

# Sport & Leisure Programme

1st April 2011 – 31st March 2012



Alton Sports Centre – 01420 540040

Mill Chase Leisure Centre, Bordon – 01420 472549

Taro Leisure Centre, Petersfield – 01730 263996

# Welcome

On behalf of East Hampshire Leisure Community Association, DC Leisure and East Hampshire District Council, we would like to extend a warm welcome to all our regular customers and those visiting our centres for the first time.

This brochure has been designed to enable you to see at a glance the full range of facilities available in order for you to plan your leisure time around the whole family. We hope you will choose to join us and look forward to giving you a warm welcome.

## Alan Elliott

Contract Manager

All three centres are accredited:-



Highly

Commended

## E Bookings

Ebookings are available via each centre's website for badminton & squash. Please contact reception for more information.

The management reserve the right to change the programme giving our customers one month's notice where possible.

Bank Holiday times may differ.

The aerobic and swimming timetables are available from reception in separate brochures.

# Contents

|                                    |    |
|------------------------------------|----|
| Welcome/Customer Care              | 2  |
| Accessibility/IFI                  | 3  |
| Membership Options                 | 4  |
| kinetika Gym                       | 5  |
| kinetika Journey/Courses           | 6  |
| Swimming Academy                   | 7  |
| Swimming Charges                   | 8  |
| Alton Sports Centre                | 9  |
| Mill Chase Leisure Centre          | 10 |
| Taro Leisure Centre                | 11 |
| Gym Charges/Personal Training      | 12 |
| Membership                         | 13 |
| Activity Charges                   | 14 |
| Health Suite                       | 15 |
| Teen Fitness/GP Referral           | 16 |
| Leisure Card/Get Active            | 18 |
| Facility Hire                      | 19 |
| Birthday Parties                   | 20 |
| Adventure Zone                     | 21 |
| Crèche/Pre School Activities       | 22 |
| High Sports Climbing Facility      | 23 |
| Health & Fun Club/Adult Activities | 24 |
| Cafeology/Career Opportunities     | 25 |

## 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.

# Accessibility

All our centres are accredited as being "accessible for all" by the Inclusive Fitness Initiative. The reception areas have been equipped with hearing loops 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 pool changing village and some changing rooms. Most have baby change units.

## HOIST

For access to the Main Pool. Please ask at reception upon arrival.

## 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 Blue Badge holders.

## CHANGING TROLLEYS

These are available at Alton Sports Centre and Taro Leisure Centre

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.

We have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.



Inclusive fitness  
accredited site 2008



# 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 16yrs +

- kinetika Journey (see page 6)
- Gym
- Swimming
- Workout Classes

## Family

- kinetika Journey (see page 6)
- 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.

## 60+

A discounted membership rate offering the same benefits as a Single membership.

## Junior Ages 11-15 yrs

- Swimming
- Drop in sessions
- Supervised gym sessions

## Joint

- kinetika journey (see page 6)
- Gym
- Swimming
- Workout Classes

## 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 Only

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 kinetika gym 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](http://www.kinetikagyms.co.uk)

Contact a Customer Advisor for more details.

## Guaranteed Results\*

or your money back – ask a membership advisor for more details and conditions.

\*Conditions apply.

**Let us help you to find the right membership for you.**

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 swimming and workout classes on a pay per visit basis. Refer to pages 8 and 14 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.



# 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 courses

We run a range of fitness courses to help you achieve your goals. Contact a member of the Gym Team for more details.

## Ab Attack

Specially designed circuits class targeting abdominal, core and posture training. A great workout combined with technique advice, suitable for all individuals.

## Snow Fit

Action packed circuits class to get you fit for the slopes. Leg strength and endurance, mixed with stability, co-ordination and core exercises.

## Back Fit

Advanced specialised training course to help ease those aches, pains or injury tension.

## M.M.A

A stress busting whole body workout covering, defensive pad drills, advanced strikes and fitness drills. Developing a range of boxing, muay thai and MMA pad combinations.

# 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.

## Parent & Baby

**6 – 18 mths**

Designed to introduce you and your baby to the water including toys and games.

## Parent & Toddler

**18 – 36 mths**

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

## Ducklings (Taro Only)

**3 – 4 yrs**

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

## Junior Lessons

**3 yrs 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™



DC Leisure has been awarded the Amateur Swimming Association's (ASA) Facility Operator of the Year 2010. This reflects our commitment to continually developing our swimming programmes.

# Other Aquatic Activities

Please contact reception for more information on what we may offer.

# Swimming Charges

## Alton Sports Centre & Mill Chase Leisure Centre

|  |       |
|--|-------|
| Adult Swim                                   | £3.85 |
| Junior Swim                                  | £2.65 |
| Over 60's                                    | £2.65 |
| Family Swim<br>(2 adults & up to 3 children) | £9.80 |
| Over 80's                                    | FREE  |

## Taro Leisure Centre

|   |        |
|---|--------|
| Adult Swim Peak                                       | £4.70  |
| Adult Swim Off Peak                                   | £3.85  |
| Junior Swim Peak                                      | £2.95  |
| Junior Swim Off Peak                                  | £2.65  |
| Over 60's Peak  | £2.95  |
| Over 60's Off Peak                                    | £2.65  |
| Family Swim Peak                                      | £11.70 |
| Family Swim Off Peak<br>(2 adults & up to 3 children) | £9.00  |
| Over 80's   | FREE   |

Please note that off peak applies Mon-Fri  
09.00-17.00 & 21.00-22.00 term time only

## Please Note The Following Can Swim For Free:

- kinetika members
- Direct Debit Swimming Academy members
- Children under 3 years of age (excluding private lessons)
- Registered disabled swimmer (East Hampshire Resident) with a valid leisure card and one helper
- Under 5 years during specific parent & child sessions only.
- Swim Fit members
- Over 80's

kinetika swimming memberships are available at all three sites. Annual and D.D options are available. For more details call us now and start swimming only today!

**Alton Sports Centre** 01420 540040

**Mill Chase Leisure Centre** 01420 472549

**Taro Leisure Centre** 01730 263996

## Terms & Conditions

- 1) Children under 8 years of age 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 also accompany the children in the water.
- 2) Junior applies to under 16 years of age.
- 3) Family applies to 2 adults and up to 3 children under the age of 16.
- 4) Last admission is half an hour before the end of each session.
- 5) Adults are required to be in the water during 'Family Only' sessions.
- 6) Children who are toilet training must wear Aqua nappies (available at reception).



Please shower before entering the pools

# Alton Sports Centre



## Opening Times

Monday - Friday 06.45-22.30  
\*Saturday 08.00-20.00  
Sunday 08.00-22.30  
\*Available for private hire between 18.00-21.00

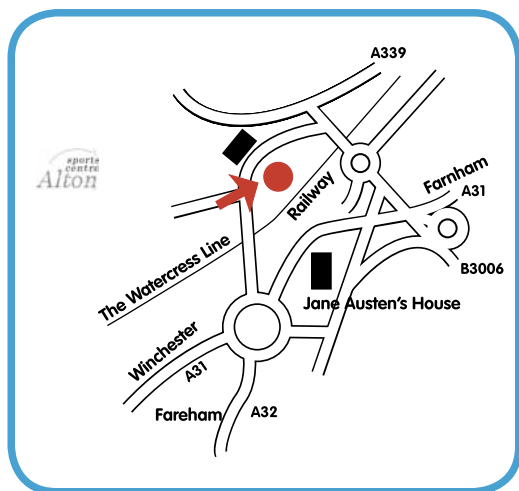
## Facilities on offer at Alton Sports Centre:

- kinetika Gym with IFI equipment
- 2 kinetika Fitness Studios
- Main Hall, 4 Squash Courts
- Large Indoor Climbing Centre
- Floodlit Artificial Turf Pitch, Meeting Room
- Adventure Zone, Crèche, Café
- 6 lane 25 m Training Pool, Health Suite
- Learner Pool, Diving Pool, Flume
- Martial Arts room

## How to find us...

Chawton Park Road, Alton  
Hampshire GU34 1ST  
Tel: 01420 540040  
Fax: 01420 83950  
[www.altonsportscentre.co.uk](http://www.altonsportscentre.co.uk)  
[enquiries@altonsportscentre.co.uk](mailto:enquiries@altonsportscentre.co.uk)

Catch the stagecoach bus from Alton town centre.  
Number 23 or 24



# Mill Chase Leisure Centre



## Opening Times

|                 |             |
|-----------------|-------------|
| Monday - Friday | 07.00-22.00 |
| Saturday        | 08.30-18.00 |
| Sunday          | 09.00-18.00 |

## Facilities on offer at Mill Chase Leisure Centre:

- kinetika Gym with IFI equipment
- Sports Hall
- Floodlit Artificial Turf Pitch
- Sunbed, Vending
- 4 lane, 25m Training Pool
- Learner Pool

## How to find us...

Mill Chase Road, Bordon

Hampshire GU35 0ER

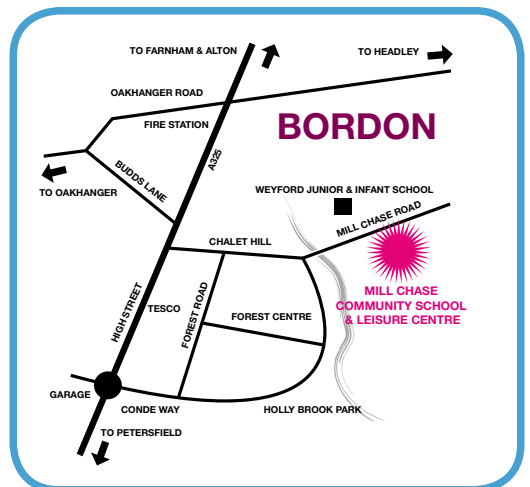
Tel: 01420 472549

Fax: 01420 476964

[www.millchaseleisurecentre.co.uk](http://www.millchaseleisurecentre.co.uk)

[enquiries@millchaseleisurecentre.co.uk](mailto:enquiries@millchaseleisurecentre.co.uk)

Catch the stagecoach bus. Number 221



# Taro Leisure Centre



## Opening Times

|   |             |
|---|-------------|
| Monday - Friday                                 | 06.30-22.30 |
| *Saturday                                       | 08.00-19.30 |
| Sunday  | 08.00-22.30 |
| *available for private hire between 19.15-21.00 |             |

## Facilities on offer at the Taro Leisure Centre:

- kinetika Gym with IFI equipment
- kinetika Fitness Studio
- Main Hall, 3 Squash Courts, Sunbed
- Adventure Zone, Crèche, Café
- 4 lane 25 m Training Pool, Health Suite
- Learner Pool, Baby Paddle Area, Hot Tub
- 60m 'twister' Flume, Vortex (water rapid)
- Leisure Pool with features

## How to find us...

Penns Place, Petersfield  
Hampshire GU31 4EX  
Tel: 01730 263996  
Fax: 01730 234690  
[www.taroleisurecentre.co.uk](http://www.taroleisurecentre.co.uk)  
[enquiries@taroleisurecentre.co.uk](mailto:enquiries@taroleisurecentre.co.uk)

Catch the countryside bus. Number 94 or 94A



# Pay per Visit Gym Use

You can enjoy using our kinetika gym on a pay per visit basis. Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. All you need to do is to pay an initial fee 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. If this way of using the gym suits you then contact reception for more information.

You can also enjoy swimming and workout classes on a pay per visit basis. Refer to pages 8 and 14 for more information.

## kinetika gym opening times

### ALTON SPORTS CENTRE

Monday-Friday 06.45-22.00  
Saturday-Sunday 08.00-20.00  
(Bank Holiday Times may differ)

#### PRICES

Authorised Gym User Induction £28.00  
(Year 1 only - includes induction & programme)  
Authorised Gym User Card Annual Renewal Fee £21.50  
Authorised Gym User Full kinetika Journey Induction £42.00

#### COST PER SESSION

Gym Authorised User Adult £7.20  
Gym Authorised User 60+ Over 80's £4.60 FREE

### MILL CHASE LEISURE CENTRE

Monday-Friday 07.00-22.00  
Saturday 08.30-18.00  
Sunday 09.00-18.00  
(Bank Holiday Times may differ)

#### PRICES

Authorised Gym User Induction £28.00  
(Year 1 only - includes induction & programme)  
Authorised Gym User Card Annual Renewal Fee £21.50  
Authorised Gym User Full kinetika Journey Induction £42.00

#### COST PER SESSION

Gym Authorised User Adult £6.70  
Gym Authorised User 60+ Over 80's £4.60 FREE

### TARO LEISURE CENTRE

Monday-Friday 06.30-22.00  
Saturday 08.00-19.00  
Sunday 08.00-21.00  
(Bank Holiday Times may differ)

#### PRICES

Authorised Gym User Induction £28.00  
(Year 1 only - includes induction & programme)  
Authorised Gym User Card Annual Renewal Fee £21.50  
Authorised Gym User Full kinetika Journey Induction £42.00

#### COST PER SESSION

Gym Authorised User Adult £7.20  
Gym Authorised User 60+ Over 80's £4.60 FREE

## Personal Training



Experienced Personal Trainers are available 7 days a week for those who need extra motivation, have time constraints, require nutrition or lifestyle guidance or simply aren't getting the desired results.

We take it personally so let us help you achieve your fitness goals!

Our 1 to 1 sessions are designed to help you feel and look the best you can. Achieve your personal best – whether to run a marathon or run for a bus.

**Contact a Fitness Instructor for further details.**



# 1 FEE, 3 Centre Membership



kinetika is the way to use our facilities on a regular basis. Whatever your exercise goals, our team are ready and waiting to help you achieve the results you want.

## kinetika memberships to suit you...

- Unlimited workouts in the kinetika gym
- A personalised fitness programme
- Unlimited use of the swimming pools during our public sessions
- Unlimited use of our sauna, spa and steam room\*
- Free updates of your fitness programme
- Unlimited use of all our group exercise classes
- Discounted squash and badminton

\*Excludes Mill Chase Leisure Centre

## kinetika membership types available:

- Single
- Joint
- Family
- Junior
- Corporate
- Student
- Senior
- Swimming

## kinetika swimming membership

Why not jump in the pool every day and reap the benefits that regular swimming can have on your energy and fitness levels

- Unlimited use of the swimming pool during our public swimming sessions
- Use of the health suite\*
- 10% discount on all Zoggs products

\*Excludes Mill Chase Leisure Centre - aqua aerobics will be included instead.

Contract wide and site specific memberships are available. Pay per Visit options are available, refer to page 8 for details

**For more information regarding kinetika membership please contact one of our Customer Advisors NOW on:**

|                           |              |
|---------------------------|--------------|
| Alton Sports Centre       | 01420 540047 |
| Mill Chase Leisure Centre | 01420 472549 |
| Taro Leisure Centre       | 01730 234694 |

# Activity Charges

## Alton Sports Centre

### ACTIVITY PRICES

#### Badminton (per court) 40 mins

Peak: £7.80 Off Peak: £6.10

#### Squash (per court) 40 mins

Peak: £7.50 Off Peak: £5.80

#### Table Tennis (per court) 40 mins

Peak: £5.00 Off Peak: £5.00

#### Football (indoor)

Four courts - 40 mins

Peak: £36.00 Off Peak: £29.00

#### Football (outdoor)

##### Full Court - 1 hour

Peak: £64.00 Off Peak: £53.50

##### Half Court - 1 hour

Peak: £44.00 Off Peak: £37.50

### PEAK AND OFF PEAK TIMES (TERM TIME ONLY)

#### Off Peak

Monday-Friday 9.00-17.00

#### Peak

Monday-Friday 06.45-09.00

17.00-22.30

Saturday 08.00-22.30

Sunday 08.00-22.30

## Mill Chase Leisure Centre

Only available outside school times.

### COURTS AND PITCH HIRE

#### Sports Hall 55 mins

Junior: £27.00 Adult: £41.50

#### Gymnasium 55 mins

Junior: £19.00 Adult: £26.00

#### ATP Full 55 mins

Junior: £42.00 Adult: £72.00

#### ATP Half 55 mins

Junior: £30.00 Adult: £44.00

#### Assembly Hall 55 mins

Junior: £32.00 Adult: £42.00

#### Badminton Court 55 mins

Junior: £4.70 Adult: £8.00 kinetika: £6.30

## Taro Leisure Centre

### ACTIVITY PRICES

#### Badminton (per court) 40 mins

Peak: £7.80 Off Peak: £6.10

#### Squash (per court) 40 mins

Peak: £7.50 Off Peak: £5.80

#### Table Tennis (per court) 40 mins

Peak: £5.00 Off Peak: £5.00

#### 5-A-Side Football (Whole Hall) 40 mins

Peak: £31.20 Off Peak: £24.40

#### Basketball (2 courts) 40 mins

Peak: £15.60 Off Peak: £12.20

#### Volleyball (3 courts) 40 mins

Peak: £23.40 Off Peak: £18.30

### PEAK AND OFF PEAK TIMES (TERM TIME ONLY)

#### Off Peak

Monday-Friday 09.00-17.00

#### Peak

Monday-Friday 06.30-09.00

17.00-22.30

Saturday 08.00-19.30

Sunday 08.00-22.30

### Group Exercise Class

Alton £5.70

Mill Chase £5.20

Taro £5.70

### Group Cycling Class

Alton £7.60

Taro £5.70

### Aqua Aerobics

Alton £5.70

Mill Chase £5.20

Taro £5.70

### Equipment Hire

A range of equipment is available for purchase or to hire. Please ask at Reception.

# Health Suite

Located on pool side our health suites include Spa, Steam room, Sauna and relaxation area with loungers. A great opportunity to unwind from the stresses and strains of everyday life.

## Opening Times & Prices

### Alton Sports Centre

|                   |                              |
|-------------------|------------------------------|
| Monday Spa        | 12.00-22.00                  |
| Sauna/Steam       | 09.00-22.00                  |
| Tuesday           | 10.00-22.00                  |
| Wednesday         | 09.00-22.00                  |
| Thursday          | 06.45-08.30<br>& 11.00-22.00 |
| Friday            | 09.00-22.00                  |
| Saturday & Sunday | 10.00-19.00                  |

|                  |       |
|------------------|-------|
| Prices           |       |
| Kinetika         | FREE  |
| Non Member price |       |
| Adult            | £7.50 |
| Senior Adult     | £6.70 |

### Taro Leisure Centre

|                    |                            |
|--------------------|----------------------------|
| Monday, Tuesday,   |                            |
| Wednesday & Friday | 06.30-22.00                |
| Thursday           | 12.00-22.00                |
| Saturday           | 08.00-18.00                |
| Sunday             | 08.00-17.00<br>19.30-22.00 |

|                  |       |
|------------------|-------|
| Prices           |       |
| Kinetika         | FREE  |
| Non Member price |       |
| Peak             | £8.50 |
| Off Peak         | £6.30 |

Please note that off peak applies Mon-Fri 09.00-17.00 & 21.00-22.00 term time only.

### Beauty Matters at Taro Leisure Centre

Combine your healthy lifestyle with a visit to Beauty Matters. Choose from our large selection of beauty and holistic therapies to invigorate the body and relax the mind.

- Dermalogica skin and body care treatments
- Aromatherapy and therapeutic body massage
- Caci non-surgical face lift
- Ear piercing
- Indian Head Massage
- Jessica Nail Care
- Waxing
- Tinting
- Si Tropez Tanning
- Electrolysis

Please book appointments at Main Reception, or call **01730 263996**  
Loretta and Lisa look forward to welcoming you.



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

Please contact your nearest centre to book your tanning session/s and for more information on any special offers currently available.



# Teen Fitness

Young people can enjoy the use of our kinetika gyms

## Teen Fit is for 11-17yrs.

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.**

**Sessions need to be booked in advance for a dedicated Session time.**

### PRICE:

Teen Fit Induction: £14.50 (Mill Chase £11.75)  
Alton Sports Centre and Mill Chase Leisure Centre  
Member: £4.30  
Mill Chase Non Member: £4.30  
Taro Leisure Centre Non Member: £4.30

### ALTON SPORTS CENTRE

Mon-Fri 15.30-17.30\*  
Sat-Sun 10.00-12.00  
\*13.00-17.00 during school holidays



### MILL CHASE LEISURE CENTRE

Wed 15.00-17.00\*  
Fri 15.00-17.30\*  
Sat-Sun 10.00-12.00  
\*13.00-17.00 during school holidays

### TARO LEISURE CENTRE

Mon, Tues, Thurs & Fri 15.30-17.30\*  
Wed 15.00-17.30\*  
Sat-Sun 10.00-12.00  
\*13.00-17.00 during school holidays

## GP Referral Scheme

This scheme enables GPs to refer patients for specific training to improve health and promote recovery. Our qualified instructors will advise on an appropriate rehabilitation programme to suite individual needs.

After being recommended to exercise by your GP, you will be able to use the kinetika gym and swimming pool at a discounted rate for a period of 12 weeks. (you will need a prescription to exercise from your GP).

### Price:

Registration fee: £9.50  
**Prices of the qualifying activities**  
kinetika gym: £3.70  
Group Exercise class: £3.70  
Swim: £3.20  
Unlimited use of the 3 qualifying activities for 12 weeks: £64.00



For more details on our GP Referral Scheme please contact one of our gym teams on:

Alton: 01420 540040  
Mill Chase: 01420 472549  
Taro: 01730 263996



# Dive in with us!

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



[www.zoggs.com](http://www.zoggs.com)

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

# East Hants Leisure Card

## Making leisure more affordable

EHL Card is a concessionary scheme designed to assist those East Hampshire Residents who are eligible, to enjoy the leisure facilities at Alton Sports Centre, Mill Chase Leisure Centre in Bordon and the Taro Leisure Centre in Petersfield at a discounted rate.

For more information contact your nearest centre.



**Taro Leisure Centre**  
Penns Place, Petersfield  
**01730 263996**  
[enquiries@taroleisurecentre.co.uk](mailto:enquiries@taroleisurecentre.co.uk)



**Alton Sports Centre**  
Chawton Park Road, Alton  
**01420 540040**  
[enquiries@altonsportscentre.co.uk](mailto:enquiries@altonsportscentre.co.uk)



**Mill Chase Leisure Centre**  
Mill Chase Road, Bordon  
**01420 472549**  
[enquiries@millchaseleisurecentre.co.uk](mailto:enquiries@millchaseleisurecentre.co.uk)



Operated by East Hants Leisure Community Association on behalf of East Hampshire District Council

# Get Active... East Hampshire

The human body needs to be active throughout life, particularly in this day and age. All it takes is 30 minutes physical activity each day to help you, your family and friends to become fitter, healthier and happier.

### Give it a Go with DC Leisure!

Taro Leisure Centre in Petersfield, Mill Chase Leisure Centre in Bordon and Alton Sports Centre provide a great range of opportunities for you to give it a go and get active. You can try fun activities such as; swimming,

indoor climbing, aerobic based classes, yoga, squash, badminton, 5-a-side football and gym exercise.

There are many ways you can give it a go. Why not try a new activity you've always wanted to do, get a group of friends together to have a different social gathering or take the whole family to enjoy an activity.

With friendly staff at each centre, help is at hand to support, advise and encourage your active lifestyle.  
[www.getactivenow.org.uk](http://www.getactivenow.org.uk)

# Facility Hire

Room and hall hire are available at the facilities, regular booking is also available for frequent users. Please contact each centre directly if you are interested in hiring out any of our facilities.

## **Alton Sports Centre**

01420 540040

## **Mill Chase Leisure Centre**

01420 472549

## **Taro Leisure Centre**

01730 263996





# Birthday Parties

Let us take the stress and strain out of organising your child's birthday party. Choose from one of our fantastic party options.

You can relax whilst your children and their friends have a party to remember.

Contact reception for prices and availability.



**Choose from a pool party, football party and even a bouncy castle and ball pond party we have exactly what you want to make your child's day extra special!**



Contact reception for further details.

# Adventure Zone

A drop in session in our soft play area equipped with slide, ball pit and soft play equipment. The safety of the children is the responsibility of the parent/guardian.

Parents MUST stay in attendance at all times

Children must wear socks.

Maximum height/age restrictions apply.

**Please read the rules of play found at reception and by the play area before entering the kids Adventure Zone.**

**Alton Sports Centre 01420 540040**

**Taro Leisure Centre 01730 263996**

## Opening hours at Alton Sports Centre

|                 |             |
|-----------------|-------------|
| Monday - Friday | 10.00-19.00 |
| Saturday        | 10.00-14.00 |
| Sunday          | 10.00-15.00 |

## Opening hours at the Taro Leisure Centre

|                 |             |
|-----------------|-------------|
| Monday - Friday | 09.30-19.00 |
| Saturday        | 09.00-11.00 |
| Sunday          | 09.00-11.00 |

## Prices:

Kinetika member: £2.90

Non Member: £4.20

Last admission 45 minutes before closing

- 1 month passes available (Alton Only)
- Available for private hire for children's parties.

## Junior Activities

Many activities are run throughout the year and are open to children ranging from the age of 4-17 years. The sites run a variety of courses and drop in sessions. Courses must be booked and paid for in advance, but children can come to just one of the drop in sessions or many and do not need to be booked in advance.

Please note, not all activities are available at every site.

- Football techniques /goal keeping (C)
- Trampoline (C)
- Mini-tennis (C)
- Mini-Squash (C & DS)
- Swimming Academy (C)
- Climbing with High Sports (C & DS)
- Basketball (C & DS)
- Holiday Activities and Day Camps
- Tri Golf (C)
- Street dance (C & DS)
- Fun & Floats swimming sessions (DS)
- Kinetika Teen Fit (DS)
- Pool Inflatable & Fun Session (DS)
- Dance Mats (DS & C)
- Badminton (DS & C)

Key:

C - courses

DS - drop in sessions



Please contact reception for details, times and prices.



# Crèche

Registered with OFSTED, the crèche offers childcare facilities for children aged 6 weeks to five years old and is open to all parents using the facilities. Leave your child with peace of mind that they are being looked after by our experienced child carers while you enjoy your activity. The crèche is open to members and casual users of the centres. Due to limited spaces- advance booking is advised.

## Opening times

### Alton Sports Centre

Monday-Friday 09.00-12.00

### Taro Leisure Centre

Monday 09.00-12.30

Tuesday - Friday 09.00-13.30

## Prices

Per hour £2.20

1 hour 30 minutes £3.20

2 hours & over £4.20

# Pre-school Activities

We run a number of activities for pre-school youngsters

## ALTON SPORTS CENTRE

- Swimming Academy courses
- Toddlers Trampolining
- Adventure Zone
- Parent & Child swimming sessions

## MILL CHASE LEISURE CENTRE

- Swimming Academy courses
- Parent & Child swimming sessions

## TARO LEISURE CENTRE

- Swimming Academy courses
- Parent & Child swimming sessions
- Adventure Zone

For more details, times and prices etc on any of our Junior activities please contact each site directly on:-  
Alton Sports Centre call: 01420 540040  
Mill Chase Leisure Centre call: 01420 472549  
Taro Leisure Centre call: 01730 263996



# Indoor Climbing At Alton Sports Centre



Climbing is a sport for everyone regardless of your experience or fitness. Fun, exciting and social able it provides a mental challenge as well as toning the body and building strength. Within our relaxed supportive environment personal progression is endless, whether you just want to build on your skills or just try something new.

## Junior Activities

### ROCKUP

High Sports ROCKUP Club is aimed at experienced teenage and young adult climbers (school years 9-13) who want to do their 'own thing' but be supported by an instructor.

### TASTER SESSIONS

These one hour sessions give you a chance to climb more of the wall than on the Have a Go session. You will be with an instructor the whole time and we will provide all of your equipment.

### JUNIOR ROCK CLUB

Junior Rock Club is for our 7 to 11 year old climbers. Each junior will receive their own log book to record their progress. Junior Rock club runs after school and at weekends.

### 1215 ROCK CLUB

For our older juniors, from age 12 to 15, 1215 Rock Club will further develop their climbing skills and introduce outdoor climbing techniques and competition formats. Beginners and existing Junior Rock Club members are welcome. Runs mid week early evening and at weekends.

## Adult Activities

### TASTER SESSIONS

Never climbed before? Try a taster session to see if climbing is the sport for you, or maybe just to say you've had a go.

### BEGINNER COURSE

Our most popular course which provides the novice climber with the basic skills necessary to use a climbing wall without an instructor.

### ROCK CLUB

High Sports own climbing club is the ideal way to meet other climbers and to continue to develop your climbing. Suitable for beginners and experienced climbers, Rock Club has a High Sports instructor on hand to help with basic skills or suggest more advance training methods.

## Children's Parties

For the ultimate birthday treat, High Sports parties are always a huge hit. These 1 1/2 hour sessions provide plenty of climbing and finish with our climbing party games session. Ages 7 and up.

## Group Activities

### GROUP CLIMBING

1 1/2 hour fully instructed sessions for juniors and adults aimed at scouts, guides, cadets, youth clubs, company social clubs or just about any other groups of people that fancy the challenge of climbing.

### SCHOOL PROGRAMME

High Sports run curriculum based climbing programmes suitable for inclusion of a GCSE syllabus as well as one-off sessions, often as an end of term outing.

### AFTER SCHOOL CLUBS

Why not start an after school club for your school or college? High Sports can either provide instructors or train teaching staff to run the sessions.

For more details please contact the climbing wall reception by calling 0845 3631177 or browse the website at [www.high-sports.co.uk](http://www.high-sports.co.uk)

# Health & Fun Club

The Health & Fun Club is for the over 50's, with an emphasis on keeping healthy by playing sport for fun. Members are encouraged to join in any activities whether they are beginners or experts.

## Alton Sports Centre

The club meets on Mondays and Fridays from 10.00-15.30

Activities include: Short tennis, bowling, table tennis, badminton, keep fit, yoga, swimming & gym.

## Taro Leisure Centre

The 50+ Fun and Fitness sessions are held every Tuesday and Friday afternoons 13.40-16.20.

Activities include: fitness class, squash & racketball, table tennis, short mat bowls, badminton & short tennis, gym & Health Suite.



# Adult Activities & Clubs

Our Adult Activity Programme offers you the chance to live a more active and healthy life. We offer a range of adult drop in sessions, courses and clubs which are instructor lead.

## Alton Sports Centre

### LEISURE MORNING

Thursday 09.30-13.00

This is a drop in session that gives you the chance to have a go at the following activities – why not try something new, meet new people, have fun and keep fit.

### LADIES BADMINTON

Tuesday 13.40-15.00

Two courts for you and your friends (ladies only) to enjoy badminton.

## Taro Leisure Centre

### ADULT TRAMPOLINING

Wednesday 19.15-20.15

### BADMINTON CLINIC (Term time only)

Tuesday 19.00-21.00 & Thursday 10.00-12.00

Tuesday with James Hounsome, Thursday with Dennis Wale

### TEA DANCE

Thursday 14.00-16.30

Enjoy dancing in a warm and friendly atmosphere.

### SUNDAY CIRCUITS

Sunday Evening

The evening includes a circuit class and socialising team games then to finish off a relaxing swim or visit to the Health Suite.

Please contact the individual site for an up to date list of Sports Clubs and their contact details.

# Café

Relax after a good workout in our café.



Whether with friends, family or on your own be sure to take time to relax in our café. Enjoy just a drink or maybe our range of healthy hot and cold meals, snacks and sandwiches. We also offer a children's menu.

## Alton Sports Centre

|             |               |
|-------------|---------------|
| 10.00-20.00 | Monday-Friday |
| 09.00-17.30 | Saturday      |
| 10.00-17.30 | Sunday        |

## Taro Leisure Centre

|             |               |
|-------------|---------------|
| 09.00-20.00 | Monday-Friday |
| 08.00-19.00 | Saturday      |
| 09.00-18.30 | Sunday        |

Please note that all food orders must be placed 60 minutes before closing.



# Career Opportunities

Have you considered a career in the Leisure Industry?

We are always looking for dynamic people to fill a number of roles throughout the centre, including:

- Receptionists
- Catering Staff
- Fitness Instructors
- Customer Advisors
- Lifeguards
- Swimming Teachers
- Aerobic Instructors
- Duty Managers
- Junior Activity Staff
- Junior Activity Coaches



If you are interested in applying for a position please request an application form from one of the centres:

|                           |              |
|---------------------------|--------------|
| Alton Sports Centre       | 01420 540040 |
| Mill Chase Leisure Centre | 01420 472549 |
| Taro Leisure Centre       | 01730 263996 |

|  |
|--|
| enquiries@altonsportscentre.co.uk      |
| enquiries@millchaseleisurecentre.co.uk |
| enquiries@taroleisurecentre.co.uk      |

# Why not advertise **your** company with us?



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