

Felixstowe Leisure Centre



kinetika™
fitness



01394 670411

Opening Times

Monday - Friday	7.00am - 10.00pm
Wednesday	6.30am - 10.00pm
Saturday - Sunday	8.00am - 8.00pm

kinetika Gym

Combined with its varied personal programmes and expertise, our kinetika fitness facilities are recognised for its high standards and superb value for money. The gym offers a fantastic panoramic sea view to add to your workout.

Youth Fitness Training

Supervised, structured sessions for 11-15 year olds to provide an introduction to fitness and exercise in a safe environment.

Monday, Tuesday & Thursday	4.00pm - 5.00 pm
Saturday - Sunday	10.00am - 11.00am 11.00am - 12.00pm

(Must be pre-booked)

Authorised kinetika Fitness Suite Prices

Air-conditioned Fitness Suite with panoramic views

Opening Hours:

Monday - Friday	7.00am - 10.00pm
Wednesday	6.30am - 10.00pm
Saturday - Sunday	8.00am - 8.00pm

	Card Holder	Non Card Holder
Single Gym Session	£4.50	£5.65
Off Peak (7-5 weekdays)	£6.00	£7.50
60+	£3.80	£4.75
Induction	£8.30	£10.40
Steam Room & Sauna (per hr)	£5.25	£6.60
Steam Room, Sauna & Swim	£6.60	£8.25
Sunbed (15 mins)	£4.90	£6.15
Youth Fitness	£2.50	£3.15
Youth Induction	£3.95	£4.15

Sunbeds

Why not take advantage of our sunbed, our solarium will enable you to retain the all-year tan or achieve that little bit of colour for a special occasion. As a member of the Sunbed Association, our bed is operated with strict guidelines.

Sunbed (15 mins)	£5.15	£6.45
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Health Suite

Why not unwind after your day or workout with a session in our relaxing health suite. Enjoy a visit and choose to use the split-level sauna or the 8 seat steam room. Adult Only.

Steam room & sauna

(1 hour)	£6.60	£8.25
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Studio Classes Price List

50+ workout	£3.15	£3.95
Tea Dance	£2.50	£3.15
Dance workout am	£3.60	£4.50
Dance workout pm	£4.55	£5.70
Body Balance	£6.00	£7.50
Body Combat	£6.00	£7.50
Body Pump	£6.00	£7.50



For details of all activities
contact reception.

Studio Classes

Felixstowe Leisure Centre

We have an extensive studio programme available throughout the week - Contact reception on 01394 670411 for details or pick up one of our studio class programmes.



ALL MEMBERS MUST SHOW THEIR MEMBERSHIP CARDS AT RECEPTION PRIOR TO ENTERING EACH ACTIVITY IN OUR STUDIO PROGRAMME.

These classes are available free to full kinetika members. For day time only members classes are free up to 5.00pm. NB Blood donors takes place once a month. During this time 50+, Body Pump and Tea Dance will be cancelled.

Studio Classes

We aim to provide a workout program suitable for all our customers, regardless of age or ability. To help you pursue a healthy and active life style we offer a wide variety of classes, which will appeal to both men and women.

Tea Dance

Ballroom and Sequence dancing, tea and biscuits. Meet up with some friends.

Mondays 2.15pm – 4.15pm
Thursdays 2.15pm – 4.15pm

Class Descriptions

Body Pump

Body Pump is the worlds first class to combine high - repetition weight training with aerobic conditioning. It will tone and condition your body, can help you loose weight and ultimately change your body shape, all in record time.



Body Balance

Body Balance is the yoga, tai chi and pilates workout that leaves you feeling long, strong, centred and calm. Its your personal time out from the stress of daily life.

Body Combat

Body Combat combines powerhouse moves and stances developed from a range of self defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwondo into a "take on prisoners" adrenaline pumping routine. It is an empowering, athletic workout that will have you fighting fit in no time.

50+ Workout

Monday & Wednesday 9.30am – 10.30am 50+ is a gentle aerobic workout, including floor exercises. It helps increase your cardiovascular system and tone your body all over at the same time. It has simple moves so even the least coordinated person can take part. We have a friendly atmosphere throughout our classes and the instructor is there to guide you through your workout.

Swimming Price List

Felixstowe Leisure Centre



Get a Coastal Card and enjoy cheaper sessions

	Card Holders	Non Card Holders		Card Holders	Non Card Holders
SWIMMING			ACTIVITY SESSIONS		
Adult swim	£3.00	£3.75	Group Exercise Class	£6.00	£7.50
Child swim (3-18 years)	£1.90	£2.40	50+ Workout	£3.15	£3.95
Family swim	£8.15	£10.20	Tea Dance	£2.50	£3.15
Afternoon swim	£2.65	£3.35	Dance Workout (PM)	£4.55	£5.70
Parent & Child Swim	£3.45	£4.35	Health Suite	£5.25	£6.60
Pool Fun Adult	£3.55	£4.45	Health Suite & Swim	£6.60	£8.25
Pool Fun Child	£2.55	£3.20	Sunbed	£5.15	£6.45
Pool Fun Family	£8.95	£11.20			
Water Workout	£4.65	£5.85	OTHER CHARGES		
Water Workout & Swim	£6.20	£7.75	Showers	£1.30	£1.65
Gentle Water Workout	£3.50	£4.40	Spectator Charge	F.O.C	£0.85
Adult Swimming Lesson	£5.05	£6.35			
Child Swimming Lesson	£4.55	£5.70	DRYSIDE ACTIVITY		
Private Swimming Lesson	£12.10	£15.15	Bowls	£3.15	£3.95
			Bowls Woods Hire	£2.65	£3.35
			Funtasia (Private Hire)		
			Funtasia 2 hours	£3.45	£4.35
			Funtasia Under 1 year	£1.30	£1.65
			Funtasia Over 1 year	£2.75	£3.45
			Creche	£2.65	£3.35
KINETIKA					
Casual Session (Peak)	£6.00	£7.50			
Casual session (Off Peak)	£4.50	£5.65			



Term Time Swimming Programme

Felixstowe Leisure Centre

		7.00am	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00pm	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00pm
Monday *	MAIN	Earlybirds	Schools Use					PUBLIC SWIMMING (lap lane 12noon-4pm)					Kids' Wacky Fun Session 8-12 yrs, swimmers only			Adult Lane	Ladies Water Workout	Ladies Swimming 18+ years														
	TODDLER																															
	FUN	Tadpole Swimming Lessons (prebook)																														
Tuesday	MAIN	Earlybirds		Gentle Water Workout	50+	PUBLIC SWIMMING					Children's Swimming Lessons (pre booked)			PUBLIC SWIMMING (flume 6.30pm-8.00pm) (lap lane 6.30pm-10.00pm)																		
	TODDLER	Parent & Toddler (preschool age)					Tadpole Swimming Lessons (prebook)					PUBLIC					PUBLIC SWIMMING															
	FUN																															
Wednesday	MAIN	Earlybirds	Schools use			PUBLIC SWIMMING (lap lane 12noon-2pm)			Gentle Water Workout	PUBLIC SWIMMING (lap lane 300-5.30)			Felixstowe Swimming Club		Adult Swimming Lessons (pre booked)	Adults Only 18yrs+																
	TODDLER											Tadpole Swimming Lessons (pre book)																				
	FUN																															
Thursday	MAIN	Earlybirds	50+	Ladies Only	PUBLIC SWIMMING (lap lane 12noon-4pm)					Children's Swimming Lessons (pre booked)			PUBLIC SWIMMING (flume 6.30pm-8.00pm) (lap lane 6.30pm-10.00pm)																			
	TODDLER	Parent & Toddler (preschool age)					PUBLIC					PUBLIC SWIMMING																				
	FUN																															
Friday	MAIN	Earlybirds	Schools Use			PUBLIC SWIMMING (lap lane 12noon-3pm)			Gentle Water Workout	PUBLIC SWIMMING (lap lane 4.00-6.00) (flume 4.00-6.00)			Staff Training		Felixstowe Swimming Club																	
	TODDLER																															
	FUN																															
Saturday	MAIN	Children's Swimming Lessons (pre booked)					PUBLIC SWIMMING (lap lane 1pm-3pm) (flume 11am-4.20pm)					Special Needs (4.45-6.15)			Available for Private Hire																	
	TODDLER																															
	FUN																															
Sunday	MAIN	50+			PUBLIC SWIMMING (lap lane 10am-12noon) (flume 10am-4.50pm)					Family Fun Session (Children must attend with adults)			Felixstowe Swimming Club																			
	TODDLER																															
	FUN																															

UNDER 8 YEAR OLDS MUST BE SUPERVISED BY AN ADULT (18YRS+). NO MORE THAN 2 UNDER 8'S PER ADULT (18YRS+) - SEE PAGE 6 FOR MORE DETAILS.

* All swimming is included in kinetika membership except: Clubs, Courses and Lessons.

ALL MEMBERS MUST SHOW THEIR MEMBERSHIP CARDS AT RECEPTION PRIOR TO ENTERING EACH ACTIVITY.

Management reserve the right to change any activity or time without prior notice.

■ = POOL NOT IN USE

MAIN = Main Swimming pool 25 x 13.5

TODDLER = Toddler Swimming Pool ideal for Babies (beside terrace area)

FUN = Fun Swimming Pool large beach area

* Please note that during school holiday our swimming programme will change.



Swimming Activities

People with Disabilities Swimming Club

Saturday 4.45pm - 6.15pm

This session is aimed at any age for people with special requirements and ideal for people in rehabilitation, disabled or under medical supervision. Two qualified ASA instructors are present for guidance and advice. A lap lane, mats, balls and toys, as well as specialised equipment is available in this session. Please complete a form from reception prior to your visit.

50+ Activities

Swimming

Tuesday	11.00am - 12.00pm
Thursday	8.30am - 10.00am
Sunday	9.00am - 10.00am

Gentle Water Workout Class

Tuesday	9.45am - 10.45am
Wednesday	2.00pm - 3.00pm
Friday	2.00pm - 3.00pm

See page 9 for further details.



Drop in sessions

Parent & Toddler sessions (under 5s)

Tuesday	9.00am - 11.00am
Thursday	10.00am - 12.00pm

ASA Qualified teacher is available to offer guidance and answer questions, nursery rhymes are used for water confidence.

Kid's Wacky Fun Session

Large inflatable with mats balls and fun.
Monday 4.00pm - 5.30pm
Aimed at 8-12 year olds (swimmers only).

Pool Inflatable

Why not hire our pool any Saturday night, the price will surprise you!

Hire our main pool for 1 hour with option of inflatable for 60 swimmers, lifeguard charges apply.

Contact Reception for details

Ladies Water Workout

Try a water workout exercising in water is exceptionally therapeutic, buoyancy makes it effortless and fun, whilst resistance makes it effective.

Monday 7.00pm - 8.00pm

Felixstowe Swimming Club

Felixstowe Leisure Centre is the home of Felixstowe Waves Swimming Club. Members range from those who want to learn to swim (aged five upwards) to established swimmers who regularly attend a variety of competitive galas. In addition there is a thriving Masters section for adults.

The club swimming times are:

Wednesday	6.30am - 7.30am
	5.30pm - 7.30pm
Friday	7.00pm - 10.00pm
Sunday	7.45am - 8.45am
	6.30pm - 9.00pm

Felixstowe Waves is small, very friendly club whose success is based on the teamwork of the experienced coaches and teachers working alongside parents. The aim is to promote each individual swimmer's ability through a highly structured teaching/ training programme. The club is always eager to welcome new swimmers of all ages, or willing volunteers, teachers and coaches; for more details please contact the member secretary on (01394) 272351

Children's Activities

Funtasia Treasure Island

Children's indoor adventure play area includes an undersea world inflatable; galleon Treasure Island trail, ball pools and an abundance of soft play toys

	Card Holder	Non Card Holder
Children under 1 year - 1 hr	£1.05	£1.30
Children over 1 year - 1 hr	£2.35	£2.95
Children over 1 year 2 hrs	£3.00	£3.75

Private hire of Funtasia

Available for Private Hire from 6.00pm - 10.00pm. Up to a maximum of 50 children. Cost £29.10 CC, £36.40 NCC per hour. Maximum height of 130 centimetres.

Opening Times

Mon - Fri 9.30am - 6.00pm

Sat - Sun 10.00am - 6.00pm

Holiday Activities

For a copy of our holiday activity brochure, just give us a call.

Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options. Parties are for all age groups and vary from a pool party to traditional party games. Pick up a copy of our party leaflet for further details. Min 10 children per party.

Crèche

Our Crèche offers childcare facilities for newborns to 5 years and is open to parents using the facilities. Leave your child with the peace of mind that they are being looked after by qualified child carers, while you enjoy your favourite activity. Pre booking is recommended 7 days in advance.

Opening Times

Monday	10.30am - 12.00pm
Tuesday	9.15am - 11.15am
Wednesday	9.45am - 12.30pm 12.30pm - 2.30pm
Thursday	9.30am - 10.45am 10.45am - 12.00pm
Friday	9.00am - 10.30am 10.30am - 12.00pm

Card Holder £2.15 Non Card Holder £2.70

Indoor Bowls

We are open to the public with a maximum of 8 players per rink.

Prices

Card Holder £2.15

Non Card Holder £2.70

£2.60 per rink per hour of woods hire

Rinks are available to the public during the following times:

Monday

7.30am - 10.30am

12.30pm - 2.30pm

4.30pm - 6.30pm

9.00pm - 10.30pm

Tuesday

7.30am - 10.30pm

Wednesday

7.30am - 6.30pm

Thursday

7.30am - 9.30pm

Friday

7.30am - 10.30am

12.30pm - 6.30pm

9.30pm - 10.30pm

Saturday

8.00am - 2.00pm

6.00pm - 10.00pm

Sunday

8.00am - 10.00pm

Rink times are subject to change

Felixstowe Indoor Bowls Club

If you are interested in joining Felixstowe Indoor Bowls Club please contact Derek Page on 01473 716450 for further information.



Centre Café



Centre Café

The perfect venue for your lunchtime snacks, social drink or afternoon tea.

Opening Hours

Monday - Friday 10.00am - 5.00pm

Saturday - Sunday 8.00am - 5.00pm

- See Specials board for daily specials

Main Hall Hire

Why not hire our facilities we can cater for a wide variety of hiring requirements

- Wedding receptions
- Conferences or business seminars
- Corporate events
- Disco and band nights
- Fairs or presentations
- Ideal for Meeting/Training Sessions



Fitness & Meeting Rooms at Felixstowe Leisure Centre



A modern and inviting new facility with direct views over the coast, Fully equipped with Projector and Screen for presentations, Catering is available from Coffee's and snacks to Buffets and cooked meals. The fitness studio will host a variety of aerobic classes in particular yoga, pilates and Body Balance. The state of art sound system will ensure all classes are delivered to a high standard.

For Further Details please contact Reception.