

Sport & Leisure Programme

April 2011 – April 2012



Alfreton Leisure Centre
Ripley Leisure Centre
William Gregg VC Centre
www.dcleisurecentres.co.uk

Welcome

Welcome to Alfreton, Ripley and William Gregg VC Leisure Centres, three centres offering a diverse range of activities for you, your family and friends.

We are pleased to welcome you to our fantastic facilities. Our sites all boast large and well equipped kinetika fitness gyms, swimming pools and high quality changing facilities, not to mention large sports halls, multi function rooms and at Alfreton the indoor bowls hall and squash courts all for you to enjoy.

This booklet is a comprehensive guide to all the facilities and activities that we are able to offer.

Our aim is to continually provide the very best in leisure activities at an affordable price and to ensure that every visit you make is an enjoyable one. We are keen to know your views and would welcome any feedback you have. Simply pick up a Customer Feedback form from Reception and let us know what you think or log onto your preferred leisure centres website at www.dcleisurecentres.co.uk and e-mail us.

We hope you will find this booklet useful and that you enjoy your visit.

Jackie Goacher
Amber Valley Contract Manager

Contents

Membership Options	4
kinetika Gym	5
kinetika Journey	6
Swim Academy	7
Pool Activities	8
Swim4Health	9
Water Works	10
Dryside Activities	11
Alfreton Indoor Bowls Club	12
Children's Activities	13
Be Active Health Referral Programme	14
Gymnastics	15
Children's Parties	16
William Gregg VC Centre Pre-school	17
General Information	18
Directory	19
Directory cont'd	20
Zoggs	21
Room Hire & Event Bookings	22
Transport Links	23



Opening Times

Alfreton

Monday – Friday 6.30am – 10.00pm.

Saturday 8.00am – 6.00pm

Sunday 8.00am – 8.00pm

Ripley

Monday – Friday 6.30am – 10.00pm

Saturday & Sunday 8.00am – 6.00pm

William Gregg VC

Monday – Thursday 6.30am – 10.00pm

Friday 6.30am – 9.00pm

Saturday & Sunday 8.00am – 6.00pm

In order to encourage disabled usage of our facility we operate a carer's register from reception. All registered carers are permitted to enter the facility free of charge when accompanying a disabled client to one of the many activities on offer. Please note that proof is required at the time of entry.

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.

Alfreton, Ripley and William Gregg Leisure Centres have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.



Inclusive fitness
accredited site 2006

Accessibility

For those customers with additional accessibility requirements the Centre has been equipped with hearing loops at reception, Braille directional signage and all staff receive training in Disability Awareness. The following facilities are also available:

FAMILY / BABY CHANGING

Family size cubicles can be found within the village pool changing room.

TOILETS

These are located within the various changing areas.

PARKING

Provision has been made at the front of the car park, close to the building, to allow easy access to the Centre for Registered Disabled badge holders.

RADAR

Please note a radar key is required to access some of our disabled changing facilities, these are available from Amber Valley Borough Council.

DISABLED CHANGING ROOMS

We have dedicated disabled changing rooms in our fitness, dry sports and pool changing areas. In addition to this our pool changing rooms are equipped with a "state of the art" height adjustable bed and hoist.



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 everyone and a range of our membership types to suit your lifestyle and interests. The benefits of membership are shown below.

Single 16yrs +

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Free racket sports available for members during off peak times

Family

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Children enjoy swimming and selected activity classes
- Children will be entitled to holiday activities included in their memberships. Activities vary from site to site. Please check holiday brochures for more details

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
- 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 our 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 at enquiries@alfretonleisurecentre.co.uk, enquiries@williamgreggvleisurecentre.co.uk, enquiries@ripleyleisurecentre.co.uk.

*Conditions apply.

Let us help you to find the right membership. To get your 7 day guest pass log on to our website www.dcleisure.co.uk.

Alfreton Leisure Centre – 01773 523325 William Gregg VC Leisure Centre – 01773 537940
Ripley Leisure Centre – 01773 514727

All memberships are applicable for 10% off for all shop items.

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 each time you visit the gym. Contact reception for more information.

Opening Times:

Alfreton

6.30am – 10.00pm Monday to Friday
8.00am – 6.00pm on Saturday
8.00am – 8.00pm on Sunday

Ripley

6.30am – 10.00pm Monday to Friday
8.00am – 6.00pm Saturday & Sunday

William Gregg

6.30am – 10.00pm Monday to Thursday
6.30am – 9.00pm Friday
8.00am – 6.00pm Saturday & Sunday



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 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 (30-45 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 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 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 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.

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.

RESULTS GUARANTEED OR YOUR MONEY BACK

Conditions apply.

Fitness classes

We run a range of fitness classes to help you achieve your goals.

Contact a member of the Fitness Team for more details.

Fitness timetables are available from reception or via our website. Pick yours up today.

Quarterly BTS FREE fitness classes

Our BTS (Body Training Systems) are re-launched every three months with new and fresh choreography and music, following the well respected fitness leader Les Mills workout programmes.

Our programmes include workouts such as;

Body Combat, which is an empowering cardio workout which is a energetic programme inspired by martial arts.

Body Pump is a barbell class that strengthens the entire body by challenging all your major muscles groups.

Body Attack is the sports-inspired cardio workout for building strength and stamina and so much more.

Body Vive ???

These classes are complimentary to fitness members and their friends. However our launches are very popular and places are limited. If you are interested book your FREE places well in advance by emailing - enquiries@alfretonleisurecentre.co.uk, enquiries@williamgreggvdleisurecentre.co.uk, enquiries@ripleyleisurecentre.co.uk.

Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at reception for enrolment details.

Aqua Babes

6 mths – 3 yrs

Designed to introduce you and your toddler to the water including fun games and activities.

Water Play Group

3 yrs - school age

As your child is more able to understand simple instructions they will be taught the basics of becoming a confident swimmer.

Junior Lessons

School age and over

Swimming lessons are taught by using the nationally recognised ASA National Plan for Teaching Swimming helping your child develop into a confident swimmer.

Individual Lessons

3 yrs and over

Individual lessons are available for children and adults helping you to learn at your own pace. Available for all abilities at a time to suit you.

Adult Lessons

Learn to swim or develop your stroke technique.



swimming
academy™



Please contact our Swimming Co-ordinator to find the right lesson for you and/or your child.

To enrol or find out more you can either complete a form at reception or email enquiries@alfretonleisurecentre.co.uk, enquiries@williamgreggvclisurecentre.co.uk, enquiries@ripleyleisurecentre.co.uk. or call directly

Alfreton Leisure Centre – 01773 523325.

William Gregg VC Leisure Centre – 01773 537940

Ripley Leisure Centre – 01773 514727

Other Aquatic Activities

We also offer Rookie Lifeguard and Swim4Health activities including: Coach and Stroke, Aqua Jogging, Aqua Circuits, Lane Swimming, Swim4Fitness and Aqua Fit.

Pool Activities



Our pool programme offers a comprehensive range of sessions for all types of swimming. So whether you like to kick start your day with an early morning swim, splash about with the kids or enjoy a quieter session just for adults we have something to suit you.

Please note that some All Welcome sessions share the pool with swimming lessons. However a lane rope will be used to segregate swimmers appropriately.

The pools are open from 6.30am Monday to Friday and between 8.00am and 9.00am at the weekends. For specific timetables please visit our websites which can be found through www.dcleisurecentres.co.uk, or pick up a timetable from reception.

Pool Timetables can be collected from reception or found on our website www.dcleisurecentres.co.uk.

Parent & Child

Parent & Toddler sessions are designed to introduce children from 6 months up to 4 years to the pool and help them to gain water confidence. Aqua Natal classes are supervised by the local Midwifery teams and operate on a fortnightly basis, alternating between Ripley and William Gregg VC. To find out when the next session is at your nearest site please contact Reception.

Why not make your next children's birthday a pool party?

See page 16 for our packages available.

Swim Memberships are now available which offer great value for money. If you swim just twice a week you could save £££s by taking out a Swim Membership. Contact our Customer Advisors for more information.

enquiries@alfretonleisurecentre.co.uk,
enquiries@williamgreggvclisurecentre.co.uk,
enquiries@ripleyleisurecentre.co.uk. or call directly

Alfreton Leisure Centre – 01773 523325.

William Gregg VC Leisure Centre – 01773 537940

Ripley Leisure Centre – 01773 514727



Swim4Health www.swim4health.co.uk

Discover a New You with Swim4Health at Alfreton, Ripley and William Gregg VC Leisure Centres. Swim4Health explores a fresh and exciting way to keep fit and healthy; more than swimming it's the aquatic equivalent of the gym.

Water-based activity is suitable for all people, whatever their abilities, and with regular activity you will improve your aerobic capacity and lung function, enabling you to exercise for longer and harder. Exercising in water reduces impact and the risk of injury and is gentler on the body than land-based training but it is no soft option. It builds up muscle strength and stamina, and also improves posture and flexibility. It can also help with weight loss by increasing your muscle mass and raising your metabolic rate.

Free Aquatic Assessments are available at all three sites for customers to find out about the benefits of Swim4Health and appointments can be booked either in person, by phone or email. Experienced fitness staff will help identify your goals and a personal programme of activity will be planned based on your lifestyle and fitness factors. You'll leave your first meeting with a free booked aquatic session to start you off on the journey of a lifetime.

Aqua Jogging is a favoured activity of Premiership footballers and athletes, such as Michael Owen and Paula Radcliffe. Jogging in water is comparable to running at 10-11 minutes per mile on dry land and offers 12 x more resistance than land-based exercise. It's good for all levels of fitness and especially useful for triathletes, rehabilitation patients, those with back problems, obese people, pregnant women and older people. It's far gentler on the body than land-based running as exercising in water eliminates shock impact and reduces the impact on your joints by up to 85%. A 30-min session gives you a good cardiovascular and toning workout, developing core strength, endurance and flexibility whilst burning 200-300 calories.

Aqua-Circuits are the aquatic equivalent to circuits in the gym. Based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups as well as improving aerobic fitness. As you are working against the water, your muscles are forced to work harder, and the water creates a natural resistance just like weight training. The ability to swim is essential for this class but it is suitable for all levels of fitness and can be interspersed into anyone's fitness routine. As it is a circuit based class you can work to the maximum of your own personal level. Aqua Circuits is an intensive class please remember to bring a drink to leave on poolside!

Swim4Fitness is a swimming programme developed to suit your lifestyle, whether swimming for fun, fitness or sport. It offers a vast selection of programmes that

are easy to follow and provide the same progression that can be found in a gym programme. Customers can mix and match from the different plans; Calm, Tone, Fitness and Performance, available on pool side from the waterproofed cards or downloadable from the Swim4Health website www.swim4health.co.uk. Poolside Motivators (select times only) will also be there to encourage and inspire and alongside the cards demonstrate how swimming can be used for successful fitness gains, weight management and tone. Specialised kit, including, hand paddles, flippers, pull buoys and floats are also freely available to further enhance the experience and add another dimension, taking away the 'perceived' boredom factor of swimming.

Customers are also being encouraged to develop their swimming ability and technique. As part of our SwimExcel programme 1-to-1 and 1-to-2 swimming lessons and small group classes are offered to adults wanting to learn or improve their basic skills. Experienced swim teachers can then help improve your stroke technique through our 'Stroke Technique' drop-in sessions. Especially for those who can swim but want to improve on specific elements, such as; breathing for front crawl, perfecting your breast stroke, increasing your speed with the perfect tumble turn, or perhaps you've always wondered how to do butterfly? Our teachers will be there to help push you to the next level to get even more out of your swim.

Swim4Health sessions are run at all three of our Leisure Centres.
Contact our reception to book your **FREE** session.



Water Works

DC Leisure follows National Pool Water guidance to keep the pool water clean and safe but we would like your help!

- 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.
- T-shirts and non-swimwear shorts are not recommended for safety and hygiene reasons and if you wear a swim hat you can protect your hair and reduce water pollution.
- All youngsters who are not toilet trained should wear an Aqua Nappy. These are available to purchase from Reception and start at 16lbs.
- Please use the toilet before entering the pool.
- Please leave an hour between eating or drinking and swimming.
- You should not attend a swim session if you have had a stomach upset within the last 48hrs, have a cold or are suffering from an ear or throat infection.
- Diving is only permitted at a depth of over 1.5m.
- Always walk on poolside to avoid slipping and follow the lifeguards instructions.
- Please ensure that you always shower before swimming to remove grease and dirt such as makeup, hair products and chemicals in deodorants.
- If you require assistance to access the water please advise a member of staff.
- Please ask permission of the Centre or Duty Manager before taking any photographic or video images.
- Remember that children under the age of three are all welcome to swimming sessions free of charge in accordance with our admissions policy.
- Please use lockers provided. A £1 coin is required which is returned after use.



Dryside Activities

The following activities are available at Alfreton, Ripley, and William Gregg VC Leisure Centres: Badminton, Table Tennis, Volleyball, Basket Ball and Short Tennis.

Alfreton Leisure Centres sports hall is marked out with 6 badminton courts as well as a number of other sports and games. Both Ripley and William Gregg VC Leisure Centres have 4 badminton courts as well as a range of other sports.

In addition to the above, Alfreton Leisure Centre has two glass backed squash courts with a moveable wall making it possible for doubles' matches. There is also spectator viewing.

Five-a-side football is available at Alfreton, Ripley and William Gregg VC.

Alfreton Leisure Centre run a Squash League. To find out more information please contact Jon West at jonwest@dcleisure.co.uk or call 01773 523325.

William Gregg VC Centre runs a Five-a-side league on Sunday evenings, please contact Richard Bartles for further details:

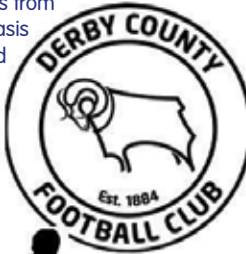
richardbartles@dcleisure.co.uk
01773 537940.
www.leaguewebsite.co.uk/hlcf



All sports are available seven days a week subject to programming. Racquets and other equipment can be hired from reception.

Please visit our websites for more information including price lists, booking details and contact phone numbers.

Derby County Coaching Sessions - Football
Coaching provided by professional coaches from Derby County Football Club with the emphasis on fun, team games, skill development and learning new techniques. The sessions are in partnership with the Derby County Academy Centres, any child showing potential will be recommended to the relevant personnel for progression.



Derby County in the Community

Holiday Club
Coaching



Derby County in the Community

Coaching Centre



COACHING HOTLINE
01332 667575



Derby County
in the community

Alfreton Indoor Bowls Centre

Bowls Hall will re-open for the 2011/12 season in September 2011.
Member registration is available from August 2011. Our facilities include:

- 6 rink bowling green
- Competition standard lighting
- State of the art timber deck flooring system
- Electronic scoreboard
- Group changing facilities
- Officials changing facility
- Facilities for people with disabilities
- Car Parking
- Bar
- Function Room

Bowls Activities

Bowls coaching

Junior(8-16yrs)	Saturday	8.30am – 10.30am
Adult	Sunday	10am – 12noon

Crown Green League

Thursday	8.30pm – 10.30pm
----------	------------------

Bowls Drive	Friday	4.30pm
--------------------	--------	--------

Leagues (Open, Ladies, Mens & Mixed)



Anyone wishing to enter a team in the leagues should contact Jim Hickman.

jimhickman@dcleisure.co.uk
01773 523324

Casual bookings are available everyday, and block bookings can be made by arrangement on weekdays, and at weekends. For details of Club, Ladies and Mixed Fixtures, please see the notice board in the Bowls Hall.



Health & Fitness

Be Active Health Referral Programme

In Amber Valley we recognise that a large number of people are not sufficiently active to benefit their health and that a wide variety of medical conditions can be improved or even prevented through regular physical activity.

We also appreciate the enormity of moving from a place where physical activity does not figure in your life, (and may even seem impossible) to one where you 'enjoy exercising' and it becomes part of your routine.

The leisure centres in Amber Valley in partnership with Derbyshire County Primary Care Trust has developed the **Be Active Health Referral Programme** to help you make that change.

Clients are referred to one of three co-ordinators based at Alfreton, Heanor or Ripley Leisure Centres, for a 12 week programme. Through caring, experienced, highly trained co-ordinators we will work closely with you and provide:

- A confidential service
- One-2-one consultation and support
- Liaison with your referrer, (GP, physio, dietician etc)

- Understanding of your medical condition and any personal difficulties you may face
- A tailored exercise plan which identifies activities that you enjoy and also provide health benefits
- An environment that is friendly, caring and comfortable
- Support to help you achieve your personal goals
- Contact with others who have experienced many of the same fears, difficulties and barriers – and have overcome them.

Contact our Health Referral Co-ordinators:

Alfreton Leisure Centre

Maxine Simpkin 01773 523325

maxinesimpkin@dcleisure.co.uk

Ripley Leisure Centre

Greta Davies 01773 514727

gretadavies@dcleisure.co.uk

William Gregg VC

Louisa Newton 01773 537940

louisanewton@dcleisure.co.uk



Before starting the scheme, you must be referred by a Medical Practitioner. You will be asked to complete a questionnaire, outlining 'your readiness to change'. Your lifestyle, and your general health and fitness will also be assessed. The Health Referral Programme can also support you in registering with Fresh Start, the smoking cessation scheme.

Your Health Referral Co-ordinator can help to assess if you would benefit from these schemes.

Gymnastics

Alfreton Leisure Centre is proud to be the primary gymnastics centre within Amber Valley.

The Gymnastics Academy has been jointly funded by DC Leisure, Amber Valley Borough Council and Sport England.

It boasts a full range of gymnastics equipment within a dedicated facility.

The Academy is open 7 days a week and is used by Amber Valley Gym Club, Gym Kidz as well as other local gymnastics clubs and schools.

The centre offers a comprehensive gymnastics programme for children from school age upwards and provides a structured pathway of progression.

For more information. Please contact the centre and ask to speak to our Gymnastics Co-ordinator.

Our Gymnastics courses are designed to encourage physical and social development from the age of 9mths to 5 years. The sessions cover the full range of motor skills, hand/eye co-ordination, spatial awareness and movement to music.

For further details visit our websites through www.dcleisurecentres.co.uk



Children's Parties

Choose one of our exciting themes for a party to remember. Simply complete a booking form and return it to the centre. You will then receive confirmation of your booking and party invitations to send to your guests. Best of all when the parties over; you leave the mess behind!

PARTY THEMES

- Cheerleading Party
- Dance Party
- Pool Party
- Soft Play Party
- Disco Party
- Sports Party
- Roller Disco Party
- Bouncy Castle Party
- Street surfing Party – All sites
- Playzone Party – William Gregg VC Centre
- Splash Out Party
- Trampoline Party – Alfreton leisure Centre
(and Ripley leisure Centre subject to availability)

A professional DJ can be arranged for disco parties at an extra cost.



Parties at Ripley and William Gregg VC Leisure Centres are self catering. We do not offer self catering parties at Alfreton Leisure Centre. Please choose your hot or cold food menu when you make your booking. Please note that we do not provide the birthday cake, knife, matches or napkins at any site.

POOL PARTY SUPERVISION

Children under the age of 8 must be supervised in the water by a parent or adult aged 18 or over. A parent or adult aged 18 or over may supervise up to two children at one time.

ELECTRICAL EQUIPMENT

For health and safety reasons the Leisure Centre restricts customers from bringing their own electrical equipment. However, all centres can provide appropriate equipment to play music.

All parties must be paid for 14 days from booking.

Simply complete a booking form and return to the centre, the booking form is completed by receptionists either face-to-face or via telephone. Email enquiries@ for further information.

William Gregg VC Centre Pre-school

Entering into the important formal education stage of your child's development can be a minefield of information, expectations and do's and don'ts. Above all you want to give your child the best experience possible as they start their life in education.

Our pre-school is **OFSTED** inspected and has a carefully worked out educational programme without forgetting the importance of learning through play. In order to prepare your child for the transition to school and help them to develop their full potential, each session is structured to ensure that children develop their skills and understanding in each of the following areas in an enjoyable environment:

- Language and literacy
- Knowledge and Understanding of the World
- Problem Solving, Reasoning & Numeracy
- Personal and Social Development
- Creative Development
- Physical Development

"The quality and standards of the care and nursery education are good and meets the National Standards for under 8s day care and childminding. Children are happy and settled, giggling as they play together and they relate well to each other. Children respond well to adults and proudly show staff their work. They are becoming confident to make decisions as they choose activities and investigate their surroundings. The planning ensures that children are engaged in a broad range of activities which support their learning and development. Children are developing good levels of self-esteem as they receive lots of praise and encouragement from staff."

OFSTED report inspection, 25 February 2008

If you wish to read the full report please log onto

www.ofsted.gov.uk

and enter our URN 206788.

Session times are Monday-Friday
9.15am-12.15pm

Settling in will be easier for your child if both of you are familiar with other children, staff and the building so we encourage all children to attend an Open Day prior to starting with us.

PLAY DAYS HOLIDAY CLUB

Playdays runs 09:15-12:15 during half term and school holidays (except Christmas), Staffed by our friendly Pre-School team these structured sessions are fantastic fun and available to children between 2 1/2 - 6 years. Spaces are limited, book yours at Reception today!



General Information



Bookings & Payment

All major credit and debit cards can be accepted in payment. Some activities can be booked 14 days in advance with an Amber Card or seven days in advance without an Amber Card.

Courts must be paid for at the time of booking. Please ask for further details if you wish to make a block booking.

Fitness Class Booking

In order to ensure our classes can be enjoyed by all, we have introduced a pre-booking and payment system for all fitness classes. Gym members can book 6 days in advance, whilst casual users can now book 24 hours in advance. This is to maintain an effective system for all our customers, so that places can be made available to everyone in the event of someone cancelling.

Any members or casual user failing to attend a fitness class which they have booked onto will be charged, unless they give 12 hours notification prior to the class commencing.

Car Parking

All three sites have car parking facilities adjacent to the centre. There are dedicated parking bays for people with disabilities. Ripley and William Gregg VC operate a Pay & Display system which allows customers participating in leisure centre activities to obtain a refund from Reception when they hand in one part of their ticket.

Alfreton Leisure Centre operates a car park permit system. Permits can be collected from Reception on arrival and must be clearly displayed on your vehicle's dash board. Failure to display a permit or purchase a ticket may result in a fine from Amber Valley Borough Council over which DC Leisure have no authority or control.

Lockers

A £1.00 coin is required for the lockers, this is returned after use.

Accessibility

All three leisure centres are accessible to people with disabilities and aim to ensure that all customers enjoy their leisure experience as fully as possible.

Each site has dedicated car parking spaces and toilet facilities for people with disabilities, they all also have swimming pool access, pool hoists, and dedicated changing lockers for customer use.

Lost Property

All our centres operate a lost/found property service. If you lose anything at the centres, please report this to reception, where the receptionist will make a note of the loss, along with a description of the item and your contact details. If the item is found, you will be contacted by a member of staff. Similarly if you find something, please hand it in to the receptionist who will record the item in the lost/found property system.

Parent & Baby

Our centres are parent and baby friendly with baby changing facilities at each site. You are welcome to feed your baby at our centres, but for safety reasons this should be done away from vigorous activity areas. Baby Changing facilities offer areas of greater privacy, if these are required for breast feeding.

Directory

Alfreton Leisure Centre			
Monday	5.30pm - 9.00pm	AV Gym Club	07745 080623
	7.00pm - 9.00pm	Alfreton Swim Club	01773 830025
	9.45am - 10.30am	Gym Kids	01773 834497 / 07717 065095
	10.45am - 11.30am	Gym Kids	01773 834497 / 07717 065095
	1.00pm - 1.45pm	Gym Kids	01773 834497 / 07717 065095
Tuesday	6.30pm - 8.30pm	AV Gym Club	07745 080623
	7.00pm - 9.00pm	Rascals Swim Club	01773 603277 / 07812 992 389
	7.00pm - 8.00pm	Belper Marlins	01773 824539
	9.45am - 10.30am	Gym Kids	01773 834497 / 07717 065095
	10.45am - 11.30am	Gym Kids	01773 834497 / 07717 065095
	6.00pm - 7.00pm	PUMA Tae Kwon Do	01773 873757
	7.00pm - 10.00pm	Tae Kwon Do	01773 873757
	7.00pm - 10.00pm	South Normanton Badminton Club	01159 638970
	1.00pm - 1.45pm	Gym Kids	01773 834497 / 07717 065095
Wednesday	5.30pm - 9.30pm	AV Gym Club	07745 080623
	8.00pm - 9.00pm	Rascals Swim Club	01773 603277 / 07812 992 389
	6.00pm - 7.00pm	Kick Boxing	07968 766 615
Friday	4.30pm - 8.30pm	AV Gym Club	07745 080623
Saturday	8.00am - 9.00am	Belper Marlins	01773 824539
Saturday	10.00am - 1.00pm	Tae Kwon Do	01773 873757
Sunday	6.00pm - 7.00pm	Scuba Diving	07931 218561
Sunday	1.00pm - 4.00pm	Phoenix Gymnastic Club	01773 761 566 / 07979 714499

Ripley Leisure Centre			
Monday	8.30pm - 9.30pm	ALC Circuit Training	01773 609193
	8.30pm - 10.00pm	Progress Martial Arts	www.progressmartialarts.com
Tuesday	7.00pm - 8.30pm	RLC Karate Club	01773 761375
	7:00 - 8:30pm	Ripley Tai Chi Club	neil.bradley@ripley-tai-chi-club.co.uk
Wednesday	9.00pm - 10.00pm	Sub Aqua Club	07920 549142
Thursday	6.00pm - 8.30pm	RLC Karate Club	01773 761375
	6.15pm - 10.00pm	RASCALS Swim Club	01773 608957
	7.30pm - 10.30pm	RLC Badminton Club	01773 852576
	7:00 - 8:30pm	Ripley Tai Chi Club	neil.bradley@ripley-tai-chi-club.co.uk
	8.30pm - 10.00pm	Progress Martial Arts	www.progressmartialarts.com
Friday	5.30am - 7.30am	Derwentio Excel Swim Squad	
	6.00pm - 7.00pm	Zenith Roller Skating Club	01773 863515
	7.30pm - 8.30pm	JKDG Martial Arts	07791 209483
	8.15pm - 9.15pm	RASCALS Swim Club	01773 710122
Saturday	6.00am - 8.00am	Derwentio Excel Swim Squad	
	8.00am - 9.00am	RASCALS Swim Club	01773 608957
	5.15pm - 6.15pm		
Sunday	8.00am - 9.00am		
	5.15pm - 7.15pm		

Directory

William Gregg VC Leisure Centre			
Monday	6.00pm – 9.00pm	Heanor Swim Club	01773 710115
	6.30pm – 8.30pm	Loscoe Karate	01773 521981
	6.30pm – 8.30pm	MIK Kickboxing Club	07976 548388
	7.00pm – 9.00pm	Heanor Ju Jitsu	01773 714338
	9.00pm – 10.00pm	Heanor Sub Aqua Club	01773 745117
Tuesday	6.45pm	Heanor Running Club	01332 881611
	7.00pm – 9.00pm	Heanor Ju Jitsu	01773 714338
	7.30pm – 8.30pm	Fighting Fit Kick Boxing	07788 468116
Wednesday	8.00pm – 10.00pm	Fun & Badminton Club	01773 744290
	8.00pm – 10.00pm	Nutbrook Badminton Club	01159 13911
Thursday	4.30pm – 5.00pm	Derbyshire Dragons	07779 789134
	7.15pm – 8.15pm	Belper Marlins	01773 856191
	8.15pm – 9.15pm	Ilkeston Swimming Club	01158 543519
Friday	5.00pm – 7.00pm	J Jepson Karate	07966 730115
	6.00pm – 7.00pm	Patricia Cooke School of Dance	01332 660837
	6.00pm – 9.30pm	Heanor Swimming Club	01773 710115
	7.00pm – 8.00pm	John Jepson Kickboxing	07973 719998
	8.00pm – 10.00pm	Rollersnakes inline Hockey Club	07976 831651
Saturday	9.00am – 11.00am	Heanor PKA Karate	01332 883394



Zoggs

All our centres stock a wide selection of sports equipment for use both in the pool and dryside.

Pool

- Goggles
- Floats
- Armbands
- Swim hats
- Ear plugs
- Aqua nappies

Dryside

- Table tennis bats and balls
- Racket grips
- Shuttle cocks



We also stock a large selection of swimwear. If you can't see what you want we are happy to order in any items not currently in stock.

Please see reception for details of prices.

10% off for gym members.



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



www.zoggs.com

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

Room Hire & Event Bookings

Our Leisure Centres have a variety of rooms available for hire, 7 days a week. The facilities are suitable for training events, meetings, social events and parties and non-sporting clubs. All our facilities at Alfreton can be booked in conjunction with the bar facility and catering if required. Please request further details and menus at the time of booking.

Meeting Room

Ideal for interviews, small meetings, and 1-2-1 consultations.

Function Suite – Alfreton Leisure Centre only

Dependent on the set up this room can accommodate up to 30 people.

Bowls Hall – Alfreton Leisure Centre only

This facility is available for booking from mid- April to mid September and has a maximum capacity of approximately 800 people dependant on the room set up. This area is suitable for Weddings, Awards evenings, Antique Fairs, Wedding Fairs, Exhibitions, Sport, dance and performance events.

Dance Studio

Our air conditioned Dance Studio with its sprung floor, mirrored wall and ballet bar is available for hire at off peak times.

To make a booking please contact the site directly by phone or email

Alfreton Leisure Centre	janewalters@dcleisure.co.uk	01773 523313
Ripley Leisure Centre	janetwilding@dcleisure.co.uk	01773 514727
William Gregg VC Centre	margueritephillips@dcleisure.co.uk	01773 537949

How to find us



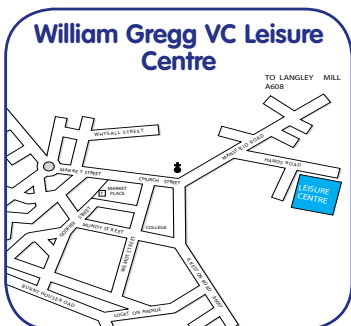
Alfreton Leisure Centre

Church Street
Alfreton
DE55 7BD

Tel: 01773 523325

enquiries@alfretonleisurecentre.co.uk

www.alfretonleisurecentre.co.uk



William Gregg VC Leisure Centre

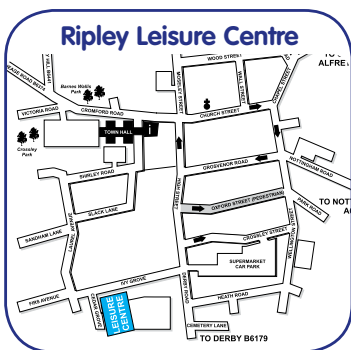
William Gregg VC Leisure Centre

Hands Road
Heanor
DE75 7HA

Tel: 01773 537940

enquiries@williamgreggvcleisurecentre.co.uk

www.williamgreggvcleisurecentre.co.uk



Ripley Leisure Centre

Ripley Leisure Centre

Derby Road
Ripley
DE5 3HR

Tel: 01773 514727

enquiries@ripleyleisurecentre.co.uk

www.ripleyleisurecentre.co.uk

By train

Local train operator

East Midlands Trains 08457 125678

www.eastmidlandstrains.co.uk

By bus

Local bus operator

Trent Barton 01773 712265

www.trentbarton.co.uk

Need local accommodation?

Premiere Inn Ripley

Derbyshire 0870 1112828

www.premierinn.com

There are other local transport firms and hotels in the area, if you need any help to plan your journey, please do not hesitate to contact the centre.

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...

Lite Lucozade SPORT

IMPROVE YOUR WORKOUT
ONLY 50 CALORIES