



Sport & Leisure Programme

March 2010-April 2011

Ferndown Leisure Centre

Tel: 01202 877468

Email: enquiries@ferndownleisurecentre.co.uk

Visit us at: www.dclesiurecentres.co.uk

Welcome

to Ferndown Leisure Centre

On behalf of the staff at Ferndown Leisure Centre, we would like to extend a warm welcome to all our regular customers and to those visiting the Centre for the first time. If you are new to the area or have not used the facilities before please, contact a customer advisor for a tour of the centre.

Ferndown Leisure Centre continually aims to improve and enhance its quality of service through management of people and resources. Our fitness suite has been awarded the IFI Mark- Provisional Level, the nationally recognised standard of inclusion for the fitness industry. Through attaining this award, we have demonstrated our commitment to treating all customers fairly and equally, plus working towards improving access for disabled people.

2010 will see us deliver the Aiming High project for special needs children aged 7-19yrs, developing a masters swim programme that is linked to the ASA, swim fit sessions so adults can improve their swimming ability and our kinetika membership will be able to offer even greater value for money.

This booklet has been designed to enable you to see at a glance the range of facilities and activities we have available for you to plan your leisure activities.

In offering a varied programme of activities to cater for the whole family during the year, the centre does host an array of events which may alter the Centre programming for that day.

We hope you enjoy your visit to the Centre.

Andy Lovering

Andy Lovering
General Manager

How to contact us...

Ferndown Leisure Centre
Cherry Grove, Ferndown,
Dorset BH22 9EZ
Tel: 01202 877468
Fax: 01202 895155
Membership Enquiries Tel: 01202 863762
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Contents

Membership	4
Reception & Centre Policies	6
Fitness Classes	7
Activities	8
The Kinetika Gym	9
Swimming	10 - 11
Junior Activities	12
Birthday Parties	13
Club Contact Numbers	14
Win a Free 5 Day kinetika Membership	5

**DC Leisure
supports the
government's
Change4Life
campaign.**



**To maintain a
healthy weight, we need to both eat
well and move more. Many families
are making changes that will help
them live healthier and longer.**

**Visit www.nhs.co.uk/change4life
or call 0300 123 3434 for more
information.**

This promotional literature is produced on NAPM approved recycled paper.

Our energy usage is monitored daily to reduce wastage and so our environmental impact.

Opening Times

Monday	06.30-22.30pm
Tuesday	06.30-22.30pm
Wednesday	06.30-22.30pm
Thursday	06.30-22.30pm
Friday	06.30-22.00pm
Saturday	08.00-19.00
Sunday	08.00-21.00

Our 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 courses, activities and events.
- Provide a Duty Manager at all public opening times to deal with all matters of concern to users.
- Regularly monitor our customer 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 the 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.
- Come back again soon.

We value your views. Let us know what you think of Ferndown Leisure Centre. Simply complete a customer comment card at reception and post it in the box provided.

If you require a large print version of this brochure, please call the Centre on 01202 877468

E Bookings

E bookings are available via www.ferndownleisurecentre.co.uk to book squash and badminton courts.

Check online to view our latest programmes and activities and download holiday activity booking forms. Please contact reception for more information.

Facilities

- 25m 4 lane swimming pool
- 17m teaching pool
- Fully air conditioned kinetika gym (28 cardiovascular stations, latest techno gym resistant machines and free weights)
- Group cycling area
- Dance Studio
- 5 Court main hall used for a variety of activities including:
 - Badminton
 - 5 a side football
 - Basketball
 - Cricket
 - Netball
 - Gymnasium
 - Trampolines
- 4 squash courts with spectator gallery
- Shooting range
- Sunbed room
- Large redgra area with 2 floodlit pitches
- Eight 11 a side football pitches
- Four mini football pitches
- Rugby
- Baseball
- Seven outdoor tennis courts
- Function & meeting Room

Many of the facilities are available for private hire. Please contact the Centre for prices and further information.

Use of Photographic Equipment

Please register at reception if you wish to use photographic equipment.



kinetika a NEW kind of membership A NEW way of life which will make you feel great and that's guaranteed



The benefits of this membership include

- Unlimited use of the gym
- Free Swimming during public times
- Free unlimited workout classes including water aerobics
- Free rackets sports at the weekend
- Free open squash and squash leagues
- Free open badminton

ALL THIS FOR LESS THAN £7.11 A WEEK

Membership Categories Available:

Single, Joint, Family, Junior, Corporate and Student



kinetika Membership

kinetika is DC Leisure's brand of specially designed fitness facilities, which has become synonymous with high standards and great value for money.

We offer a friendly fitness environment for real people and we care about what's important to you.

No matter what weight, size, shape, level of fitness or age you are, there really is something for everybody with a variety of membership options.

Kinetika is about feeling great! So why not come along and experience the benefits for yourself-we will be delighted to show you around.

Refer a friend

Do you know someone who wants to join the kinetika membership scheme? If you refer a friend and they join the scheme, you will receive a months FREE membership from us. See a membership advisor for details. Refer 12 and get the whole year Free!

For more information on any of our memberships or to be given a tour of the Centre call our customer advisors on:

01202 877468

Membership Options (no long term commitment, 3 month payment plan available)

kinetika All Inclusive membership benefits are

Enjoy unlimited use of the gym, workout classes, swimming during public sessions at Ferndown Leisure Centre.

Benefits of this membership include:

- Complimentary 'kinetika Journey' 5 step fitness programme
- Complimentary personalised exercise programme -reviews/upgrades included
- Free unlimited workout classes including aqua classes
- Free swimming - during public times
- Free racket sports during weekends
- Advanced booking facility, up to eight days in advance for sports facilities
- Discounts on personal training sessions
- 2 Complimentary 5 day passes
- Free open squash and squash leagues
- Free open badminton
- Free Masters Swim & Swimfit sessions

Family Membership

2 Adults and children, living at the same address Whilst the adults benefit from the all inclusive membership, your children (under 16) can enjoy:

- Free swimming - during public times
- Free racket sports during weekends
- Free junior gym sessions (11-15yrs) supervised sessions only

Junior kinetika Membership

An affordable membership to promote an active lifestyle in a friendly environment for local young people aged five to fifteen years.

This membership is particularly good value for money and **for less than £1.95** per week, which is less than the price of a junior swim. Under 16 year olds enjoy unlimited JK workouts, swimming, racket sports and a selection of activities for only **£9.99** per month (by direct debit) or get 12 months for the price of ten months by paying **annually at £99.99**. Joining fee applies.

See the junior activities brochure for further information.

15 year olds can only take out a monthly DD. As soon as the junior turns 16, if they wish to continue their membership they must transfer and pay the full adult membership (even if the membership is taken out before they turn 16).

Corporate Membership

Regular training by employees will reduce absenteeism and create a more productive and motivated workforce. **Added bonus at Ferndown**, corporate membership also includes discounted rates for the employees partner.

Joint Membership

Help motivate yourself by training with a partner or a friend (subscription payable from one bank account)

For more information on any of our memberships or to be given a tour of the Centre call our customer advisors on 01202 877468

Junior Centre Membership

Membership entitles you to financial savings on many activities.

A junior is under 16 years of age.

For help in choosing the right package for you and for a tour please contact a customer advisor now on 01202 877468

 You can receive a **FREE 5 Day Membership**

5 Day Membership
Enjoy unlimited use of the gym, swimming, group exercise classes at Ferndown Leisure Centre for 5 consecutive days.

We are giving away a 5 Day Pass every week. To join in the draw, simply fill in your details below and return to reception. The weekly winner will be notified to activate their free 5 days. GOOD LUCK!

Name: _____

Address: _____

Telephone number: _____

Age: _____

Email: _____

Area(s) interested in: _____

Swim, Workouts + Gym Where Fitness is Fun!

Tick here to opt out of our marketing list DC Leisure Management and its subsidiary companies hold your data in accordance with our data protection policy. For further information, please contact reception on 01202 877468.

Reception

Our friendly reception staff are always happy to help. If you require any further details or wish to make bookings please contact us either in person or by phone.

Centre Policies

- 1 The Member shall pay in full all fees relating to the booking before using the facilities.
- 2 The member/Hirer will give Ferndown Leisure Centre at least 48 hours of notice of cancellation of courts or other facilities. If notice is not received the Member at the Managers discretion will be responsible for the facility hire.
- 3 The Member/Hirer shall observe any regulations made by Ferndown Leisure Centre relating to the use of the facilities and shall comply with the instructions of the Manager.
- 4 The Member/Hirer shall ensure that the use of the facilities does not cause a nuisance, annoyance or disturbance.
- 5 Members may book 8 days in advance from 7.00am by phone or in person.
- 6 Ferndown Leisure Centre reserves the right to withdraw the use of a facility, at any time, if, in its opinion, it is unfit for use. The hire fee will be refunded or alternative dates offered, but Ferndown Leisure Centre accepts no liability for any other expenditure incurred or loss sustained by the Hirer. Ferndown Leisure Centre reserves the right to adjust the activity areas and times allocated to hirers to ensure the optimum use of facilities.
- 7 The Member/Hirer shall adhere to the agreed booking times to ensure that subsequent users are not deprived of their full allotted time.
- 8 Ferndown Leisure Centre reserves the right to alter its scale of charges at any time.
- 9 The membership card remains the property of Ferndown Leisure Centre. Ferndown Leisure Centre reserves the right to retain the membership card.
- 10 Members and non-members under the age of 18 will not be allowed entry to the Centre after 7pm unless they are taking part in an activity or are accompanied by a responsible person over 18 years of age.
- 11 Centre membership is not transferable and refunds will not be given.
- 12 Casuals can book 7 days in advance but must pay at time of booking
- 13 Refunds for courses need to be put in writing to the General Manager and should be accompanied by a Doctors letter.
- 14 Customers must pay outstanding court fees before further courts are booked. Booking privileges will be denied until debts are cleared.
- 15 Members who have booked classes in advance must give at least 2 hours notice of cancellation. Members will be charged the non-member rate for the class if they fail to give 2 hours notice of cancellation.
- 16 Casuals who have booked classes in advance must give at least 2 hours notice of cancellation or they will lose their payment.
- 17 Membership cards must be shown at time of paying. Customers will be charged at non member rates if no membership card is produced.
- 18 If membership card is lost a fee of £5 will be charged for replacement card
- 19 Members can only reserve one court per membership per evening in advance.
- 20 Customers must complete a booking sheet and terms of hire in advance for one off bookings and block bookings.
- 21 If a customer damages a hire racket then the following charges will be levied £10 for a completely damaged racket, and £2 per string for broken strings.

The Centre is a non smoking establishment.

Fitness Classes

Please pick up a workout time table from reception for information on all our fitness classes. We offer a well balanced range of classes including Body Pump, Body Jam, Body Balance, Pilates, Yoga, and Legs, Bums and Tums etc.

Indoor Cycling

An energetic, motivating group class on stationary fixed wheel bikes. A great way to burn calories and improve your cardiovascular fitness. All abilities catered for. See our aerobic timetable for class times.

Price	Member	Casual	kinetika
Aerobics/ Circuits		£4.50	Free
Club Five 0 (Wed)		£5.00	Free
Yoga 1 Hour		£5.00	Free
Yoga 1 ¼ Hour		£6.25	Free
Junior Supervised Sessions	£2.30	£2.60	Free
Junior aerobics	£2.30	£2.60	Free
Indoor cycling Peak		£4.60	Free
Indoor cycling Non Peak		£3.70	Free

Inclusive Fitness

For those customers with special needs, we have the following facilities available at the Centre.

Aiming High

We are working in partnership with Dorset County Council to create an exciting programme of events for disabled children aged from 7-19. We offer multi-sports and swimming, all free of charge. Session instructors and coaches will try to adapt the activities as far as possible to make them accessible to all comers.

There will be support workers to help the children get the most out of a session and 1-1 may be available. Providing as much information as possible on the booking form will allow the activity providers to assess the level of support needed. NB Medicine can not be administered by staff.

Sunday	9.30-10.30am	7-19yrs	Multi-sports
	11.00am-12.00pm	7-19yrs	Swimming

Accessible parking

We have dedicated parking bays for registered badge holders, in the top car park these are situated next to the level path.

Main entrance

Automatic doors provide easy access for wheelchairs and pushchairs.

Lift

Located in the pool lobby area, provides access to poolside, 1st and 2nd floors of the main building. Please ask at reception for a member of staff to access the lift facility.

Family/Group/Accessible/Baby changing

Located on the ground floor along the pool corridor. Further accessible toilets and change facilities are located along the corridor to the kinetika gym.

Pool Hoist

For access in and out of the main pool, please ask at reception on arrival.

Activities

Racket Sports

	peak	non peak
Badminton (55 mins)	£8.00	£6.15
Squash/Racketball/		
Table Tennis (40 mins)	£6.00	£4.60
Tennis	£4.00	£4.00

Keeping Juniors more active, more often

Juniors pay half price for bookings made on the day of play!

Racket hire Adults £1.00 **Juniors** £0.60

(Free daytimes and weekends)

Adult Racket Activities

Open Badminton

Develop your skills and meet new people and play against them in this sociable adult activity.

Monday 8.30pm – 10.30pm

Cost £5.20 **kinetika Member** Free

50+ Table Tennis

An afternoon session of table tennis in a fun and friendly atmosphere.

Tuesday 2.00pm – 4.30pm

Cost £2.00 **kinetika Member** Free

Private Badminton Coaching

Individual tuition can help to improve your understanding of the game and develop you as a player. David is a County player and registered level 2 Badminton Association of England coach, and keen to help players of all ages and abilities. For more information or to book, contact reception or David Marsh on 07868 723552.

Squash League

Operating at the centre we have a thriving squash league which caters for all levels. The league runs for 9 weeks on a Sunday evening. Prizes are awarded for the winner. Contact reception on 01202 877468 for more information, or to join the league.

Ferndown Gun Club

If you are interested in being part of the gun club, contact Ian Osborne on 07505 847567 to arrange a suitable time to visit the range.

Indoor/Outdoor Sports

Indoor: (55 mins)	peak	non peak
5-A-Side Football	£50.00	£33.00
Basketball	£50.00	£33.00
Netball	£50.00	£33.00
Outdoor:	Adult	Junior
Redgra Football		
6-A-Side (floodlit)	£27.00	£15.00
Football 11-A-Side	£61.00	£31.50
Baseball	£61.00	
Mini Pitch	£14.50	

Sunbed

(Member of Sunbed Association)

Put a little sunshine in your life, and book a tanning session today.

Relax and enjoy our fast tan sunbed and have a healthy glow all year round.

Monday – Friday 7.00am – 9.45pm

Saturday 8.30am – 7.00pm

Sunday 8.30am – 8.30pm

Minimum booking 3 minutes-Maximum 9 minutes

3 minutes £2.40

6 minutes £4.80

9 minutes £7.20

For your safety, goggles must be worn for each session and disposable goggles are included in the price.

