10.20pm (40min)  
At other times (60 mins)

**Card Holder £6.85, Non Card Holder £8.60**

## Aerobics Classes

### Legs, Bums & Tums

Mondays 6.30pm - 7.30pm

**Kinetika member £2.20, Coastal card holder £3.35, Non coastal card holder £4.25**

### Total Tone

Fridays 9.45am - 10.45am

**Kinetika member £2.20, Coastal card holder £3.35, Non coastal card holder £4.25**

### Circuit Training

Wednesdays 7.30pm – 8.30pm

**Kinetika member £2.20, Coastal card holder £3.35, Non coastal card holder £4.25**



# Training and Meetings

## Training and Meeting Room Hire

Do you need a venue for your training session or meeting? Brackenbury has the answer.

An ideal venue that can accommodate a maximum of 15 people in conference style. Kitchen facilities are available to make your own tea and coffee. Buffet lunches can be organised if required.

To organise a tour of the facilities please contact the General Manager.

## Booking System

Brackenbury Sports Centre operates a comprehensive 'booking system' whereby customers can book in advance various facilities subject to availability and the following conditions.

- 1 Only recognised sports and leisure activities, i.e. 5-a-side soccer, badminton, cricket, tennis, table tennis, basketball etc. can be pre-booked.
- 2 Single bookings for courts may be made in person and/ or by telephone up to seven days in advance of the required booking. 24 hours notice of cancellation must be given or customers will be charged for the activity booked.
- 3 Block bookings must be for a minimum period of 12 weeks. A 'bona fide' club who is affiliated to their respective national governing body can only claim this discount.
- 4 The start and finish times specified for any booking include any time required to set up and/ or take down equipment

