



# Fleming Park Leisure Centre & Golf Course

1st October 2006 - 31st March 2007

Visit our website for more information: [www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

D C Leisure Management Ltd  
Working in partnership with

**EASTLEIGH**  
GOLF COURSE

# Welcome to Fleming Park

Our facilities include the Leisure Centre, Park, Golf Course and Bowling Greens. We offer a diverse range of activities for you, your family and friends. Whether your interest is fitness, football, golf, badminton or swimming, we can offer something to suit your needs.

DC Leisure Management Ltd manage the leisure facilities on behalf of Eastleigh Borough Council. We aim to offer you an enjoyable, high quality service at all times.

The extension building works and Café refurbishment are now complete. The Café and Lounge now have a modern look with new equipment and the new reception is welcoming with easy access for all visitors.

We thank you for the co-operation shown during the developments and hope you enjoy the new facilities as much as we do.

Behind the scenes, Fleming Park have recently achieved Quest, which is the industry standard for the management of sports and leisure facilities. It is aimed at improving and enhancing the quality of service that is provided through better management of people and resources. It is a reassurance to our customers and staff that they are receiving the highest quality service. DC Leisure as a company have also achieved IIP status.

We hope you enjoy your visit with us and should you wish to make a suggestion or pass comment on any of our services, please make use of our customer feedback forms situated in reception. Alternatively, you may ask to speak with the Duty Manager who will be pleased to help.

**Thank you for your custom**  
**Jo Parker, General Manager**



INVESTORS IN PEOPLE

Passfield Avenue, Eastleigh,  
Hampshire, SO50 9NL  
Tel: 023 8068 4800  
Fax: 023 8062 9248  
[www.flemingparkleisurecentre.co.uk](http://www.flemingparkleisurecentre.co.uk)



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# Opening Times

<b>Monday – Thursday</b>	<b>06.30-23.00</b>
<b>Friday</b>	<b>06.30-22.00</b>
<b>Saturday</b>	<b>07.30-20.00</b>
<b>Sunday</b>	<b>07.30-20.00</b>

**Sports Hall (badminton, short tennis, 5 a side football, basketball, volleyball)**

<b>Monday – Thursday</b>	<b>08.00-23.00</b>
<b>Friday</b>	<b>08.00-22.00</b>
<b>Saturday &amp; Sunday</b>	<b>08.00-20.00</b>

**Squash Courts**

<b>Monday – Thursday</b>	<b>07.40-23.00</b>
<b>Friday</b>	<b>07.40-21.40</b>
<b>Saturday &amp; Sunday</b>	<b>07.40-19.40</b>

**kinetika Gym**

<b>Monday – Friday</b>	<b>06.30-22.00</b>
<b>Saturday</b>	<b>08.00-18.00</b>
<b>Sunday</b>	<b>08.00-20.00</b>

**General Enquiries**

<b>Monday – Thursday</b>	<b>07.00-22.30</b>
<b>Friday</b>	<b>07.00-21.15</b>
<b>Saturday</b>	<b>07.30-19.45</b>

## E Bookings

We are pleased to announce that we are able to offer members and booking card holders the option of booking online. This means that courts will be available after midnight, 10 days in advance rather than at 09.00 as at present. Initially it will only be for badminton and squash courts but it is hoped to include other facilities at a later date. Please see reception for further information.

## 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.

Come back again soon!

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

## Fleming Park Golf Course

Situated off Junction 13, M3 and Junction 5, M27. Follow the signposts to Central Eastleigh and turn into Passfield Avenue. The Golf Course can be found behind Fleming Park Leisure Centre and adjacent to the Holiday Inn Hotel. (See Map on back page).

**Fleming Park Golf Course**  
**Passfield Avenue**  
**Eastleigh SO50 9NL**

E: [enquiries@flemingparkgolfcourse.co.uk](mailto:enquiries@flemingparkgolfcourse.co.uk)  
W: [www.flemingparkgolfcourse.co.uk](http://www.flemingparkgolfcourse.co.uk)  
General enquiries: 023 8061 2797

Please note: opening times may vary on Bank Holidays. Please check with Reception.

A large print version of this publication is available on request



# A new kind of membership... ...a new way of life

The benefits of this membership include unlimited use of...



- kinetika Gym
- Group Exercise Classes (including BTS)
- 2 Swimming Pools
- Health Suite
- 5-0 and Fitness Mornings
- Yoga
- Pilates

and much more.....



All this from as little as **£7.50 a week!**

Membership categories available: Single, joint, family, junior, student and corporate.

For more information call **023 8068 4800**



# kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle. We offer a friendly fitness environment for real people and we care about what's important to you.

If you become a kinetika member you can enjoy unlimited use of the following facilities:

- kinetika gym (including kinetika journey programme)
- Two swimming pools
- Group exercise classes (including Body combat, Body jam, Body balance, Body pump, Aqua)
- Health suite
- 5-0 and Fitness mornings
- Yoga
- Pilates

For a family membership, not only will adults receive the above but their children can also enjoy:

- **Unlimited swimming** (during public sessions and includes Super Splash & Slide)
- **Free** Tumble Zone
- **Free** racket sports including tennis, squash, badminton and table tennis (subject to availability and must be booked on the day of play)
- **Free** Teen Workout in kinetika (12-15 years)
- **Price reduction** on selected junior activities and courses
- **Price reduction** on birthday parties

Easy payment options are available as well as different types of membership.

### Joint inclusive membership

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

### Group / Corporate Membership

Regular training by employees will reduce absenteeism and create a more productive and motivated workforce. See a Membership Advisor for more details.

### The kinetika membership has just got better...

Each member is now entitled to five 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

To find a membership to suit you, call one of our Membership Advisors at the Centre on **023 8068 4800.**



# kinetika gym

The gym is always supervised by fully qualified instructors who are there to support, encourage and offer advice. They can design personal exercise programmes to suit your exercise needs, aims and objectives.

- Over 130 pieces of equipment
- General toning and conditioning
- Resistance and advanced cardiovascular equipment sections
- Cardio theatre with 52" TV screens
- Indoor Cycling classes

## Opening times:

Monday – Friday	06.30-22.00
Saturday	08.00-18.00
Sunday	08.00-20.00
Bank holidays	08.00-16.00



**Overweight? High Blood Pressure?  
Stressed? Diabetic? Poor Mobility?**

If you feel your health is not as good as it could be, then a referral to Healthworks might just be what you need.

Providing your doctor is registered within the Borough of Eastleigh, you can ask for a prescription to exercise.

'Healthworks' will help you get started on a physical programme based on your needs & preference.

**To find out more contact Healthworks on 023 8068 4800 or 023 8068 4813**

## Inductions – Casual Users

Inductions can be booked at a time that is convenient to you.

Casual User prices:

Inductions	£25.00
Gym Sessions	£6.40
GP Referral Gym	£2.50
GP Graduates Gym	£3.00
Gym & Health Suite	£8.90
Programmes	£13.00

As an alternative to our kinetika membership a Casual User scheme is available. Fitness cards will be issued to those satisfying requirements following their induction. This will allow you to pay as you go for a full year.

- Fitness User cards are valid for one year
- Student & Passport to Leisure discount is only applicable until 17.00
- The Fitness User card may be renewed before expiring for a £3 administration fee.
- Please note that all lost cards will incur a £3 replacement fee.

## 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 goals. Our 1 on 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.

Price

kinetika member	£28.00
Non members	£34.00

## Indoor Cycling,

If you want an exercise that burns over 400 calories for a 45 minute workout, indoor cycling is for you. This popular class is a low impact workout, yet allows you to get the heart pounding helping you to achieve your fitness goals. Call the gym for more information.



## Health Suite

**Price £5.90**

This popular facility of sauna and steam room offers an opportunity to unwind from the stresses and strains of everyday life. So just relax and let the day melt away leaving you feeling totally refreshed.

### Opening times:

Monday - Friday	08.00 - 21.45
Saturday	08.00 - 17.45
Sunday	08.00 - 19.45

## Tanning Cab

Why not take advantage of our tanning cab to keep your summer tan all year round! Our new vertical tanning cab is operated within strict guidelines and offers you a safe way of tanning. For your safety, goggles must be worn for each session and can be purchased from reception.

The tanning cab is located in its own private room and the sessions are bookable from reception. Why not try this ultimate tanning experience?

	Non member	kinetika member
<b>3 mins</b>		
very fair skin	£2.70	£2.40
<b>6 mins</b>		
Medium skin/ regular user	£5.40	£4.80
<b>9 mins</b>		
Very dark skin	£8.10	£7.20



## Body stat testing

**Do you know your Body fat %?**

kinetika Member £5.60 Non members £8.35

## Teen Workout

An opportunity for 12-15 year olds to use cardiovascular equipment in the kinetika gym. Pre-exercise questionnaires and inductions must be completed. Parents and guardians who have also completed the induction can train with their children.

### Sessions:

Saturdays & Sundays 14.30 - 16.00	
Non member (junior)	£2.50
Non member (adult)	£6.40
Family/Junior member	FREE
Junior Induction	£11.00
Adult Induction	£25.00

# Main pool programme

Our pool timetable is set out to ensure you can easily find the sessions you are looking for. Simply choose your session title, look for the times available and come along and swim.

**Early lanes** – Early morning lane swimming.

**General use** – All swimmers welcome.

**Adult lanes** – Available for those swimmers paying full adult swimming rate. Up to 6 lanes may be available, please check individual day information.

**Adults Only** – Up to 3 lanes of the pool may be set aside for lane swimming during this session.

**Super Splash & Slide** – Inflatable and floats may be in use during this action-packed session. Adults may only attend if accompanying a child who is aged 8-15 and a competent swimmer. In the event of the inflatable not being available, floats will still be provided for play. Pools will be cleared at the beginning and end of each session.

## General use

Monday	*10.00-12.30 *13.30-16.00
Tuesday	*10.00-12.30 *13.30-17.30 19.00-20.00
Wednesday	*10.00-12.30 *13.30-16.00 18.30-20.00
Thursday	*10.00-12.30 *13.30-16.00 18.45-20.30
Friday	*10.00-12.30 *13.30-19.00
Saturday	10.30-12.30 15.00-18.00
Sunday	#09.30-12.30 13.30-19.00



## Early lanes

Monday	07.00-10.00
Tuesday	07.00-10.00
Wednesday	07.00-10.00
Thursday	07.00-10.00
Friday	07.00-10.00
Saturday	07.30-10.30
Sunday	07.30-09.30

## Lanes

Monday	*16.00-18.00
Wednesday	*16.00-18.30

## Adult lanes

Monday	12.30-13.30 *18.00-19.00
Tuesday	12.30-13.30 *17.30-19.00
Wednesday	12.30-13.30 *16.00-18.30
Thursday	12.30-13.30 *16.00-18.45 *20.00-22.30
Friday	12.30-13.30 *18.00-19.00
Saturday	12.30-13.30
Sunday	12.30-13.30

## Adults only

Wednesday	+20.00-22.00
Thursday	+20.00-22.30

## Super splash & slide

Saturday	~13.45-14.45
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# Learner pool programme

## General use

Monday	11.30-12.30 15.00-16.00
Tuesday	12.30-15.30
Wednesday	11.30-12.30 15.00-16.00 18.30-20.00
Thursday	09.00-10.30 18.00-19.00
Friday	09.00-10.00 15.00-16.00
Saturday	**10.30-17.00
Sunday	08.00-15.55

## Adult Beginner drop in lessons

Monday	09.00-09.45
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## Adult Better beginner drop in lessons

Monday	09.45-10.30
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## Parent & Toddler

Thursday	14.00-15.30
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For the days where general swimming takes place in the learner pool between 15.00-16.00 weekdays and 14.00-16.00 Saturday & Sunday, some floats and toys will be available.

## KEY

\* Up to half the pool may be used for an alternative activity.

\*\*On Saturday between 13.30-13.45, access to the learner pool through the main pool will be prevented due to inflatable being set up in the main pool. Please bear this in mind when purchasing your ticket.

+ Up to 3 lanes may be available for lane swimming during this time.

#Floats and toys will be available in the shallow end

~The pools will be cleared at the start of and end of this session. See session information for more details.

This programme refers to Hampshire school terms only. Please see holiday timetable for changes.

For the days where general swimming takes place in the learner pool between 15.00-16.00 weekdays and 14.00-16.00 Saturday & Sunday, some floats and toys will be available.



Don't forget, we stock a full range of  
**ZOGGS**  
products at reception.



# Pool information

## Swim Prices

Adult (16 years or over)	£3.15
Junior	£1.45
Under 5s	FREE
Family ticket (up to 5, max 2 adults)	£7.00
Super Splash & Slide	£1.75
Bonus Swim (swim as second activity)	£1.65
Adult Passport to Leisure	£1.65
Adult Drop in lessons	£3.75
Parents swim while children are in lessons	£2.20
Parent & Toddler lesson	£2.90
kinetika member	FREE
<b>Weekly Swimming Ticket</b>	
For use Monday-Friday 07.00-17.00 (5 swims only, swim tickets are not valid during Super Splash & Slide, expires weekly)	
Adult	£7.80
Junior	£2.80
Adult Passport to Leisure	£4.00

<b>Monthly Swimming Ticket</b>	
Unlimited swimming during the month (not valid during Super Splash & Slide)	
Adult	£30.55
Junior	£10.35
<b>Annual Swimming Ticket</b>	
Adult	£215.00

Please note:

- 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 3 children to 1 adult and those supervising must accompany the children in the water
- Last entry is half hour before the end of the session
- Pushchairs, buggies, car seats etc are not allowed on the poolside

## Swim Lessons @ Fleming Park

A 50 week programme for swimming lessons starts in September 2006. A direct debit system is available for swimmers on this programme\*. For only £17.30 you will receive:

- One 30 minute lesson per week
- FREE junior swimming throughout the year
- Guaranteed placement onto the swim programme
- A swim programme that runs 50 weeks of the year
- No termly re-enrolment
- Price guarantee until March 2007
- Easy payment
- Continual assessment and faster progression (children move when they are ready, not at the end of each term)
- Newsletter each term
- Swim Academy Membership Card

FOR FURTHER INFORMATION OR IF YOU HAVE ANY QUERIES, PLEASE CONTACT:

The Course Office 023 8068 4809  
barbaragould@dcleisure.co.uk

\* does not include pre-school lessons



PURE LIME

ZOGGS

Now at Fleming Park



**Workout gear \* Goggles**  
**Swimwear \* Water training aids**  
**Squash balls \* Shuttlecocks**  
**Racket grips \* Tennis balls**  
**and much more...**

Contact reception for more details



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

Our new vertical tanning cab is available from just £0.90 per minute.

Contact reception for details.

## 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.



# Fitness Mornings

Tuesdays 09.30-12.00

(Term time only)

**Price £4.00**

An exciting way to get fit! Unlimited classes for you to choose from. The main pool will be open during this session. Our fully air conditioned gym awaits you, designed to improve your fitness.

09.30-10.00	Lane Swimming
09.30-10.10	Step
09.30-12.00	kinetika Gym
09.45-10.15	Warm up and Body Jam
10.00-12.00	General Use Swimming
10.15-10.45	Body Sculpt*
11.00-12.00	Badminton

All customers are required to undertake an induction in order to use the gym. Please enquire at kinetika reception for further details.

\* You need to attend Step or Body Jam as there is no warm up with this class

Thursdays 09.30-12.00

(Term time only)

**Price £3.90**

Our traditional drop in and have a go morning. All equipment is provided.

09.30-10.00	Lane Swimming
09.30-10.25	Step
09.30-10.25	Aerobics Circuit
09.30-10.30	Badminton
09.30-10.30	Golf (Golf Course)
09.30-12.00	kinetika Gym
09.30-12.00	Squash
09.30-12.00	Racketball
10.00-12.00	General Use Swimming
10.30-11.30	Team Games
11.30-12.00	Trampoline



If you present your Fitness morning receipt in the Café, you will be able to enjoy your drink at a discounted rate. Please note that the Crèche is available on Fitness Mornings.

All activities are subject to availability.

Don't forget kinetika members receive 10% discount on all Pure Lime clothing. Available from main and kinetika reception.



# 5-0 Activity Morning

Our 5-0 morning provides an excellent opportunity to participate in a number of activities, meet new friends and enjoy a chat over a tea or coffee. If you present your receipt at the Café, you will be able to enjoy your drink at a discounted rate.

Activities include: Keep fit for health, Swimming, Racket sports and much more...

Monday, Wednesday and Friday 09.00-12.00. This programme may be subject to change.

Present your 5-0 receipt to the kinetika gym reception and you will be entitled to use the gym for only £1.00 (this is valid on 5-0 mornings and subject to an induction being completed.)

**Price £3.00**

## Monday

09.00-10.00	Keep Fit	Main Hall
09.00-10.00	Lane Swimming	Main Pool
09.00-12.00	Short Mat Bowls	Studio 1
09.00-12.00	Badminton	Main Hall
09.00-12.00	Squash/Racketball	Squash Courts
09.00-12.00	Tennis - Outdoor	Tennis Courts
09.00-12.00	Table Tennis	Squash Courts
09.00-12.00	Tennis - Indoor	New Hall
10.00-12.00	General Swimming	Main Pool
10.00-12.00	Short Tennis	Main Hall (Ct 10)
10.00-12.00	Tabletop Games	

## Wednesday

09.00-10.00	Keep Fit	Main Hall
09.00-12.00	Lane Swimming	Main Pool
09.00-12.00	Squash/Racketball	Squash Courts
09.00-12.00	Table Tennis	Squash Courts
09.00-12.00	Tennis - Outdoor	Tennis Courts
09.00-12.00	Tennis - Indoor	New Hall
		(term time only)
09.00-12.00	Badminton	Main Hall
10.00-12.00	General Swimming	Main Pool
10.00-12.00	Tabletop Games	

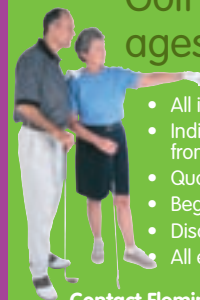
## Friday

09.00-10.00	Keep Fit	Main Hall
09.00-10.00	Lane Swimming	Main Pool
09.00-12.00	Badminton	Main Hall
09.00-12.00	Squash/Racketball	Squash Courts
09.00-12.00	Table Tennis	Squash Courts
09.00-12.00	Tennis - Outdoor	Tennis Courts
09.00-12.00	Tennis - Indoor	New Hall
09.00-12.00	Short Tennis	Main Hall
10.00-12.00	Tabletop Games	
11.00-11.45	General Use	Main Pool
11.00-12.00	Golf	Golf Course

Please note, all activities are subject to change



## Golf tuition for all ages and abilities



- All instruction PGA approved
- Individual half hour lessons from £18.00
- Quantity discounts available.
- Beginners and Improvers courses
- Discounts for junior groups
- All equipment supplied

Contact Fleming Park Golf Shop for more information on 023 8061 2797




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T&C apply.

**0845 450 8411 • www.kidsforlife.co.uk**



# Junior courses

## For the young ones

3-6 years



For all you dribblers and strikers out there!  
A fun footie session. Courses run on Fridays

## Trampettes 3-5 years

A chance for under 5's to jump, twist and turn on the trampoline. Courses run on Thursdays, Fridays and Sundays.

## Mini Gym Under 5's

For children to start enjoying tumbles, beam and floor work, stretching, rolling and balancing.

## Maraca Jacks

Hands on music experience for all children under the age of 5 years old. Have fun and learn with music and instruments, action rhymes and song, games and stories. Course run on Thursdays.

## For children 5 years +

### Young Saints

A course for all boys and girls aged 5-14 years to improve their football skills, make new friends and have 'fun'. Children are taught new techniques in addition to developing existing ones as well as learning the importance of working together as a team. Includes: Dribbling, heading, shooting, running with the ball, passing, mini games and inter group play.



### Trampolining 4-16 years

From seat drops to somersaults and everything in between. Parents must accompany their children. Courses run Mondays, Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays.

### Gymnastics 5-15 years

Tumbling, beam, floor and vaulting are a few things that you can try whether you are a beginner or a seasoned expert. Courses run on Fridays.

Don't forget we run a complete pool programme for all swimming abilities and ages.



**Pick up a Swim and Dry Course leaflet from reception for more information.**

# Crèche

## Opening times (term time)

Monday	09.00-15.00
Tuesday	09.00-17.30
Wednesday	09.00-19.10
Thursday	09.00-17.30
Friday	09.00-15.00
Saturday	09.00-13.00

- Normal booking conditions apply and bookings can be made by telephone.
- Places will be held for 10 minutes after the booked time, if after that time they are not taken up, they may be re-let.
- Please refrain from leaving your children more than 5 minutes prior to your booking time and pick up **promptly**.
- The parent / guardian must stay on site when the child is in the Crèche.
- Less than 24 hours notice for a cancellation will incur a full charge.
- See junior holiday programme for school holiday opening times.
- Please contact the Crèche Supervisor prior to booking if your child has a food allergy.

**Price £0.85 per 30 minute session.**

# Junior Activities

## Tumble Zone

A drop in session for 1-4 year olds, using soft play equipment including the bouncy castle. Crawl, roll, climb and play to your hearts content! These sessions are supervised but not instructor led. Safety of the children is the responsibility of the Parent/Guardian. A ratio of 1:3 applies to this activity.

## Tuesday, Thursday & Friday

09.15-10.10	1-2 years
10.15-11.10	1-2 years
11.15-12.15	3-4 years

## Wednesday only

09.15-10.10	1-2 years
10.15-11.10	3-4 years

## Price

Non members	£2.20
Additional child	£0.55
Family/Junior	
kinetika members	FREE

Please look at the junior holiday programme for timetable changes during this time. Please note socks must be worn on the equipment.

## Teen Workout (12-15 years)

Using cardiovascular equipment in the kinetika gym – workout to music! PARQ forms and induction must be completed. Parents & Guardians can train with their children.

## Saturday and Sunday

14.30-16.00

## Price

Non members (junior)	£2.50
Non members (adult)	£6.40
Induction fee (junior)	£11.00
Induction fee (adult)	£25.00
Family/Junior	
kinetika members	FREE

## Super Splash & Slide

Loads of fun and splashes on the inflatable and foam rafts, so come along and bring your friends.

**Saturdays** 13.45-14.45 Main pool.  
**Price**

Non members £1.75

Family/Junior

kinetika members FREE

- Main Pool (8-15 year olds and must be competent swimmers.) Parents/Guardians can accompany their child.
- The main pool will be cleared at the beginning and end of the session.
- The learner pool will be open for a general swim session (no inflatable)

## SNG Club

For those children with special needs – see page 22 for details.

To find out how you can benefit from the discounts with Family membership, turn to page 5



Our new soft play area is available for use of customers of the Café. Let your child go wild on our soft play blocks, climbing structures and slide while you sit back with a cup of tea or coffee!

To use this area, please collect your band from the Café. Socks must be worn in this area and can be purchased from reception.

The soft play area is also available for parties and private hire during the week and weekend. See our birthday party brochure for more information.

# Catering

## Café, Coffee Lounge and Lounge Bar

Relax and unwind in one of our catering facilities. Choose from the Café, the Coffee Lounge or the Lounge Bar.

The Café is situated on the first floor, open from 09.30-20.00 selling a quality selection of hot and cold beverages, meals, snacks, children's meals and takeaway foods.

The Coffee Lounge is a relaxing area serving the full menu and alcohol from 11am daily.

If its relaxation with a view you are looking for, the Lounge Bar is the answer. This bar, situated in the golf clubhouse adjoining the centre has fantastic views of the parkland. The Lounge bar is available to all from 08.00 to dusk, and you never know, you may fancy a round of golf once you are there.

All facilities are now non-smoking for your comfort.



# Birthday parties

Let us take the stress and strain, not to mention the mess, out of organising your child's birthday party!

**Funcastle 'n' soft play party**

**Megafun party**

**Swimming party**

**Strikers' party**

**Adventure Zone party**

**Sports Frenzy party**

All inclusive parties with menus. Brochures are available from reception.



## DANCESCAPE

### Street & Disco Freestyle



**Funky dance classes from ages 3 to adult**

**dancescapehants@aol.com**  
**www.dancescape.co.uk**  
**023 8061 4747**

# Functions

Fleming Park is the ideal venue to hold meetings, conferences, training days and parties. Fully air conditioned facilities with training aids available. Special conference rate packages are available at competitive prices with a selection of hot and cold buffets to suit.

For more information please contact the Bookings Manager on 023 8068 4800.

So, whatever your requirements, be assured of a flexible venue supported by a committed and professional team.



# Training Courses

## ASA Swim Teachers Course (Level 1)

This is the first formally assessed and certificated qualification within the ASA structure. It is designed to introduce candidates to the basic principles of teaching/coaching and working with a small group of pupils.



## NPLQ – National Pool Lifeguard Qualification Courses

Do you want to train to be a Lifeguard?

National Pool Lifeguard Qualification Courses take place throughout the year at Fleming Park Leisure Centre.

Courses include water rescue, CPR, first aid and practical job training.

## First Aid Courses

A full range of first aid courses are now available at the Centre. These HSE recognised courses include

- First Aid at Work
- Appointed Persons
- 2 Day Refresher (FAW)
- Emergency Response and Paediatric.

Courses all include essential first aid and CPR.

For details on any of the above courses, please contact the Centre on 023 8068 4800.

# Prices, booking information and equipment hire



## Activity Prices

	Peak	Off Peak
<b>Badminton</b> (per court) 55 minutes		
Adult	£8.10	£5.10
Junior	£8.10	£2.10

	Peak	Off Peak
<b>Squash</b> (per court) 40 minutes		
Adult	£5.20	£3.65
Junior	£5.20	£1.55

	Peak	Off Peak
<b>5-a-side Soccer, Basketball, Volleyball</b> (main hall) 55 minutes		
Adult	£40.50	£40.50
Junior	£40.50	£17.00

	Peak	Off Peak
<b>5-a-side</b> (new hall) 55 minutes		
Adult	£40.50	£30.65
Junior	£40.50	£17.00

	Peak	Off Peak
<b>ATP Full Pitch</b> (hockey & soccer) 55 minutes		
Adult	£56.00	£27.50
Junior	£35.20	£17.30

	Peak	Off Peak
<b>ATP Half Pitch</b> (hockey & soccer) 55 minutes		
Adult	£28.75	£19.80
Junior	£21.75	£9.05

	Peak	Off Peak
<b>AWP 5-a-side</b> 55 minutes		
Adult	£27.50	£18.50
Junior	£16.05	£9.05

	Peak	Off Peak
<b>Indoor Tennis</b> 55 minutes		
Adult	£17.00	£11.60
Junior	£17.00	£8.20

	Peak	Off Peak
<b>Table tennis</b> (per table) 55 minutes All junior bookings must be accompanied by an adult.		
Adult	£2.10	£2.10
Junior	£1.00	£1.00

	Peak	Off Peak
<b>Outdoor tennis</b> 55 minutes		
Adult	£5.30	£3.80
Junior	£2.90	£1.60

	Peak	Off Peak
<b>Outdoor netball</b> 55 minutes		
Adult	£11.40	£4.75
Junior	£3.35	£2.00

## Booking Information

- Booking card holders can book by telephone or online\* for badminton, squash, football, crèche etc, 10 days in advance and then pay when you play. (Please quote booking card number when making a booking). For details on online bookings, please refer to page 2.

\* online booking only available for squash and badminton at this time.

- Cancellations - for Booking Card holders 48 hours notice in advance of a booking is required to avoid a cancellation charge should the court/facility not be re-let. We regret no refunds can be made once payment has been received.

- Non Booking Card holders - as above but only 7 days in advance. For Non Booking Card holders, payment of activities must be made at the time of booking. Payment may be made by Mastercard/ Visa/Switch debit card over the telephone. We regret no refunds or amendments will be made once payment has been received.

- Court hire - Due to increased demand for court hire (badminton, squash, indoor 5-a-side football) only one court may be booked daily per customer between 17.00-22.00 Monday - Friday.

## Booking card prices

Individual 16+ years £14.50 Joint £19.15  
Junior (up to 15 years) £10.35. Full details available from reception.

## Equipment Hire

Squash, badminton, tennis rackets, table tennis bats and footballs are all available to hire from reception. Hire charge is £1.50 per item plus £10 deposit.

(1) Off peak charges apply Monday – Friday 09.00-17.00 and all day Saturday except outdoor areas. (2) Off peak times for the outdoor areas are Monday – Friday 09.00-17.30 and Saturday and Sunday 17.30-21.30.

(3) Junior charges are applicable to those under 16 years. (4) All facilities have a 5 minute set up time within the booking. (5) A maximum booking of one booking per telephone call or personal visit will be accepted.

(6) Neither the Booking Card nor the benefits relating to the Booking Scheme are transferable. (7) To receive Junior concession rates, any bookings must be made with a Junior Booking Card

## Club list

Name of Club	Contact Name	Contact Number
Baby Massage	Coral Lewis	07810 385585
Baller basketball	Jeannie Asher	023 8058 5696
Better Maths	Andrew Kuttner	08450 6 MATHS 08450 6 62847
Blackburn & Pai Physiotherapy	Jon Blackburn	07789 723999
British Tae Kwon Do	Gareth Brown	07774 104412
Dancescape	Tanya Grant	023 8061 4747
Eastleigh British Sub Aqua Club	Pete Scott	023 8061 2765
Eastleigh & District Sports Association for the Disabled	Ronnie (Veronica) French	023 8026 3503
Eastleigh (FP) & Oaklands Swimming Club	Adrian Precious	023 8084 9135
Eastleigh Goju Ryu Karate Club	Dave Morris	023 8047 7677
Eastleigh Karate Tots Club	Dave Morris	023 8047 7677
Fleming Park Badminton Club	Matt Clarke	01489 796167
Fleming Park Golf Club	Alan Wheavil	023 8036 8667
Fleming Park Judo Club	Len Bates	01489 797696
Fleming Park Lifesaving Club	P. Tarry	023 8061 3347
Fleming Park Squash Club	B. Desave West	07810 130596
H <sub>2</sub> O Health & Beauty Salon	Salon Office	023 8065 1934
Hendy Group – South Hants Indoor Cricket League	David Admas	07768 647328
Independent Martial Arts Organisation – Kick boxing & Kung Fu	Charles Broomes	023 8055 5782
Parkewood School of Dance	Lynne Massey	023 8073 9355
Solent Stars	Solent Stars Office	023 8065 0165
SSKA Karate	A. Mulley	07786 627379
Swaythling Lawn Tennis Club	John Green	023 8067 1016
Wu Shu Kwan	Mark Stacey	07850 999304

## Play Tennis!

- Junior and adult coaching for all age groups and abilities
- Teeny Tennis programme for 4 & 5 year olds
- Mini Tennis, Raw Tennis and Performance accreditation
- High quality coaching staff
- Indoor and outdoor coaching all-year-round
- Personal touch to help every participant develop

Adults: Get started with Tennis! £15 for 4 hour-long sessions!  
Juniors: Sign up for a course of lessons and receive one free session!

For further information, please call Christine or Richard on  
023 8066 7532 or check out [www.tennis-service.net](http://www.tennis-service.net)



# Special Needs

You may be interested to know that the following facilities are available at the Centre:

**Lift** - Located on the ground floor and serves all 3 floors.

**Family/Disabled changing** - 8 cubicles located within the changing village. Each has a wide bench. Baby changing units are available.

#### Poolside Hoist

For use to gain access to the main and learner pool (please ask for this on arrival at reception)

#### Disabled toilets

Located on the ground floor behind the Creche, at the far end of the changing village and on the first floor in the catering area.

## Activities

#### Deep Water Aquatherapy

Totally non impact deep water aquatherapy class. Ideal for those suffering from:

- back problems,
- arthritis
- recovering from injury

Wednesdays 11.30-12.15

Fridays 11.45-12.30.

Price: £2.60 throughout the year

#### SNG Club

For those children with special needs - a chance to try out our soft play equipment at the Centre. This activity takes place on the first Saturday of every month. Adults must supervise children during this session.

Price £2.00

## Passport to Leisure Scheme

If you are a full time student, registered disabled, on income support, receiving council tax benefit, OAP or job seekers allowance and are living within the Borough, you can enjoy many of our facilities as a 'Passport to Leisure' holder. Proof of eligibility is always required.

**Contact a Customer Advisor for further details.**



# Be part of the team

We are looking for enthusiastic and outgoing individuals to join our Lifeguarding team

#### We can offer:

- Good rates of pay
- Use of facilities
- Structured career and training path
- Part time and full time positions are available with Continued Personal Development training



#### Other vacancies at the centre include

Reception, Catering, Children's Activities, Fitness Instructors (relevant qualifications required). Swimming and Gymnastic Instructors (relevant qualifications required). Full training will be given for all posts.

**Please contact the Centre on 023 8068 4800**

or email [enquiries@flemingparkleisurecentre.co.uk](mailto:enquiries@flemingparkleisurecentre.co.uk) to find out about job vacancies at the centre.

**fleming park**  
A row of social media icons for Facebook, Twitter, and LinkedIn.

## 10% discount to kinetika members



The Salon is situated on the lower floor of Fleming Park Leisure Centre, next to the swimming pool changing rooms.

#### WE OFFER A WIDE RANGE OF BEAUTY TREATMENTS INCLUDING:

- Dermalogica Facials • Massage
- Waxing • Inch Loss Body Wraps
- Eyelash Tinting & Perming
- Artificial Tanning and much more

**SKINCARE PROBLEMS? BOOK IN FOR A FREE ADVICE SESSION WHICH INCLUDES SKIN ANALYSIS & SKINCARE PRESCRIPTION**

**Telephone: 023 8065 1934**

Call for a FREE Salon Information Pack or collect a H2O leaflet from main reception.

**Open until 9pm weekdays**

Crèche facilities • Ample free parking  
Gift vouchers available

## Le Club Français



Fun French for children aged 3-11



Nursery and Primary French at Fleming Park Leisure Centre

Learning through games, drama and songs.

Saturdays  
9.30am – 12.30pm

Tel: 01962 882655

[www.lcclubs.com/elysabethsheppard](http://www.lcclubs.com/elysabethsheppard)





**WE WANT YOU!**  
**SUPPORT EASTLEIGH F.C.**  
**WHEN SAINTS PLAY AWAY**



**Golf at**  
**Fleming Park**  
Autumn/Winter  
2006-2007

Great value pay and play  
023 8061 2797

# Golf Course

Situated within easy access of the M3 junction 13, this picturesque woodland golf course is the ideal test for skilled players and beginners alike. Open all year round, the course can boast 18 large greens which are playable throughout the year.

The Clubhouse has all the requirements of any golfer. Comfortable showers and changing facilities complement the relaxing lounge and bar which give fantastic views over the park. Space is available for private meetings, functions and events.

The course is open from 06.00 until dusk (07.00 in the winter). Starting tee times can be booked 14 days in advance by phone or in the shop.

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## Golf Course Season Tickets

### 7 day ticket

£385.00 adult  
£67.50 junior

### 5 day ticket

£245.00 adult  
£60.00 junior

**5 day leisure pass** £190.00

**1 adult + 2 children** £450.00

**2 adults + 2 children** £750.00

- 10% discount in the golf shop
- 10% discount on clubhouse menu
- 10% guest discount on green fees
- Free clubhouse room hire for parties or events
- Regular newsletter

Call for details 023 8061 2797



# Night Golf

Fleming Park Golf Course offers company and group night golf events throughout the year. Consisting of 9 holes of golf, hot or cold buffet and all the Night Golf equipment you will need.

At night the Course is lit up by various coloured lights indicating the fairway, tee and green as well as lights for bunkers. We can organise a Night Golf event in just 2 weeks. You tell us the date you would like and how many golfers would be playing and we do the rest.

For further information or to book your Night Golf event contact the Fleming Park golf shop.

# Green fees

## Casual Play & Promotions

	Adult	Junior	Parent & Child
<b>9 holes</b>			
Weekday	£9.35	£3.60	£10.50
Weekend & public holidays	£13.00	£5.50	£12.50
<b>18 holes</b>			
Weekday	£13.50	£5.00	
Weekend & public holidays	£16.00	£7.50	
<b>Day tickets</b>			
Weekday	£17.00	£9.00	
Weekend & public holidays	£22.50	£12.00	

# Tuition

The resident professionals at Fleming Park Golf Course have the following packages available seven days a week from beginners to all levels.

All tuition is conducted in a friendly and relaxed atmosphere with equipment supplied.

All teaching staff have PGA approved qualifications.

Lessons are available in the following formats:

- Individual to small groups of friends.
- Beginner and improver group lessons, 5 week course.
- Corporate (to suit all requirements)
- Junior group lessons
- Video lessons
- Playing lessons
- Discounts available for 6 individual lessons.

For more information on lessons and course dates, please visit the golf shop where staff will be happy to help or call the shop on **023 8061 2797**

# Golf Shop

The golf shop at Fleming Park Golf Course has all the requirements a golfer would need. The fully stocked golf shop offers equipment for the beginner right through to the experienced golfer. The golf shop staff offer friendly and professional advice on all aspects of golf equipment.

## Hire

The shop provides a hire service for those players without clubs or trolleys. Please note that a deposit will be required when hiring clubs.

### Half set of clubs

9 holes	£4.50
18 holes	£5.50

### Trolley hire

9 holes	£2.50
18 holes	£3.50



## Custom fit clubs

If you are seeking to maximise your playing potential, why not purchase a set of individual customised golf clubs? Our computer fitting system can provide you with the correct loft, lie, shaft, flex and grip thickness.

## Club repairs

Our professional staff can undertake all types of repairs including fitting new shafts and new grips. Why not have your equipment serviced by us.

Contact Fleming Park Golf Shop on **023 8061 2797**



# Society and Group Packages

Fleming Park Golf Course has created a variety of packages especially designed for golf society days or just a day out with friends, which should cover every eventuality and budget. From basic group tee reservations, to a corporate golf day, Fleming Park is the perfect venue. The Golf Clubhouse is available from 08.00 every day until dusk.

## Packages

A - £15.00 (min 8) Tea / Coffee and bacon roll on arrival followed by 18 holes of golf.

B - £18.00 (min 12) Tea / Coffee and bacon roll on arrival followed by 18 holes of golf, followed by a bar meal.

C - £22.00 (min 12) Tea / Coffee and a bacon roll on arrival followed by 18 holes of golf, followed by a 2 course meal and coffee.

Further information available on request. Please call 023 8061 2797 to book.

## Fleming Park Golf Course function facility bookings

Fleming Park Clubhouse is the ideal venue for your private party, functions, celebrations and wedding receptions. Our professional team can cater for up to 60 people and provide an extensive range of food and drink to suit all requirements.

Bookings are taken all year round for private parties and events subject to seasonal opening hours. Situated within easy reach of the M3 and with ample parking, the new Clubhouse is a comfortable and friendly venue for all occasions.

To enquire further, please call **023 8068 4806**.



Fleming Park Golf Clubhouse now non-smoking for your comfort





Go 4 Golf is for the golfer who wants to improve their game, gain an official handicap, learn more about the rules and etiquette and play in fun and friendly competitions. Go 4 Golf is for golfers of all levels, young or old, male or female. The aim at all times is to encourage a path through to Golf Club Membership.

Soon you will forget the feeling that people are watching you whilst teeing off and be able to join in friendly events, competitions and enjoy the game of golf as it should be.

Become a Go 4 Golf member for only £24.99

Get involved today, call us on 023 8061 2797 and we will arrange a convenient time for you to visit. We will introduce you to the scheme, show you around the course facilities and set up your first round of golf.

**Go 4 Golf benefits are:**

- Obtain an official recognised handicap
- Meet golfers in a similar position
- Obtain course knowledge and know the rules of golf
- FREE clubhouse room hire
- Use of all clubhouse facilities

**FREE introduction pack includes:**

- Go 4 Golf membership card
- FREE swing check with one of our golf professionals
- FREE 18 holes of golf when you gain your official new handicap.
- FREE rules of golf and etiquette hand books
- Golf discount voucher pack



**All-Inclusive Membership**

Enjoy unlimited use of the gym, swimming, group exercise classes and health suite at Fleming Park Leisure Centre.

We are giving away a month's membership to our kinetika scheme every month. To join in the draw, simply fill in your details below and return to reception. The monthly winner will be notified in writing by the 10th of the following month. GOOD LUCK!

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 023 8068 4800.

Name .....

Address .....

Tel no .....

Mob no .....

Email .....

**Could you see your business advert here?**



With over 1 million visitors each year Fleming Park Leisure Centre is an ideal venue to advertise your business or service. Options are available within brochures and publications or in the centre itself in the form of posters or banners.

Contact the Marketing Department for more information.

Fleming Park Leisure Centre  
& Golf Course  
Passfield Avenue  
Eastleigh  
Hampshire  
SO50 9NL

## Fleming Park Leisure Centre

General enquiries: 023 8068 4800

Email: [enquiries@flemingparkleisurecentre.co.uk](mailto:enquiries@flemingparkleisurecentre.co.uk)

Web: [www.flemingparkleisurecentre.co.uk](http://www.flemingparkleisurecentre.co.uk)

## Fleming Park Golf Course

General enquiries: 023 8061 2797

Email: [enquiries@flemingparkgolfcourse.co.uk](mailto:enquiries@flemingparkgolfcourse.co.uk)

Web: [www.flemingparkgolfcourse.co.uk](http://www.flemingparkgolfcourse.co.uk)

