

Sport & Leisure Programme

April 2011 – March 2012



Strode Leisure Centre
Parish Wharf Leisure Centre

DC LEISURE

Fitness Industry Association
Operator of the Year 2008 & 2009

 **North
Somerset**
COUNCIL

Operated by DC Leisure Management Ltd on behalf of North Somerset Council.

Welcome

to Parish Wharf Leisure Centre and Strode Leisure Centre

Welcome to a great way of keeping fit, staying healthy, and most importantly, having fun.

Whatever your age, whatever your interests: we've got the perfect activity for you, whether you are new to fitness or a sporting pro. Our goal is to ensure that every visit you make to our centres is an enjoyable one.

However we're always looking for ways to improve, so do let us know how we could make your leisure experience even more enjoyable. Simply pick up one of our customer suggestion forms at reception and let us know what you think.

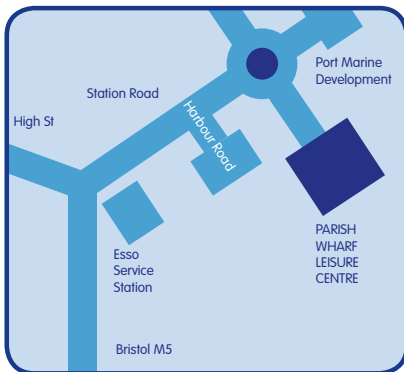


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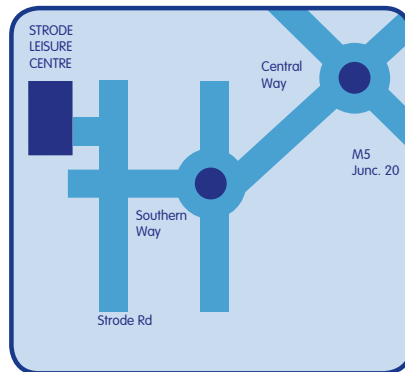
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How to find us



Parish Wharf Leisure Centre
Harbour Rd, Portishead BS20 7DD
01275 848494
enquiries@parishwharfleisurecentre.co.uk
www.parishwharfleisurecentre.co.uk



Strode Leisure Centre
Strode Way, Clevedon BS21 6QG
01275 879242
enquiries@strodeleisurecentre.co.uk
www.strodeleisurecentre.co.uk

Our friendly gym offers an ideal environment to tone, tighten, lose weight, build strength or increase stamina at a very reasonable price. Our professional staff are on hand to organise your personal fitness assessment and develop a training programme tailored to help you reach your personal targets.

Pay per Visit Gym Use

Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. An initial fee is payable when you register which in your first year will include a basic gym programme and an induction to the gym. Then you just pay a small fee each time you visit the gym. Contact reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis.



Opening Times:



Mon – Fri 7.00am – 10.00pm
Sat & Sun 8.00am – 6.00pm

THE kinetika GYM

Mon – Fri 7.00am – 10.00pm
Sat & Sun 8.00am – 6.00pm

TEEN GYM

Mon – Fri 12 noon – 5.00pm
Sat & Sun 8.00am – 6.00pm
Age 11 – 15 years

Please note: An induction for Teen Gym must be booked through the Gym.



Mon – Fri 7.00am – 10.00pm
Sat & Sun 8.30am – 6.00pm

THE kinetika GYM

Mon – Fri 7.00am – 10.00pm
Sat & Sun 8.30am – 6.00pm

TEEN GYM

Mon – Fri 12 noon – 5.00pm
Sat & Sun 8.30am – 6.00pm
Age 11 – 15 years

Please note: An induction for Teen Gym must be booked through the Gym.

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.



The Centres

Parish Wharf Leisure Centre

The emphasis is firmly on fitness and fun at this centre for all the family. Facilities:

- 25m 4 Lane Deck Level Main Pool
- Pirate themed Leisure Pool with interactive water features for families with under 8's
- 2 integrated Spa Pools
- Fully Air-Conditioned kinetika gym
- Fully Air-Conditioned Workout Studio
- 4 Court Sports Hall
- Bowls Hall-2 Rinks
- Multi Purpose Room available for Hire
- Centre Café
- Crèche
- Playzone (Large Soft Play Area)
- Table Tennis

Strode Leisure Centre

Strode Leisure Centre offers an extensive range of activities to interest everyone. Facilities:

- Fully Air-Conditioned kinetika Gym
- 25m 6 Lane Competition Pool
- 12.5m Teaching Pool
- 4 Court Sports Hall
- Opportunities for both junior and adult coaching
- Crèche
- Structured Tearless & Fearless Classes (Pre-school children)
- Fully Air-Conditioned Workout Studio

Memberships

Single, Joint, Family & Corporate **All Available**

Join our kinetika gym and enjoy a lifetime of great days!

kinetika Benefits:

Unlimited use of...

- kinetika Gyms
- Workout Classes
- Swimming
- FREE Badminton Courts during off-peak times**
- Advanced Booking Privileges
- Discounts on Swimming Courses*
- FREE Teen Gym Sessions*
- Discounts on Fun House Club Courses & Holiday Activities*

Monthly Direct Debit...

The easy way to pay and play!

Your membership includes 5 one to one sessions with an instructor to:

- Assess your exercise goals
- Set your personal exercise programme
- Provide you with regular progress checks
- Give you all the support and motivation you need!



Guaranteed results in 30 days or your money back



Pay per visit options are available, refer to page 8 for details.

*Applies to Family Membership Only.

**Mon – Fri Badminton until 6.00pm & all day at weekends.

N.B. Senior (60+) and Junior (Under 16) Membership available for individual sites only.



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
- Introduction to the Gym
- Gym
- Swimming
- Workout Classes
- Off Peak Badminton

Family

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Children enjoy swimming and selected activity classes
- Off Peak Badminton

Students

Any student that can provide a valid NUS card can benefit from all single membership activities at greatly reduced rates.

Over 60s

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

Junior Ages 11-15 yrs

- Swimming
- Drop in sessions
- Supervised gym sessions

Corporate

Memberships are available for local companies to offer to their staff or for a group of colleagues to join together from the same company at a discounted rate. For further details contact us now.

Swimming

Enjoy all public swimming sessions as part of your membership. Swimming offers an all round workout for all ages and abilities. For further details contact us.



National Access

We are now able to offer the option to use any of gyms nationwide. You will register with a home site but be able to use any of our gyms subject to a short induction.

For a list of our current gyms visit www.kinetikagyms.co.uk

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

**Let us help you to find the right membership for you.
Call a Customer Advisor on 01275 848494 today.**

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***



Our Customer Promise To You

- We will make contact with you every time you visit
- We will help and support you to exercise safely and effectively
- We will be friendly, efficient and knowledgeable every day
- We will ensure the equipment is clean and well maintained
- If for any reason the equipment is not working we will notify you at once
- We will keep you informed of progress and rectify the problem as soon as possible
- We will not forget that you have many choices about how and where you spend your free time and won't take your custom for granted
- and finally... We want you to leave feeling good, remembering a positive experience and a fun friendly atmosphere. This is our promise!

The Fitness Team



1-to-1 Training & Fitness Courses



Personal Training

Personal Training is an additional service offered to both kinetika members and casual users of the gym.

Personal Training entitles you to a training session with a qualified instructor who will motivate and encourage you to help achieve your goals.

PERSONAL TRAINING IS NOT JUST FOR THE ELITE

Whether your goal is to run a marathon, decrease your weight, or for extra motivation Personal Training can help you.

PERSONAL TRAINING

The truth! No matter how motivated, over 70% of customers quit within 1 year of starting a fitness programme. The truth is getting started is easy – the really tough part is sticking with it. Sound familiar?

A solution? At kinetika we want to help you get the results you want, in the fastest time, and to help you stick with it for good.

Our trainers are amongst the best in the business. They are highly trained and highly motivated. Whether you want weight loss, sports specific training or just a little extra motivation.

What's next? Just check the Personal Trainer profile, select a Trainer and ask at reception to arrange a no obligation chat – What could be easier?

BECOME A KINETIKA MEMBER TODAY

Receive all classes in the Workout Programme FREE OF CHARGE by becoming a kinetika member.

What's on

CORE FIT

A progressive core stability programme using stability balls.

BACK FIT

This course will help or prevent lower back pain and give you vital exercises as well as hints and tips to strengthen your lower back.

AB ATTACK

A four week programme all about your Abs. Intensively focused, yet suitable for all levels.

HEALTHY HEARTS

Recently suffered a heart attack? Undergone cardiac surgery? Diagnosed with high blood pressure? Our aim is to gently encourage health and fitness to promote a full recovery over the long term. Very pleasant, safe and supportive environment, run by a BACR qualified Cardiac Rehabilitation Instructor.

STROKE REHAB SESSIONS

Have you had a stroke? Would you like to help build confidence, muscles & balance whilst meeting other people who have been in the same circumstances. We run a fun class in a relaxed atmosphere to help you cope better with everyday life.

Healthy Hearts Sessions:



Mon	11.00am – 12.30pm
Thurs	11.00am – 12.30pm
Price	£4.60
kinetika member	£2.45
Stroke Rehab	Tue 12noon – 1.00pm



Mon	1.00pm – 2.30pm
Thurs	1.00pm – 2.30pm
Price	£4.60
member	£2.45

Activities & Charges

SWIMMING

Adults (16+ years)	£4.15
Juniors (4-15 years)	£2.65
Senior Citizens	£2.65
Family (2 adults +up to 3 children)	£10.90

HEALTH & FITNESS

kinetika Gym	
Adult Session	£5.80
Adult Consult/Induction	£15.00
Senior/Teen Gym Session	£3.65
Senior Gym Consult/Induction	£12.95
Teen Gym Consult/Induction	£6.50

RACQUET SPORTS

Badminton Courts (55 minutes)	
Adult	£8.50
Junior	£5.50

Cancellation Policy

Notice of cancellation required:

Racquet Sports:	24 hours
Crèche	24 hours
Inductions	24 hours
Holiday Activities	7 days
Parties	28 days

Failure to observe the minimum notice of cancellation policy may incur the full charge of the activity.



Customer Promise

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 customers' satisfaction with our service.

And...**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's rules and regulations, which are there for the safety and benefit of everyone.
- Respect our property and buildings and the property of other customers.

And...**Come back again soon!**

ALTERNATIVE BROCHURE FORMATS ARE AVAILABLE. PLEASE ASK AT RECEPTION FOR MORE INFORMATION.

Swimming Pool Admissions Policy

- Children under 8 must be supervised in the water and the changing rooms by a parent or adult (18+)
- A maximum of 2 children under 8 is permitted per parent/adult
- It is also recommended that children under 5 years should be accompanied on a one-to-one basis
- Please note that the Leisure Pool is for families with under 8's

Parent and Baby

These sessions are supervised by a qualified swimming instructor. They are aimed at building confidence in a fun, relaxed environment. Utilising floats and a variety of toys, Water Babies will help in preparation for swimming lessons when your child is a little older.



Save Money!

kinetika membership
Details see page 5



Splash Attack Fun Session

A fun packed session with floats to enjoy in the Main Pool – children aged 8 – 15 years

Saturday 12noon – 1.30pm

Aqua Aerobics

A fun, non-impact workout that uses water for resistance to tone and strengthen the muscles. Suitable for non-swimmers.

For further details please see our Group workout Timetable.

Swimming Lessons

Swimming lessons for all levels are available for children at Parish Wharf.



Dive in with us!

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



www.zoggs.com

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

Indoor Sports / 50+ Club

Indoor Sports

- Sports Hall
- Bowls Hall
- Four Badminton Courts
- Five-a-side Football Court
- Basketball Court
- Volleyball Court
- Table Tennis
- Various Martial Arts

All courts are bookable with 24 hours notice.

50+ Sports Club

A sociable and welcoming atmosphere that encourages you to participate in some gentle exercise at your own pace. Just look at what you can enjoy:

- Aerobics
- Badminton
- Short Tennis
- Table Tennis
- Swimming
- kinetika Gym (Subject to induction)

No need to book, just turn up and join in. More details from reception on request.

Attached to PWLC 50+ club is a social club which is independently administered by its own committee. It offers a variety of social activities for participating members of Parish Wharf Leisure Centre activities. Membership is by a small joining and annual membership fee. A calendar of events can be viewed on the 50+ social club notice board.



CAFE[®]
OLOGY_{.COM}

Great Coffee. Great Cause.

Parish Wharf Leisure Centre Café is open seven days a week, offering good quality snacks and meals at reasonable prices. Whether you want a quick coffee or hot meal, we can cater for you.

Monday – Friday 9.00am – 6.00pm
Saturday & Sunday 9.00am – 5.00pm



Junior Activities

Adventure Zone – Soft Play Area

A great way for pre-school children to release energy in a safe environment. Enjoy the large ball pit with slide, wall of sounds, seesaws and soft play equipment. Parental supervision required.

Monday – Friday 12 noon – 7.00pm*

Saturday & Sunday* 9.00am – 5.00pm

Age 0-4 years

Price: £2.75 per hour session

*Times subject to private parties

Crèche

Give yourself a well-earned break! Let us look after your children in our excellent crèche while you relax.

Monday – Friday 9.30am – 10.25am

10.30am – 11.25am

Age 0-4 years

Price: £2.35 per hour session

Registration fee: £5.00

The Complete Party Package

Give them a birthday to remember with one of our parties. Choose from 6 great party themes. It could not be easier enjoy 60 minutes of fun with your family all supervised by our party co-ordinator. All you need to bring is the cake and the knife to cut it.

Adventure Zone Parties

(Soft Play Party)

Crazy Castle Parties

(Inflatable play area)

Multi Sports Parties

(Teen games)

Pirates Paradise Parties

(Leisure Pool Party)

Wet & Wild Disco Party

(Main Pool Party)

The Ultimate pool party

(Both Pools)

For more information pick up our Party Leaflet from Reception.





Group Exercise Classes

Pick up your New
Workout Timetable
from reception



Swimming Pool Admissions Policy

- Children under 8 must be supervised in the water and the changing rooms by a parent or adult (18+)
- A maximum of 2 children under 8 is permitted per parent/adult
- It is also recommended that children under 5 years should be accompanied on a one-to-one basis

Adult and Child

These sessions, supervised by a qualified swimming instructor, are aimed at building confidence in a fun, relaxed environment. Utilising buoyancy aids and a variety of toys, Water Babies will help in preparation for swimming lessons when your child is a little older. Aged 6 months plus.

For details of class times, please contact reception. For further info contact our swim co-ordinator.

Aqua Aerobics

A fun, non-impact workout that uses water for resistance to tone and strengthen the muscles. Suitable for non-swimmers.

For further details please see our group workout timetable.

Swimming Lessons

Swimming Lessons are available for adults and children at each of the pools featured in this brochure.

For further details contact your local preferred centre. See page 16 of this brochure.

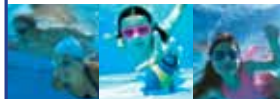
Swim Fit

With training programmes for all levels and expert guidance and support, Swim Fit is the NEW Pool Based health and fitness programme.



Swim in style!

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



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



Save Money!

kinetika membership
Details see page 5



Tearless & Fearless Classes

These classes aim to encourage children to climb, slide, jump, roll and balance by using soft play and inflatable equipment with familiar songs, rhymes and simple activities. Classes are split into two groups: the younger age group (1-2 years) works alongside their parents. The older age group (2-5 years) is instructor led, allowing you to drop them off and collect them at the end of the session, giving you the perfect opportunity to indulge in a swim or workout. Need to stay on site during these classes.

Courses run during term time and are priced according to the number of weeks in each term.

Please contact our Fun House Club co-ordinator for further details.

Mini Tennis

For primary school children from Reception age to Year 4. Whether they are absolute beginners or looking to improve this is the session for them. Please contact reception for further details.

Junior Badminton Club 7 years+

A coaching and game session.

Thursday 4.00pm – 6.00pm

Price: £4.60 per session

The Complete Party Package

Give them a birthday party to remember with one of our parties, it couldn't be easier – we supply party bags specific to the type of party booked, hats and balloons. The hire of our party room is included – you just need to bring the food.

Pirates Galleon – (Inflatable Party)

Strikers Parties – (Football Party)

Wet 'n' Wild Parties – (Pool Party)

For more information pick up our Party Leaflet from Reception.

Crèche

Give yourself a well-earned break!
Let us look after your children in our

*except Wednesdays when its 9.15am-10.15am or 10.15am-11.15am

excellent crèche while you relax. for 0 years until they start school.

Monday – Friday* 9.30am – 10.30am

10.30am – 11.30am

Price: £2.35 per hour session

Registration Fee: £4.00

Adult Coaching & Clubs/Indoor Sports

Indoor Sports

- Sports Hall
- Four Badminton Courts
- Five-a-side Football Court
- Basketball Court
- Volleyball Court

All courts are bookable with 24 hours notice

Badminton Open Sessions

Sessions designed to help you improve your game while making new friends. All standards and abilities welcome.

Monday 1.00pm – 3.00pm

Thursday 8.00pm – 10.00pm

Friday 1.00pm – 3.00pm

Price: £4.35

50+ Sports Club

A sociable and welcoming atmosphere that encourages you to participate in some gentle exercise at your own pace.

Wednesday 10.45am – 1.00pm

Badminton & Swimming £2.90

Go For Life Membership Form

Go4Life is a new North Somerset Partnership scheme to encourage everyone in North Somerset to get more physically active and healthy.

To become a member of the scheme complete the form below. Our target group is adults (16+) who take part in less than 90 minutes of physical activity a week. Physical activity includes all types of exercise (recreational walking and cycling, organised and informal sport) that makes your breathing and heartbeat faster and makes you feel warm.

There are lots of benefits for Go4Life members, including:

- ✓ regular newsletter
- ✓ free step counter
- ✓ supportive information and advice
- ✓ special access to events
- ✓ discounts for a variety of activities
- ✓ getting active and healthy!



Go4Life is free to join – just complete and return this form:

Name:	Date of birth:		
Address:	Post code:		
	Home tel. number:		
Email:	Mobile tel. number:		
We would like to send information to you by e-mail in future if possible. If you would prefer a hard copy please tick here.			Post
What are the greatest barriers that stop you taking part in physical activities?			
Which physical activities do you enjoy most, or would like to try in future?			
How can we help you to become more physically active and healthy?			

Your personal pledge...

- I am part of the Go4Life target group and I am making a personal pledge to participate in more physical activity.
- I am not part of the Go4Life target group but I would like to receive information about getting active in North Somerset (this will be by email only).

I give permission to be contacted about Go4Life and my physical activity levels in the future.

Signature: _____ Date: _____

The Go4Life scheme is a North Somerset Partnership initiative that is administered by North Somerset Council. North Somerset Council in accordance with the Data Protection Act will hold any personal information supplied. This information will be used as part of this exercise and will not be passed on to any other organisation.

Disclaimer: Whilst North Somerset Partnership is trying to encourage physical activity, we are not in a position to provide medical advice. Individuals need to satisfy themselves that they are fit enough to take part. We recommend that anyone starting physical activity should first speak with their doctor, particularly older people. We cannot accept responsibility for injury or health problems which may arise from taking part in our sessions.

Please return completed form to: Go 4 Life, c/o Sports Development NSC, Community Involvement Office, Somerset Square, Nailsea, North Somerset, BS48 1RQ. For more information about Go4Life visit www.go4life.org.uk / email go4life@n-somerset.gov.uk or call 01275 810 995

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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