

Sport & Leisure Programme

April 2011



Felixstowe Leisure Centre
Brackenbury Sports Centre
Leiston Leisure Centre
Deben Pool

Welcome

to Suffolk Coastal

This brochure has information on the sports and leisure activities within Felixstowe Leisure Centre, Brackenburg Sports Centre, Leiston Leisure Centre and Deben Pool.

All four Centres are managed by DC Leisure. DC Leisure is a national company specialising in leisure centre operation. We will be reviewing our programmes and activities that we provide in line with your requirements.

Details on our membership scheme and the benefits of joining a gym can be found on pages 4 & 5. The brochure is then split into each Centre and information on their own activities are listed. We also have some additional brochures for our Swimming Programmes, Birthday Parties and Holiday Programmes.

We welcome your feedback on the activities and sessions that we are running. Please complete a Customer Feedback form at any of the Centres for any comments that you have or speak to a member of staff.



Suffolk Coastal

Where quality of life counts

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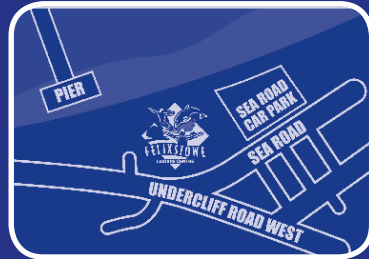
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How to find us



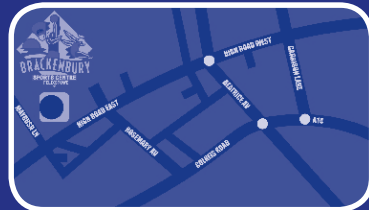
Felixstowe Leisure Centre

kinetika gym
Health suite – sauna and steam room
Bowls hall
Funtasia adventure play
Swimming Pool – 25 metre pool with fun pool,
Flume and baby pool
Main hall
Café
Crèche
Meeting Room & Studio



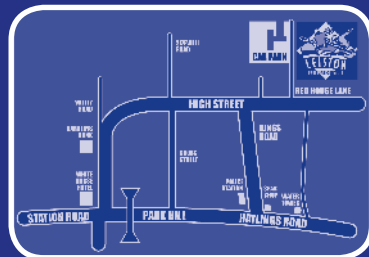
Bracklenbury Sports Centre

5 badminton court Sports Hall
Smaller 13m x13m activity Hall
2 squash courts
Meeting Room
Outdoor tennis and football pitch



Leiston Leisure Centre

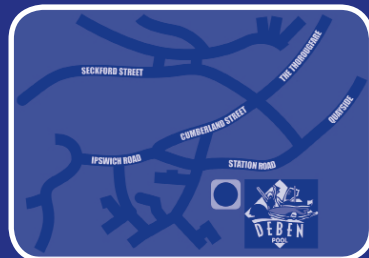
kinetika gym
Health suite – sauna, steam room
25 metre swimming pool and toddler pool
Piglets play farm soft play area
2 squash courts
4 badminton court Sports Hall
Outdoor tennis and football pitch
Activity Room



Deben Pool

kinetika gym
Main pool 25 metres
Sauna

The Management reserves the right to amend this programme and details without prior notification. Sessions and activities change during school holidays – Pick up our separate Holiday leaflets for details and timetables.



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 18yrs +

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

Family

- kinetika Journey
- Gym
- Swimming
- 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

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 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 at your nearest centre 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 9 and 10 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.



Swimming At Our Pools

Sessions Guidelines

- 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.
- Last tickets issued 30 minutes before sessions close and all pools will be cleared at the end of each session
- Clothing – T-shirts and non-swimwear shorts are not recommended as clothing for the pool for safety and hygiene reasons
- Showering – please ensure you always shower before you swim
- Management reserves the right to change any activity or time without prior notice
- When necessary the changing/locker rooms will be hosed down and admission will be stopped while this is taking place
- Photography and filming can only be allowed with the permission of the Duty Manager
- No large inflatables/surf boards permitted.

Swimming Lessons

Can you or your child swim?? If the answer is 'NO' look no further than our swimming lesson academy which caters for every ability. Contact reception for further details.

Swim Academy



Swim Academy is the Centres swimming lessons branding which enables lessons to take place at Leiston Leisure Centre, Deben Pool and Felixstowe Leisure Centre for 50 weeks a year. As there are continuous lessons this enables pupils to learn continuously and more effectively without stopping and starting and relearning skills after a break during previous school holidays. Pupils will continue to learn swimming skills as part of the Amateur Swimming Associations National Swimming Plan stages 1-7 and progress from level to level in a series of courses through the year. Swim Academy also offers pupils swim membership at the centres if lessons are paid for as part of a direct debit payment scheme which gives free public swimming and spreads the payment throughout the year. Lesson application forms are available at centre receptions as are more details on payment options for direct debit or per course charges.

Contact centre reception for more information on any of our great schemes and for more details on payment options and detailed charges.

Coastal Card



What is it – Coastal Card is Suffolk Coastal District Council's new card aimed at regular users. It enables card holders to access a wide range of activities and sessions at any of Suffolk Coastal's Indoor Leisure facilities.

The card will enable you to benefit from the low prices to use the facilities. In addition there will also be a number of other benefits such as free entry to all the leisure centres, preferential advance bookings and free equipment hire.

Cardholders will also be entitled to further reductions on certain activities through pre-payment. Each centre has varying prices for its activities and sessions so please see the two charges for each activity on the relevant centres pages. Anyone who wishes to buy a card can do so and it is valid for one year.

Cost of buying a Coastal Card for 2011

	Resident in Suffolk Coastal	Non Resident
Adult	£12.90	£25.95
Senior	£6.55	£12.90
Junior	£6.55	£12.90
Concession	£6.55	£12.90
Disabled	£6.55	£12.90

To get your Coastal Card please fill out an application form available at your local Leisure Centre. Please refer to the two rates of charges per session or activity.

EXAMPLE ONLY	Card Holders Holders	Non Card
Adult Swim	£3.10	£3.90
Child Swim	£1.95	£2.45

Felixstowe Leisure Centre

01394 670411



kinetika™
fitness



Centre Opening Times

Monday – Friday	7.00am – 10.00pm
Wednesday	6.30am – 10.00pm
Saturday – Sunday	8.00am – 8.00pm

kinetika Gym

Combined with its varied personal programmes and expertise, our kinetika fitness facilities are recognised for its high standards and superb value for money. The gym offers a fantastic panoramic sea view to add to your workout.

Youth Fitness Training

Supervised, structured sessions for 11-15 year olds to provide an introduction to fitness and exercise in a safe environment.

Monday, Tuesday & Thursday	4.00pm – 5.00 pm
Saturday – Sunday	10.00am – 11.00am 11.00am – 12.00pm

(Must be pre-booked)

kinetika Gym Prices and Times

Air-conditioned Fitness Suite with panoramic views

Opening Hours:

Monday – Friday	7.00am – 10.00pm
Wednesday	6.30am – 10.00pm
Saturday – Sunday	8.00am – 8.00pm

	Card Holder	Non Card Holder
Single Gym Session	£6.55	£8.20
Off Peak 7 - 5 Weekdays	£4.90	£6.15
60+	£4.15	£5.20
Induction	£9.00	£11.25
Steam room and Sauna (per hr)	£5.75	£7.00
Steam room, Sauna and Swim	£7.20	£9.00
Sunbed (15 mins)	£5.85	£7.30
Youth Fitness Session	£2.70	£3.40
Youth Induction	£4.10	£5.15
Kinetika Member Sunbed	£3.75	

Sunbeds & Health Suite

Why not take advantage of our sunbed, our solarium will enable you to retain the all – year tan or achieve that little bit of colour for a special occasion. As a member of the Sunbed Association, our bed is operated with strict guidelines.

Steam room and Sauna	£5.75	£7.00
(per hr)		
Sunbed	£5.85	£7.30
Kinetika Member Sunbed	£3.75	

Why not unwind after your day or workout with a session in our relaxing health suite. Enjoy a visit and choose to use the split-level sauna or the 8 seat steam room. Adult Only.

Studio Classes Price List

50+ Workout	£3.45	£4.30
Tea Dance	£2.70	£3.40
Dance Workout	£4.95	£6.20
Body Balance	£6.55	£8.20
Body Combat	£6.55	£8.20
Body Pump	£6.55	£8.20



For details of all activities
contact reception.

Group Workout Classes

Felixstowe Leisure Centre

We have an extensive studio programme available throughout the week – Contact reception on 01394 670411 for details or pick up one of our studio class programmes.



Attendees of all classes including water based classes must receive and hand in their ticket (which they receive from reception) to the class instructor before the start of the class. Access to the class may not be authorised if a valid ticket is not provided. Also any attendee arriving 5 or more minutes late for a class may not be allowed entry.

All classes listed on the Class Timetable are included in the Full Kineika Membership and therefore are free to those members, Day Time Memberships are allowed access for free to classes up to 5pm. The Class Timetable will be amended throughout the year at the management's discretion. Also due to our commitment with Blood Donors occasionally classes are either moved to another location within the centre or are cancelled. Information for Customers will be displayed within the centre.

Studio 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.

Class Descriptions

Body Pump

Body Pump is the worlds first class to combine high – repetition weight training with aerobic conditioning, It will tone and condition your body, can help you loose weight and ultimately change your body shape, all in record time.



Body Balance

Body Balance is the yoga, tai chi and pilates workout that leaves you feeling long, strong, centred and calm. Its your personal time out from the stress of daily life.

Tea Dance

Ballroom and Sequence dancing, tea and biscuits. Meet up with some friends.

Body Combat

Body Combat combines powerhouse moves and stances developed from a range of self defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwondo into a “take on prisoners” adrenaline pumping routine. It is an empowering, athletic workout that will have you fighting fit in no time.

50+ Workout

50+ is a gentle aerobic workout, including floor exercises. It helps increase your cardiovascular system and tone your body all over at the same time. It has simple moves so even the least coordinated person can take part. We have a friendly atmosphere throughout our classes and the instructor is there to guide you through your workout.

Boxercise

The best stress buster around, it is also one of the most effective forms of cross training available today. Benefits of Boxercise include: increased mental agility, improved hand-eye coordination and increases stamina and muscular strength.

Swimming Price List

Felixstowe Leisure Centre

Get a Coastal Card and enjoy cheaper sessions 

	Card Holders	Non Card Holders	ACTIVITY SESSIONS	Card Holders	Non Card Holders
SWIMMING					
Adult	£3.30	£4.15	Body Pump	£6.55	£8.20
Child (3-16)	£2.10	£2.65	Body Combat	£6.55	£8.20
60+	£2.10	£2.65	Body Pump	£6.55	£8.20
Family	£8.90	£11.15	50+ Workout	£3.45	£4.30
Afternoon Swim	£2.95	£3.70	Tea Dance	£2.70	£3.40
Swimming With Disabilities	-		Dance Workout	£4.95	£6.20
Adult	£1.40	£2.60	Steam room and Sauna		
Swimming With Disabilities	-		(per hr)	£5.75	£7.00
Child	£1.40	£1.75	Steam room,		
Parent and Toddler Session	£3.80	£4.75	Sauna and Swim	£7.20	£9.00
Pool Fun Child	£2.95	£3.70	Sunbed (15 mins)	£5.85	£7.30
Pool Fun Adult	£4.00	£5.00			
Pool Fun Family	£9.90	£12.40	OTHER CHARGES		
Water Workout	£4.95	£6.20	Showers	£1.45	£1.80
Water Workout and Swim	£6.60	£8.25	Spectator Charge	F.O.C	£0.90
Gentle water Workout	£3.85	£4.80			
Adult Swimming Lessons	£5.80	£7.25	DRYSIDE ACTIVITY		
Child swimming Lessons	£5.15	£6.45	Bowls	£3.45	£4.15
Private Swimming Lessons	£14.35		Bowls Wood Hire	£2.50	£3.15
			Funtasia Private Hire	£33.90	£42.40
			Funtasia 2 Hours	£3.80	£4.75
			Funtasia Under 1 Year	£1.45	£1.80
			Funtasia Over 1 Year	£3.05	£3.80
			Crèche	£2.90	£3.65
KINETIKA					
Authorised Gym User (Peak)	£6.55	£8.20			
Authorised Gym User (Off Peak)	£4.90	£6.15			



NPLQ Lifeguard Courses

Here at Felixstowe Leisure Centre we offer you a fantastic environment to learn how to become a fully qualified Lifeguard. Whether you would like a holiday job, or would like to begin a career within the leisure industry this could be the ideal course for you!

We offer a very friendly and comfortable environment for you to learn in and our Trainers are extremely friendly and approachable, plus we offer a very competitive price! The courses are available throughout the year during holidays, so please give us a call to find out more.

Please contact Steve Burgess (Training Course Coordinator) at the centre on 01394 670411 or email him Steveburgess@dcleisure.co.uk



Sea Splash Pool Inflatable

Did you know we have a fantastic Pool Inflatable for hire every weekend!? Whether you would like a party or team bonding session, this is a great activity for your child's birthday party or for a treat!

The Sea Splash inflatable is a great obstacle course of thrills and spills and will challenge the very best to stay on for the whole course, call us to find out more! Please contact Alice Palmer for more information by email Alicepalmer@dcleisure.co.uk or by phone on 01394 670411.



Swimming Academy

We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons all throughout the week and year. You can even relax and unwind with a refreshment from our Café whilst your child is learning to swim! It is without doubt the best Swim school in the area.

Rookie Lifeguard is for Children aged between 8-12 years of age, and is a great follow on once your child has progressed through our Swimming Lessons, it gives them the opportunity to learn basic lifesaving skills and gives them an understanding of lifeguarding too! The Rookie Lifeguard course consists of survival, rescue and sports skills as well as life support and water safety.

Please contact Adele Bullock for more information by email Adelebullock@dcleisure.co.uk or by phone on 01394 670411



Swimming Activities

People with Disabilities Swimming Club

Saturday 4.45pm – 6.15pm

This session is aimed at any age for people with special requirements and ideal for people in rehabilitation, disabled or under medical supervision. A lap lane, mats, balls and toys, as well as specialised equipment is available in this session. Please complete a form from reception prior to your visit.

50+ Activities

Swimming

Tuesday	11.00am – 12.00pm
Thursday	8.30am – 10.00am
Sunday	9.00am – 10.00am

Gentle Water Workout Class

Sessions are available throughout the week, please consult the Class Timetable for times and days.



Drop in sessions

Parent & Toddler sessions (under 5s)

Tuesday	9.00am – 11.00am
Thursday	10.00am – 12.00pm

ASA Qualified teacher is available to offer guidance and answer questions, nursery rhymes are used for water confidence.

Fun Session

Foam mats and balls for all round fun.
Monday 4.00pm – 5.30pm
Aimed at 8-12 year olds (swimmers only).

Super Splash

A totally awesome fun based activity for all ages-flume-inflatable and music.

Contact Reception for details

Ladies Water Workout

Try a water workout exercising in water is exceptionally therapeutic, buoyancy makes it effortless and fun, whilst resistance makes it effective. Please see the Class Timetable for times and days.

Felixstowe Swimming Club

Felixstowe Leisure Centre is the home of Felixstowe Waves Swimming Club. Members range from those who want to learn to swim (aged five upwards) to established swimmers who regularly attend a variety of competitive galas. In addition there is a thriving Masters section for adults.

The club swimming times are:

Wednesday	6.30am – 7.30am
	5.30pm – 7.30pm
Friday	7.00pm – 10.00pm
Sunday	7.45am – 8.45am
	6.30pm – 9.30pm

Felixstowe Waves is small, very friendly club whose success is based on the teamwork of the experienced coaches and teachers working alongside parents. The aim is to promote each individual swimmer's ability through a highly structured teaching/ training programme. The club is always eager to welcome new swimmers of all ages, or willing volunteers, teachers and coaches; for more details please contact the member secretary on (01394) 272351.

Children's Activities

Funtasia Treasure Island

Children's indoor adventure play area includes an undersea world inflatable; galleon Treasure Island trail, ball pools and an abundance of soft play toys.

	Card Holder	Non Card Holder
Children under 1 yr – 1hr	£1.45	£1.80
Children over 1 year – 1hr	£3.05	£3.80
Children over 1 year – 2 hrs	£3.80	£4.75

Private hire of Funtasia

Available for Private Hire from 6.00pm – 10.00pm. Up to a maximum of 50 children. Cost £33.90 CC, £42.40 NCC per hour. Maximum height of 130 centimetres.

Opening Times

Mon – Fri 9.30am – 6.00pm

Sat – Sun 9.30am – 6.00pm

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. Min 10 children per party.

Crèche

Our Crèche offers childcare facilities for newborns to 5 years and is open to parents using the facilities. Leave your child with the peace of mind that they are being looked after by qualified child carers, while you enjoy your favourite activity.

Pre booking is recommended 7 days in advance.

Opening Times

Monday	9.15am-12noon
Tuesday	9.15am-11.30am
Wednesday	9.30am-12.15pm 12.15pm-1.45pm
Thursday	9.15am-10.30am 10.30am-12.00pm
Friday	9.15am-10.30am 10.30am-12noon

Card Holder £2.90 Non Card Holder £3.65

Times may change throughout the year at the management's discretion, notices informing customers of any changes will be displayed around the centre.

Indoor Bowls

We are open to the public with a maximum of 8 players per rink.

Prices

Card Holder: £3.45

Non Card Holder: £4.15

Wood Hire: £2.50 per rink per hour for

Card Holders

£3.15 per rink per hour for

Non Card Holders.

Rinks are available to the public during the following times:

Monday

7.30am – 10.30am

12.30pm – 2.30pm

4.30pm – 6.30pm

9.00pm – 10.30pm

Tuesday

7.30am – 10.30pm

Wednesday

7.30am – 6.30pm

Thursday

7.30am – 9.30pm

Friday

7.30am – 10.30am

12.30pm – 6.30pm

9.30pm – 10.30pm

Saturday

8.00am – 2.00pm

6.00pm – 10.00pm

Sunday

8.00am – 10.00pm

Rink times are subject to change

Felixstowe Indoor Bowls Club

If you are interested in joining Felixstowe Indoor Bowls Club please contact Derek Page on 01473 716450 for further information.



Café

The perfect venue for your lunchtime snacks, social drink or afternoon tea.

Opening Hours

Opening times are available from reception or alternatively please contact the Café.



Main Hall Hire

Why not hire our facilities we can cater for a wide variety of hiring requirements.

- Wedding receptions
- Conferences or business seminars
- Corporate events
- Disco and band nights
- Fairs or presentations
- Ideal for Meeting/Training Sessions



Fitness & Meeting Rooms at Felixstowe Leisure Centre



A modern and inviting new facility with direct views over the coast, Fully equipped with Projector and Screen for presentations, Catering is available from Coffee's and snacks to Buffets and cooked meals. The fitness studio will host a variety of aerobic classes in particular yoga, pilates and Body Balance. The state of art sound system will ensure all classes are delivered to a high standard.

For Further Details please contact Reception.

Brackenbury Sports Centre



01394 270278

enquiries@brackenburysportscentre.co.uk

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 Brackenbury 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)

Adult Badminton Peak
£8.60 Coastal Card
£10.75 Non Coastal Card

Adult Badminton Off Peak

£4.00 Coastal Card
£5.00 Non Coastal Card

Junior Badminton Peak

£7.40 Coastal Card
£9.25 Non Coastal Card

Junior Badminton Off Peak

£4.00 Coastal Card
£5.00 Non Coastal Card

Squash – Per Court

60mins – during day time hours and weekends
40mins – during peak hours

Adult Squash Peak

£7.40 Coastal Card
£9.25 Non Coastal Card

Adult Squash Off Peak

£4.00 Coastal Card
£5.00 Non Coastal Card

Junior Squash Peak

£5.85 Coastal Card
£7.30 Non Coastal Card

Junior Squash Off Peak

£4.00 Coastal Card
£5.00 Non Coastal Card

Peak Times

Monday to Friday – 5.00pm to 9.00pm

Off Peak Times

Monday to Friday – 10.00am to 5.00pm & 9.00pm to 10.30pm & Weekends

Junior Activities

Holiday Activities

We offer a variety of children's activities during the holidays at Brackenbury Sports Centre. Come along and take advantage of our dryside activities such as Squash, Badminton, Tennis, Table Tennis, Trampoline and Gymnastics. Along side these we also offer day courses in Basketball, Football, Archery and Dancing. For more information, pick up a holiday activities flyer from reception.

NB – Normal programme will run in conjunction with the above.

Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options.

Cheek Monkeys and Bouncy Castle

Bouncy castle with soft play equipment and toys.

Age suitability: 2 – 6

Number of children: maximum 20

Mix & Match

Trampoline and party games

Recommended for larger parties.

Age suitability: 6+

Number of children: maximum 20

Sports Crazy

A selection for sports based activities to be played in our sports hall. These include Football, Basketball, Cricket and many more to choose from.

Age suitability: 5+

Number of children: maximum 14

Bouncing Bash

Trampoline party, with coaching and games

Age suitability: 5+

Number of children: maximum 10

Fit and Fun

Team related running activities, as well as parachute games. Includes a leisure assistant to coordinate games.

Age suitability: 8+

Number of children: maximum 20

Parties 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.



Trampoline Courses

Here at Brackebury we offer the very best Trampoline coaching for children and adults from the ages of 2 years and upwards. Classes are structured on a course basis, which will enable you or your child the opportunity to develop through the British Gymnastics syllabus and earn badges and certificates on your way!

The centre is a British Gymnastic Proficiency Centre which means that you can be sure that your child is getting the very best tuition in a safe and professional environment.

Our courses run all throughout the week and we can cater for any age and ability so please give us a call at the centre to find out more on 01394 270278, or you can email us – enquiries@brackeburysportscentre.co.uk



Gymnastic Courses

The centre is a registered British Gymnastics Proficiency Centre which means that you can be sure that the coaches are very well qualified, and that the centre offers the very best environment for you or your child to learn in.

We offer Gymnastic courses all throughout the week, as well as an Advanced Club, which if you are talented and committed enough, you may be able to progress into. The courses run throughout the week, and there are sessions at the weekend too. The courses cater for children from 3 1/2 years and upwards.

Prices (for 10 weeks)	Card Holder	Non Card Holder
Trampoline	£40.00	£50.00
Gymnastics (90 mins)	£63.00	£79.00
Gymnastics (60 mins)	£42.00	£52.50
Proficiency Fee	£2.10 per course	



Drop in Sessions

Brackenbury 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 10.00am – 11.30am.

Tuesday £2.65 and Thursday £3.00 per session, parents must stay in attendance.

Trampoline for all

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.

Limited spaces and pre-booking conditions apply.

	Card Holder	Non Card Holder
Children	£4.00	£5.00
Adult	£4.70	£6.00

Saturday mornings 9.30am and 10.30am

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 &
Sunday 4.30pm – 6.00pm

Tuesday

Under 16's
Price = CC £3.75 – NCC £4.45

Sunday

Under 12's
Price = CC £3.00 – NCC £3.50

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.

Wednesday 10.00am -12.00pm

Friday 10.00am – 12.00pm.

(includes refreshments)

Card Holder £3.15, Non Card Holder £3.95

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 9.30am and 10.30am (open to all ages).

Limited spaces available.
(Pre-booking conditions apply)

Card Holder £4.70, Non Card Holder £6.00

All Weather Pitch

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

	Card Holder	Non Card Holder
Tennis (peak)	£7.45	£9.30
Tennis (off peak)	£4.00	£5.00
Netball (full court)	N/A	£14.10
Netball (half court)	N/A	£7.00
5-a-side (full court)	N/A	£25.00
5-a-side (half court)	N/A	£15.00

Squash

60mins - during day time hours and weekends

40mins - during peak hours

Adult Squash Peak

£7.40 Coastal Card

£9.25 Non Coastal Card

Adult Squash Off Peak

£4.00 Coastal Card

£5.00 Non Coastal Card

Fitness Classes

We have a good array of classes suitable for beginners up to the advanced exerciser. Please contact reception to find out more, and to pick up a timetable.



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



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 £9.50

Non Coastal Card Holder £11.90

Authorised Gym User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult	£5.70	£7.15
Junior Kinetika	£2.40	£3.00
Senior Citizens	£4.80	£6.00
Adult C.V Special	£4.80	£6.00

(available only when schools have priority use. Please
see separate timetable for information)

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 £9.10

Non Coastal Card Holder £11.40

*Juniors – Limited Supervised sessions only.

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

Junior kinetika Training

Supervised, structured sessions for 11-15 year olds to
provide an introduction to fitness and exercise in a
safe environment

Tuesdays, Wednesdays & Thursdays 4.00pm – 5.00pm
(Must be pre-booked, Limited spaces)



Group 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

Circuits 7.00pm-8.00pm

Ladies Water Workout 7.00pm-8.00pm

Wednesday

Fitness Swimming 6.30pm-7.30pm

Body Pump 7.00pm-8.00pm

Body Combat 8.15pm-9.15pm

Kettlebell Course (6 weeks) 5.45pm-6.45pm

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
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Adults

1 hour aerobics £4.95 £6.20

Body Combat £6.40 £8.00

Karate £4.25 £5.30

Junior / Senior

1 hour Aerobics £3.55 £4.45

Body Combat/Pump £3.90 £4.90

Karate £3.10 £3.90

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
Sauna & Steam Room		
Per person per hour	£5.70	£7.15
Sauna, Steam & Swim		
Per person	£6.85	£8.55
Sauna, Steam 5 sessions		
Per person	£22.75	£28.45
Sunbed per person		
Per session	£5.85	£7.30
Sunbeds 5 sessions		
Per person	£22.90	£28.65

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 1/2 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 1/2 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 1/2 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 £3.00

Non Coastal card Holder £3.75

Monday 9.30am-11.30am

Tuesday 9.45am-1.45pm

Wednesday 9.30am-11.30am

Thursday 9.45am-1.45pm

Friday 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 £3.00

Non Coastal Card Holder £3.75

Monday 1.30pm-6.00pm

Tuesday 2.30pm-5.00pm

Wednesday 2.00pm-5.00pm

Thursday 2.30pm-5.00pm

Friday 1.30pm-6.00pm

Saturday & Sunday 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
Roller Skating		
Sundays 10.00am-12noon		
Adult per session	£3.25	£4.05
Child per session	£2.45	£3.05
Badminton		
Adult per court	£7.10	£8.90
Child per court	£5.85	£7.30
Reduced Weekend rate	£4.00	£5.00
5-a-side Soccer, Volleyball, Basketball		
	£30.90	£38.65
Equipment Hire		
	F.O.C	£0.70



Main Hall Programme

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

7.00am-9.00am Available for public use/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
12.00pm-5.00pm Public Use
5.00pm-9.00pm League/Public Use

WEEKEND COURT HIRE SQUASH & BADMINTON

Saturdays 8.30am – 8.00pm
Sundays 8.30am – 9.00pm
Coastal card Holder £4.00 per court
Non Coastal Card holder £5.00 per court

All Weather Pitch

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

Available for hire:

6.00pm-10.00pm Available for public use/hire

Monday to Friday

Saturdays 9.00am – 7.00pm

Sundays 9.00am – 9.00pm

Coastal Card holder £7.25

Non Coastal Card holder £9.05

All Weather Floodlights

Coastal Card holder £7.25

Non Coastal Card holder £9.05



Activity Room

Table Tennis

Adult per table/hour

	Coastal Card Holder	Non Coastal Card Holder
Adult per table/hour	£5.10	£6.40
Junior per table/hour	£3.65	£4.55

Junior per table/hour

£5.10

£6.40

£3.65

£4.55

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

£7.10

£8.90

Junior per court

£5.85

£7.30

Weekends

£4.00

£5.00

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



Deben Pool



01394 384763

Kinetika Fitness Programme Sessions are only available to customers over the age of 16 years who have completed a pre-booked induction.

Adults only

Monday	7.00am - 10.00pm
Tuesday	7.00am - 10.00pm
Wednesday	7.00am - 10.00pm
Thursday	7.00am - 10.00pm
Friday	7.00am - 10.00pm
Saturday	8.00am - 8.00pm
Sunday	8.00am - 8.00pm

Junior Fitness Training*

Times and days vary, please contact reception for times and to book places.

*Supervised, structured sessions for 14 to 15 year olds who have completed a pre-booked induction to provide an introduction to fitness and exercise in a safe environment. Must be pre-booked. Book early as limited spaces available.

Authorised Induction Course

£9.50 Coastal Card Holder

£11.90 Non Card Holder

All gym users must attend this course.

Pre booking is required. Contact Reception.

*Juniors – limited supervised sessions only.

Authorised Fitness Programme

A personalised fitness programme tailored to your requirements is available.

Per person per pre-booked course.

£9.10 Coastal Card Holder,

£11.40 Non Card Holder.

Authorised User Refresher Course

£6.05 Coastal Card Holder,

£7.55 Non Card Holder.

All users wishing to renew their Authorised User Card must attend this course.

Pre-booking is required.

Authorised Gym User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult (16yrs+)		
Single gym session	£5.70	£7.15
* Child (14-15yrs)		
Single gym sessions	£4.80	£6.00
Senior Citizen (60yrs+)		
Single gym session	£4.80	£6.00
Gym & Swim	£6.80	£8.50
Gym & Sauna	£6.85	£8.55

* Limited Supervised sessions only.



Workout Classes

Workout Classes in the Pool

Gentle Water Workout

Males and females welcome

Monday 3.00pm – 4.00pm

(Suitable during pregnancy)

Coastal Card Holders £3.75

Non Coastal Card Holders £4.70

Ladies Splash Dance

Thursday 7.00pm – 8.00pm

(Not suitable during pregnancy)

Coastal Card Holders £4.95

Non Coastal Card Holders £6.20

Ladies Splash Dance & Swim

Coastal Card Holders £6.95

Non Coastal Card Holders £8.70



Sauna

Why not unwind with a session in our relaxing sauna. Costumes to be worn at all times, adults only.

Sauna Opening times

Monday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00 pm
Tuesday	7.00am – 4.00pm, 5.30pm – 10.00pm
Wednesday	7.00am – 8.30am, 12.00pm – 6.00pm, 8.00pm – 10.00pm
Thursday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 10.00pm (Ladies only 7.00pm – 9.00pm)
Friday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00pm
Saturday	11.00am – 6.00pm
Sunday	8.00am – 6.00pm

(This programme changes during holiday times)

Sauna Prices

	Coastal Card Holder	Non Coastal Card Holder
1 hour	£5.10	£6.40
½ hour	£2.80	£3.50
5 x ½ hour sauna tickets	£11.95	£14.95



Pool Timetable

Deben Pool Term Time Programme

Monday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (excluding Bank Holidays)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
8.30am – 9.30am	Schools Use
9.30am – 11.00am	Parent & Child (6 months-preschool) Shallow End Only
11.00am – 12.00pm	50+ Swimming
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Lessons (pre booked)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Lessons
8.00pm – 10.00pm	Adults Only

Wednesday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	50+ Swimming
4.00pm – 6.00pm	Public Swimming
5.00pm – 6.00pm	Staff Training (½ Pool)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	The Big Splash (Disabled Swimming Session)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies' Splash Dance
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Adults Only

Friday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Saturday

7.00am – 8.30am	21st Century Swimming
8.30am – 11.00am	Children's Swimming Lessons (pre booked)
11.15am – 12.15pm	Super Splash
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Available for hire

Sunday

8.00am – 11.15am	Public Swimming
11.15am – 12.15pm	Super Splash
12.15pm – 5.00pm	Public Swimming
5.00pm – 6.00pm	The Big Splash (Disabled Swimming Session)
6.00pm – 10.00pm	Club Use

This programme changes during school holidays, last ticket sold ½ hr before end of each session.

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.

See page 6 for full public swimming guidelines.

Lap lanes will be in for the duration of all public swimming sessions.

Please be aware that set up/pack away times may result in a slight delay to session start/end times.



Deben Pool Prices

SWIMMING

	Coastal Card Holder	Non Coastal Card Holder
Adult	£3.10	£3.90
Child	£1.95	£2.45
Family Swim	£7.85	£9.80
Senior Citizen	£1.95	£2.45
Disabled/Concession	£1.95	£2.45
Student (ID must be shown)	£1.95	£2.45
Afternoon Swim (term time only)	£2.85	£3.55
Shower	£1.60	£2.00
Pre-paid x 25 Adult Swims	£61.75	N/A
Pre-paid x 25 Senior Swims	£34.80	N/A
Pre-paid x 25 Junior Swims	£34.80	N/A
Super Splash Child	£3.00	£3.75
Super Splash Adult	£4.95	£6.20
Super Splash Family	£10.70	£13.40
Under 3's Swim	F.O.C.	F.O.C.

OTHER CHARGES

Spectator Charge	F.O.C	£1.45
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Super Splash

Saturday & Sunday 11.15am – 12.15pm

Inflatable fun for all the family.

Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Children must be between the ages of 8-14yrs.



Deben Pool Activities & Sessions

Swimming Academy



We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons throughout the week continuously for 50 weeks of the year from ages 5 and above. Once you or your child has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, you/they can then have a choice to take part in stages 8-10 of the ASA National Plan which includes such activities as Competitive Swimming, Water Polo, Synchronised Swimming, Diving and Rookie Lifeguarding.

For more information please contact the Swimming Lesson Co-ordinator on 01394 384763 or email on enquiries@debenpool.co.uk.

Child Lessons

Courses run Mondays, Tuesday, Thursdays and Fridays between 4.00pm – 5.30pm, and on Saturday 8.30am – 11.00am.

Adult Lessons

Courses of lessons for beginners and improvers aged 16 and above for 50 weeks of the year.

Lessons run on a Tuesday 3.00pm-4.00pm and Tuesday evenings 7.00pm – 8.00pm

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.

For all lessons above please complete an application form. Details on charges are available at reception.

21st Century Swimming

Training sessions for the serious swimmer or Triathletes with training sets of 2000 and 3000 metre swims.

Monday, Wednesday & Friday 6.00am – 7.00am
Saturday 7.00am – 8.30am

Pre-booked – contact reception for details

Monday, Wednesday & Friday
Card Holder £3.60 Non Card Holder £4.50

Saturday
Card Holder £4.00 Non Card Holder £5.00

The Big Splash (Disabled Swimming Session)

Come along and enjoy the pool with equipment and help available. Thursdays & Sundays – refer to our pool timetable for times.

Parent and Child Sessions

Tuesdays 9.30am – 11.00am (term time only)
Fun and toys to develop water confidence for pre-school children and accompanying adult (18 yrs).

Card Holder £3.75 Non Card Holder £4.70
Book at reception, spaces are limited.

Tea Dances

Enjoy an afternoon dance with a cup of tea and a biscuit. Tuesday 2.00pm – 4.00pm

Card Holder £2.70 Non Card Holder £3.40

Holiday Activities

For a copy of our holiday activity brochure, just give us a call. Our programme changes during the school holidays and includes many activities; canoe courses, crash courses and extra family fun sessions – contact reception for details and programmes each holiday.

Birthday Parties

Why not hire the pool on a Saturday evening from 6.00pm and have a pool party – contact reception for more details.

Clubs at Deben Pool

Deben Swimming Club

Monday	7.00pm – 10.00pm
Tuesday	5.45am – 7.00am
Wednesday	6.00pm – 8.00pm
Thursday	5.45am – 7.00am
Friday	7.00pm – 10.00pm
Sunday	6.00pm – 7.00pm 8.30pm – 10.00pm

For contact details and more information on Deben Swimming Club please visit www.debenswimmingclub.co.uk

Canoe Club

Contact:	01394 448846 – Jo
Saturday	6.00pm – 7.00pm

Please call reception to confirm times and dates.

Learn canoe skills in the safe environment of the pool. Club also meets on the River Deben on Thursdays.

Deben Lifesaving Club

Contact:	07754 666 400 – Michelle
Sunday	7.00pm – 8.30pm

(Term Time only)

Rookies 9-13 yrs

Bronze medallion 13 yrs upwards. Have fun learn new skills and qualify as a lifesaver.



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...

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IMPROVE YOUR WORKOUT

ONLY 50 CALORIES