

# Leiston Leisure Centre

01728 830364



kinetika  
fitness

## Opening Times

Monday – Friday 7.00am – 10.00pm  
 Saturday 8.30am – 8.00pm  
 Sunday 8.30am – 9.00pm

## Authorised kinetika Fitness Suite

Authorise Users Induction Course  
 (Must be undertaken by all customers wishing to use the facility). (Pre-booking required)

**Coastal Card Holder £8.95**

**Non Coastal Card Holder £11.20**

## Authorised Fitness Programmes

A personalised fitness programme, tailor-made to your requirements is undertaken on a one-to-one basis with our qualified instructor(s). (Pre-booking required).

**Coastal Card Holder £8.60**

**Non Coastal Card Holder £10.75**

\*Juniors – Limited Supervised sessions only.

PLEASE NOTE THE KINETIKA MEMBERSHIP INCLUDES THE INDUCTION, FITNESS PROGRAMME, REGULAR REVIEWS AND UNLIMITED GYM USAGE

## Authorised Casual Rates

	Coastal Card Holder	Non Coastal Card Holder
Adult (16-60) per session	£5.35	£6.65
Junior (14-15) per session*	£4.55	£5.75
Senior Citizens (60+) per session	£4.55	£5.75
Adult C.V Special (available only when schools have priority use. Please see separate timetable for information)	£4.55	£5.75



# Workout Classes

We aim to provide a workout program suitable for all our customers, regardless of age or ability. To help you pursue a healthy and active life style we offer a wide variety of classes, which will appeal to both men and women.

## Monday

Legs Bums & Tums 6.00pm-7.00pm

## Tuesday

Body Combat 5.45pm-6.45pm  
 Body Pump 7.00pm-8.00pm  
 Ladies Water Workout 7.00pm-8.00pm  
 Adult Karate 8.30pm-10.00pm

## Wednesday

Fitness Swimming 6.30pm-7.30pm  
 Body Pump 7.00pm-8.00pm  
 Body Combat 8.15pm-9.15pm

## Thursday

Legs Bums and Tums 12.30pm-1.30pm  
 Water Workout 2.00pm-3.00pm  
 Body Combat 5.30pm-6.30pm  
 Body Pump 6.45pm-7.45pm

## Friday

HiLo Aerobics 5.30pm-6.30pm  
 Yoga 6.30pm-7.30pm

## Saturday

Body Pump 8.45pm-9.45pm  
 Junior Karate 10.00am-11.30am

## Sunday

Body Combat 5.15pm-6.15pm  
 Body Pump 6.30pm-7.30pm

Prices	Coastal Card Holder	Non Coastal Card Holder
<b>Adults</b>		
1 hour aerobics	£4.65	£5.85
1 & 1/2 hour aerobics	£5.40	£6.75
Body Combat	£6.05	£7.55
Karate	£4.00	£5.00
<b>Junior / Senior</b>		
1 hour Aerobics	£3.35	£4.20
1 & 1/2 hour aerobics	£3.90	£4.85
Body Combat/Pump	£3.70	£4.60
Karate	£2.90	£3.60

PLEASE NOTE ALL WORKOUT CLASSES ARE FREE TO ALL KINETIKA MEMBERS.



## Health Suite

Why not unwind after your day or workout with a session in our relaxing health suite. The health suite now includes deluxe 'Nordic' sauna, steam room and sunbed. Our sunbed enables you to retain that all-year-round tan or achieve that little bit of colour for a special occasion. For your safety, goggles must be worn for each session and can be purchased at reception

### Opening Times

Monday – Friday 7.00am – 10.00pm  
 Saturday & Sunday 8.30am – 8.00pm

## Sauna & Steam Room

	Coastal Card Holder	Non Coastal Card Holder
<b>Sauna &amp; Steam Room</b>		
per person per hour	£5.40	£6.75
<b>Sauna, Steam &amp; Swim</b>		
per person	£6.45	£8.10
<b>Sauna, Steam, 5 sessions</b>		
per person	£21.45	£27.00
<b>Sunbed per person</b>		
per session	£5.50	£6.85
<b>Sunbeds – 5 sessions</b>		
per person	£21.60	£27.00

PLEASE NOTE THE SAUNA & STEAM ROOM USAGE IS FREE TO ALL KINETIKA MEMBERS

# Swimming

## Swimming Pool Timetable

We have a comprehensive swimming timetable that is available from reception.

## Swimming Academy

We can offer a comprehensive range of structured swimming lesson courses for abilities from 3 year olds to 60+.



## Tadpole Lessons

Regular courses of ½ hour water confidence & introduction to swimming lessons. For 3 – 5 year olds.

Courses on Mondays between 11.00am & 12.30pm, Tuesdays 4.30pm-5.30pm, Fridays 1.00pm & 3.00pm and Saturdays between 8.30am & 11.00am.



## Child Lessons

Regular structured courses of ½ hour lessons for 5 – 15 year olds.

Courses on Mondays between 4.00pm – 6.00pm, Tuesdays 4.30pm – 5.30pm, Fridays 4.00pm – 6.00pm and Saturdays between 8.30am & 11.00am.

## Adult Lessons

Regular structured courses of ½ hour lessons for adults aged 16 years and above. Courses on Thursdays between 7.00pm – 8.30pm.

## Holiday Activities

For a copy of our holiday activity brochure, just give us a call.

## Lifesaving Classes

Leiston Leisure Centre is able to offer a comprehensive range of lifesaving courses, which include RLSS Rescue Test for Teachers & RLSS National Pool Lifeguard Qualification (7th Edition) which all take place on Monday evening from 7.30pm.

## One-to-One Lessons

We are pleased to be able to offer 'Private' Swimming Lessons for all abilities as part of our programme. On your own or with a friend, private lessons can help even the non-swimmer to swim.

Contact the Swimming Co-ordinator for more details on 01728 830364.

# Children's Activities

## Little Oinks Crèche

For those over 6 months and under 5 years  
Full supervision by 2 qualified members of staff,  
parents/guardians must stay on site.

Per pre-booked session (maximum stay 2 hours)

Coastal Card Holder	£2.80
Non Coastal Card Holder	£3.50

<b>Monday</b>	9.30am-11.30am
<b>Tuesday</b>	9.45am-1.45pm
<b>Wednesday</b>	9.30am-11.30am
<b>Thursday</b>	9.45am-1.45pm
<b>Friday</b>	9.30am-11.30am

## Piglet's Play Farm

For those over 1 year and under 8 years  
(maximum height 4ft)  
Up to 3 children can be accompanied by one  
adult at all times.

Per session (maximum stay 2 hours)

Coastal Card Holder	£2.80
Non Coastal Card Holder	£3.50

<b>Monday</b>	1.30pm-6.00pm
<b>Tuesday</b>	2.30pm-5.00pm
<b>Wednesday</b>	2.00pm-5.00pm
<b>Thursday</b>	2.30pm-5.00pm
<b>Friday</b>	1.30pm-6.00pm
<b>Saturday &amp; Sunday</b>	9.00am-1.00pm

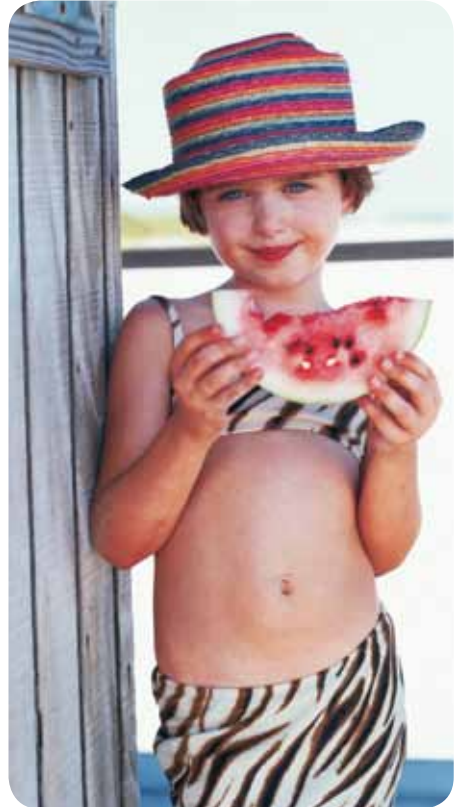
## Holiday Activities

For a copy of our holiday activity brochure,  
just give us a call.

## Birthday Parties

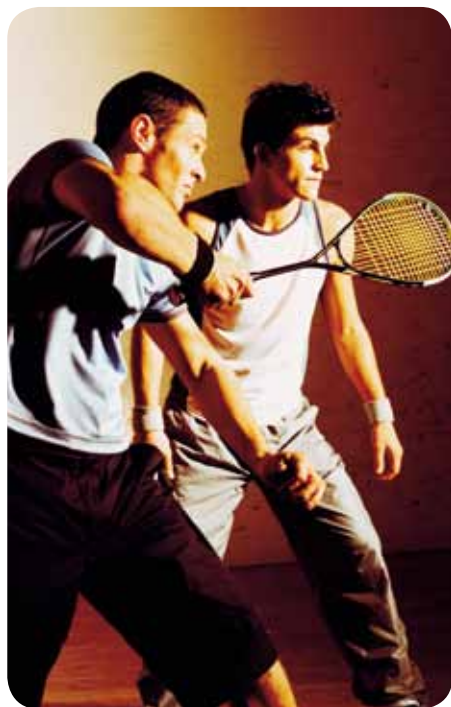
Let us take the stress out of your child's birthday  
and choose from one of our options. Parties are  
for all age groups and vary from a pool party to  
traditional party games.

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



# Main Hall Activities

	Coastal Card Holder	Non Coastal Card Holder
<b>Trampolining</b>		
Drop in Sessions 10.00-10.45am & 11.00-11.45am		
Junior per session (4-15yrs)	£4.15	£5.25
Regular 10 week Trampolining courses run on Thursday evenings –please contact the centre for further information.		
<b>Roller Skating</b>		
Sundays 10.00am – 12noon		
Adult per session	£3.05	£3.80
Child per session	£2.30	£2.95
<b>Badminton</b>		
Adult per court	£6.70	£8.40
Junior per court	£5.50	£6.85
Adult 'Saturdays'	£5.20	£6.50
<b>5-a-side Soccer, Volleyball, Basketball</b>		
	£29.15	£36.45
<b>Equipment Hire</b>		
	F.O.C	£0.70



## Main Hall Programme

### Monday

7.00am-9.00am Available for public use/hire  
9.00am-6.00pm Leiston High School hire  
6.00pm-10.00pm Available for public use/hire

### Tuesday

7.00am-9.00am Available for public use/hire  
9.00am-6.00pm Leiston High School hire  
6.00pm-10.00pm Available for public use/hire

### Wednesday

7.00am-9.00am Available for public use/hire  
9.00am-6.00pm Leiston High School hire  
6.00pm-10.00pm Available for public use/hire

### Thursday

7.00am-9.00am Available for public use/hire  
9.00am-6.00pm Leiston High School hire  
6.00pm-10.00pm Available for public use/hire

### Friday

7.00am-9.00am Available for public use/hire  
9.00am-6.00pm Leiston High School hire  
6.00pm-10.00pm Available for public use/hire

### Saturday

9.00am – 12.00pm Cut Price Sports  
12.00pm – 7.00pm Public Use  
5.00pm – 11.00pm Available for Hire/events

### Sunday

9.00am – 10.00pm Cut Price Sports  
10.00am – 12.00pm Roller Skating/Trampolining  
12.00pm – 5.00pm Public Use  
5.00pm – 9.00pm League/Public Use

## Cut Price Sports

### In the main hall

Saturdays 9.00am – 12.00pm  
Sundays 9.00am – 10.00am

	Coastal Card Holder	Non Coastal Card Holder
Badminton	£5.20	£6.50
5-a-side	£14.60	£18.30

Saturday Afternoon Special  
Between 12.00pm – 7.00pm  
All activities charged at junior rate

# Outdoor Sports

## All Weather Pitch

Our all weather pitch can offer volleyball, football, tennis, and hockey. Floodlighting is available. (Pre booking is required)

### Available for hire:

9.00am-6.00pm Leiston High School hire

6.00pm-10.00pm Available for public use/hire

**Coastal Card holder £6.85**

**Non Coastal Card holder £8.60**

### All Weather Floodlights

**Coastal Card holder £6.85**

**Non Coastal Card holder £8.60**



## Activity Room

Coastal Card Holder      Non Coastal Card Holder

### Table Tennis

Adult per table/hour	£4.80	£6.05
Junior per table/hour	£3.45	£4.30

### Squash

We have 2 squash courts available for hire.

Monday – Friday

7.00am – 9.00am Available for public use/hire

9.00am – 6.00pm Leiston High School use

6.00pm – 10.00pm Available for public use/hire

Saturday 8.30am – 8.00pm

Sunday 8.30am – 9.00pm

Adult per court	£6.70	£8.40
Junior per court	£5.50	£6.85
Adult 'Weekends'	£5.20	£6.50

Our Main Hall and Activity Room are available for private hire. For further information contact the Centre on 01728 830364.