

Sport & Leisure Programme

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From April 2011



River Park Leisure Centre

Tel: 01962 848700

Email: enquiries@riverparkleisurecentre.co.uk

Visit us at www.riverparkleisurecentre.co.uk

Welcome

to River Park

We offer a diverse range of activities for you, your family and friends. Whether your interest is fitness, swimming, workout classes or sports activities, we can offer something to suit your needs.

DC Leisure Management Ltd manage the leisure facilities on behalf of Winchester City 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

Sarah Morgan

General Manager



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

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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.

Opening Times

Monday – Friday 6:30am – 11:00pm
 Saturday 6:30am – 8:00pm
 Sunday 7:00am – 11:00pm

Facilities

- 25m, 6 lane swimming pool, spectator gallery (110 capacity)
- Learner pool, Health Suite (sauna & steam room)
- Fully air conditioned kinetika gym, including extensive cardiovascular equipment & free weights area
- 2 fully air conditioned kinetika fitness studios
- Centre Café
- Main Hall, 4 squash courts
- 4 floodlit tennis courts, floodlit Artificial Turf Pitch
- Ocean Adventure Play Area
- Fully licensed and air conditioned Function room
- Physiotherapy Clinic

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.

Here at River Park Leisure Centre we have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.



Inclusive fitness
 accredited site 2006

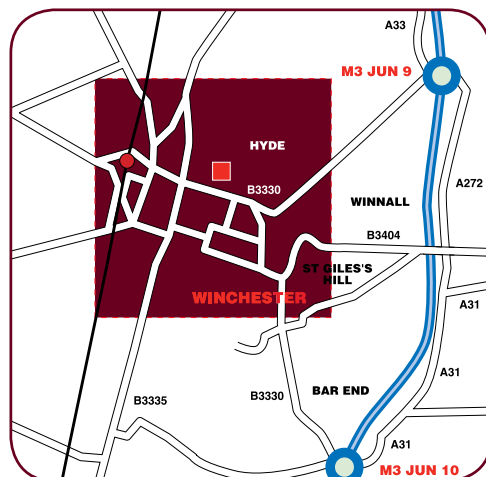


How to find us...

Gordon Road, Winchester, Hampshire SO23 7DD
 Enquiries: 01962 848700
 Website: www.riverparkleisurecentre.co.uk
 E-mail: enquiries@riverparkleisurecentre.co.uk

We are situated to the north of Winchester City Centre off the one way system.

Travelling from the NORTH: M3, Junction 9
 Travelling from the SOUTH: M3, Junction 10



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 16 yrs +

- 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 Up to 15 yrs

- Swimming
- Drop in sessions for ages 0- 5yrs
- Supervised gym sessions for ages 11 - 16yrs

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 gym membership. Swim only memberships are also available. 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.

Contact a Customer Advisor for more details.

*Terms and conditions apply

Guaranteed Results*

or your money back – ask us for more details.

*Terms and conditions apply

Let us help you to find the right membership for you.
Call a Customer Advisor on **01962 848705** today.

kinetika Gym



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.

Opening Times:

Mon – Fri 6:30am – 10:00pm
Sat 8:00am – 7:00pm
Sun 8:00am – 8:00pm

Teen Fitness

Young people can enjoy the use of our kinetika gyms

Teen Fit is for 11-16yrs.

The sessions are supervised by specially qualified staff, fully aware of the way youngsters should exercise whilst their bodies are still developing and maturing.

An induction is compulsory before your first visit.

This activity can be booked by members only from 8am on the day of the session.

Please call reception 01962 848700

Tuesday	15.45 - 16.30 16.30 - 17.15
Thursday	16.00 - 16.45 17.00 - 17.45
Friday	18.30 - 19.15 19.30 - 20.15
Saturday	17.00 - 17.55 18.00 - 18.55



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

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 1st 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 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 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 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.

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.

RESULTS GUARANTEED OR YOUR MONEY BACK*

*Terms and conditions apply

Fitness Courses

A range of specialised courses are run throughout the year!*

CORE FIT

This 4 week course will use stability balls and floor work to help you tone and strengthen your muscles to improve posture.



BEACH BODY WORKOUT

Get in shape for summer!

This female only session will help tone up key areas to help you achieve your perfect 'Beach Body'.



AB ATTACK

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



SNOW FIT

This course will help you strengthen those leg and back muscles, to ensure your ready for your next skiing/snowboarding holiday.



KETT FIT

This new course uses kettle bells to help you get lean and improve your overall fitness without developing muscle mass.



NEW

*All specialised courses are on a pay per session basis and are not included in our membership package.

Contact reception to see what courses are running now.

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.



Pick up our latest Swimming Timetable from reception for our current opening times.



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



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



Swimming Academy

River Park Swimming Academy follows the ASA National Plan for Teaching Swimming (NPTS). The swimmer's 'journey through aquatics' following the National Plan for Teaching Swimming will result in the development of a wide range of skills. These skills when put together result in a competent, confident and safe swimmer who has the skill base for then developing technique in a wide range of water based sports.

Please ask at reception for enrolment details.

Junior Swim Academy Programme

Parent & Child

Babies – 3 yrs

A class designed to encourage water confidence and to have fun in and under the water.

Swiminis

3 -4 yrs

A pre-school class to encourage water confidence and provide progressive practises leading to unaided swimming.

Stages 1 - 9

From Pre Learner to Advanced Swimmer

Each stage is progressive and takes swimmers from nervous beginners to competent swimmers. Focusing on water confidence, stroke techniques, speed and stamina.

Introducing diving, personal survival skills, mini polo and ASA Challenge Awards.

River Park Extra Programmes

Swim Extra which includes water polo and snorkelling, Training Stamina, RLSS Rookie Life Saving, and private swimming lessons are also available.

Adult Swimming Programme

From Learner to Advanced, these sessions aim to improve confidence in the water leading to developing stroke techniques and stamina.

For more information or to book onto any of our swimming programmes please call reception 01962 848700



Swimming Membership

If you enjoy swimming at River Park Leisure Centre but want to save money, then why not take out a Swimming Membership so that you can swim as many times as you like at an affordable rate. Contact our membership team today and let us know how often you swim to see if we can save you money! **01962 848705**

Group Exercise Classes

We have a range of Group Exercise 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.

If you attend classes regularly a gym membership could save you money!

**Call our membership team today
01962 848705**



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

Join Silvia & Max for some Dancing Fun
in the New Year with

ZUMBA®
DANCE FITNESS

&

West Coast Swing

at the River Park Leisure Centre every Thursday!

Starting on Thu 13 Jan 11 and thereafter
every Thu at the Function Room:

19.30 – 20.15 **ZUMBA® Dance Fitness**

20.30 – 22.00 **West Coast Swing**

20.30 **Beginners Class & Social Dancing**

21.15 **Improvers/Intermediate Class & Social Dancing**



Weekly drop in: £7 per class

Pay for Term Option (15 wks / 13 Jan – 21 Apr): £90

Concessions available for Students, OAPs and River Park Leisure Centre Members

Use your **Salsa y Sol Clubcard**, valid at all our dance classes, parties and private lessons, and get **one free class for every 10 attended!**

For more information on all our Dance Classes please contact:

Silvia & Max at Salsa y Sol

Tel: 01256 389 275 - salsaysol@salsaysol.co.uk

www.salsaysol.co.uk

ZUMBA® and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC, used under license.

Adult Activities

Pilates Introduction Course

Focusing on relaxation using slow, flowing movements this course is designed to introduce you to Pilates and work on training you core postural muscles, improving strength and flexibility.

Wednesday 12.00 - 13.00
Thursday 18.00 - 18.55

Once you have completed this course you will be able to attend our Pilates drop in sessions, please pick up a copy of our Group Exercise Timetable for details.

Trampolining

This course is for people aged 16yrs and over and caters for all ability levels. You'll learn skills such as jumping and somersaults, giving you the chance to stay fit whilst having fun!

Sessions are available on a Tuesday, Wednesday & Sunday

Yoga Courses

These courses encompass all styles of yoga and teach you techniques to release physical and mental tension.

Beginners course Wednesday 18.00 - 19.10
Intermediate course Wednesday 19.15 - 20.30

You can also attend our Yoga drop in sessions, please pick up a copy of our Group Exercise Timetable for details.



Older Adult Activities

Stay fit as a fiddle at River Park!

We run a variety of sessions for adults and the over 50's to help stay healthy and active whilst having fun at the same time!

Health & Fun Club

The Health & Fun sessions are for the over 50's, with an emphasis on keeping healthy by playing sport for fun.

Tuesday & Thursday mornings 10am-2pm

Activities include: aerobics, badminton, table tennis, social events & much more.

Pilates & Yoga

Relax your body & mind through the practices of Pilates & Yoga.

We offer both drop in sessions and courses which are designed to introduce you to the practices, improve your technique and help your strength and flexibility.



Junior Activities

We run a variety of courses and drop in sessions for children up to the age of 16 years. Courses must be booked and paid for in advance, but children can come to just one or as many of the drop in sessions as they like and you do not need to book in advance.

For more information on our Junior Activities please call our Sports Development Co-ordinator on 01962 848722.

It's Party time at River Park!

Why not throw your next child's birthday party at River Park? Let us take the stress and strain, not to mention the mess, out of organising your child's birthday party! You can relax whilst your children and their friends have the party of a lifetime. Our dedicated party staff will keep them entertained for hours. At River Park we take kids stuff seriously, but for them, it's just loads of fun! Choose from...

- Kiddie Karts & Castle
- Mini Splash
- Mega Splash
- Sports Frenzy
- Soft Play & Castle
- Ocean Adventure

All parties at River Park include free invitations and when you request the party menu option all party rooms include hats and balloons! For more details, available dates and any help or advice you need, simply call our party line on 01962 848706.



For more details, available dates and any help or advice you need, simply call our party line on 01962 848706.

Junior Sport Courses

Pre-school

Kick-A-Bout

Football Courses available for 3 to 4 year old girls and boys. A chance for pre-school children to improve their co-ordination, football skills and confidence, make new friends and have a fun time!

Mini Trampolining*

A chance for children to develop their control on a trampoline and have great fun. Suitable for 2 ½ to 4 year olds and parent's participation is required.

Gyminis*

Suitable for 3 to 4 year olds, Gyminis is a stepping stone for children to learn agility, balance and co-ordination skills before gymnastics.

Age 5 Years +

Football

We now run Kick-a-bout and Saints football courses at River Park where children can learn new techniques, develop upon existing ones as well as working in teams. For more information on each course speak to a member of our reception team

Trampolining*

Mixed ability courses are available for 5 to 16 year olds, learning techniques from seat drops to somersaults.

Gymnastics*

All levels are welcome, from beginners to advanced, with courses available for children aged 5 to 16 years old. River Park Gymnastics Club is a fun and enthusiastic Gym Mark accredited club providing structured lessons which cover fundamental gymnastics skills to bar, beam, vault, trampoline and sports acrobatics work.



Pre-school

Creepy Crawlies*

A supervised session including soft play equipment and bouncy castle. Parents must stay in attendance.

Monday	09:30-10:15 10:20-11:05
Wednesdays & Fridays	09:30-10:15 10:20-11:05 11:10-11:55

Mini Gym Sessions

Designed to build strength and improve co-ordination, flexibility and confidence. The 30 minute sessions are a great way to meet new friends!

Parents must stay in attendance.

Tuesday & Thursday	13:30-14:05 14:15-14:45
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Tots Bop

A fun session for under 4's to take part in action songs and moving to music.

Parents must stay in attendance.

Tuesday & Thursday	09:30-10:00
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Over 5 years

Judo

River Park Judo is suitable for girls and boys aged 6-16yrs. Sessions include throwing and holding techniques. Please contact the club coach Pauline Goater on 01962 620251 to join.

Friday	
Beginners	16:00-16:55
Intermediate	17:00-17:55
Advanced	18:00-18:55
Please contact reception for more information.	

Junior Netball

Learn the basics in the game of netball & practise your ball skills in our drop in sessions

Wednesdays	16:00-17:00
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Junior Basketball

Practise your basketball skills in this fun indoor session for 8-16 year olds

Mondays	19:00-20:00
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*Socks must be worn to these sessions

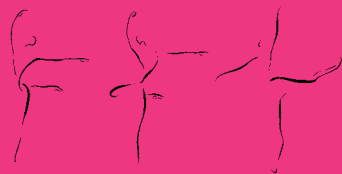
Clubs

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

Club name	Contact Name	Contact Number
Baby Massage	Coral Lewis	07810 385585
Ballet & Dance	Wendy Allsopp	01962 885313
Disabled Club	Sue Moody	01962 714819
Jo Jingles	Victoria Smith	01489 877278
Judo	Pauline Goater	01962 620251
Kick-A-Bout	Rob Crook	07827 274197
Kings Roller Hockey	Caroline Lovelock	01264 335683
Magnum Antiques	Stuart Watt	01491 681009
Mary Pop-in's Crèche	Gemma Tupper	07878 125616
Osman Tennis	Paul Osman	07973 289451
Penguins Swim Club	Alison Fenwick	07879 474355
River Park Squash Club	Mike Morris	01962 867219
Salsa y Sol	Silvia & Max	01256 389275
Shaolin Kung Fu	Yan Min Chen	0845 519 6698
Sign & Sign	Beccy Ford	01962 774403
SKW Karate	Chris Warren	02380 618866
Spitfire Tae Kwon Do	Alex Barter	02380 363904
Volleyball Club	Neil Marsh	07967 667982



Lewis Allsopp School of Dancing



Principal: Wendy Allsopp

Dip. RBS(TTC). ARAD, AISTD, Massine Choreographic Dip. Hons.

Classes are held at: The Dance Studio, River Park Leisure Centre,
Gordon Road, Winchester, Hants.

Classes offer:

- ballet, tap, modern & national dance classes for children from age 3 to student level
- special pre school classes
- adult ballet, tap & stretch classes
- school performances, festivals & choreographic work
- fully qualified & experienced staff

To book or for more information
please telephone **01962 885313**



**PAY & PLAY
AT
RIVER PARK TENNIS CENTRE**



*Adult Coaching – Junior Coaching
Group & Individual – Regular Tournaments
Mix ins & Social Events – Holiday Tennis Camps*



**www.osmantennis.co.uk
TEL: 07973 289451**



The Ideal Venue

Our Function Room is the ideal venue to hold meetings, conferences, training days and parties. Fully air conditioned facilities with multimedia presentation aids available.

For more information contact our Bookings Co-ordinator on 01962 848707 to discuss your individual requirements.



Café

Relax after a good workout in our café.

Choose from a range of hot and cold drinks, hot and cold food, snacks and children's meals.

CAFE
LOGY.com
Great Coffee. Great Cause.





We are now on Facebook!

Our page is
River Park Leisure Centre



Click to 'like' our page and you can keep up to date with new activities and special offers!

Ask reception for further details
01962 848700

NEW

Mary Pop-ins Mobile Crèche

**Now open on Thursdays and Fridays at River Park
Leisure Centre from 10am until 1.30pm!**

Your child can stay with us for one hour, one and a half hours or two hours, and you can book up to four weeks in advance.

Block bookings available and are advisable due to limited spaces. Sessions start from £3.50 per hour!

All staff are CRB checked, we are fully insured, have first aid qualifications and all have childcare qualifications. With lots of toys, fun and games, we cater for ages 3 months to 8 years!

Why not pop in and chat to our friendly team who will be happy to answer any of your questions or please call Gemma on 07876 125616 or email mobilecreche@gmail.com



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and consultation

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shaving shadow & ingrown hair!

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skin types**

The pulsed in-motion treatment warms the hairs gently unlike the feeling of being snapped with an elastic band experienced with other IPL and laser treatments

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www.rewindlaser.co.uk

“ I cannot believe I have wasted so much time and money on other hair removal methods! This is the best and only way to be...hair free!

HE Winchester

”

Winchester Physiotherapy & Sports Injury Clinic



Our team of Chartered Physiotherapists & Sports Massage Therapists provide a holistic treatment approach, catering for each patient's individual needs.

Our clinic has been established for 14 years at River Park, offering a friendly and professional environment. Our areas of expertise include:

- Sports injuries
- Back and neck
- Manipulations
- Warm up advice
- Postural Pain
- 1-1 Pilates
- Sports Massage
- Biomechanics
- Running injuries
- Acupuncture
- Orthopaedics

Situated in the main reception area of River Park Leisure Centre
Tel: 01962 864398 Web: www.winchesterphysiotherapy.co.uk

FREE PLEASE TAKE ONE SERIES Observer

Did you know?

We publish 3 newspapers covering Winchester, Andover and Romsey offering a mix of light hearted local editorial and useful advertisements from local and national companies.

The combined readership of our newspapers exceeds 55,000 every week and that doesn't include the 10,000 electronic editions we email out!

You can read the latest edition online

www.hantsdirect.com



Our advertising rates represent superb value for money don't just take our word for it...

"The Observer has been the main source of advertising for us since the conception of our business centre here in Winchester, response levels have been fantastic and we would recommend the paper and the helpful team there without hesitation!"

Rebecca Powell
Basepoint Winchester

"When advertising for staff vacancies, we always pick up the phone to The Observer simply because an advert with them works!"

Pauline Thwaites
Sunrise Senior Living

"I have advertised in The Observer for the past 5 years, the cost of the advert compared to the response we receive is exceptional"

John Lailey
Georgia Car Sales

To advertise call or email
01962 859559 winchobs@aol.com

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...

DC126022

Lite Lucozade SPORT

IMPROVE YOUR WORKOUT

ONLY 50 CALORIES