

# Leiston Leisure Centre

01728 830364



## Opening Times

Monday - Friday 7.00am - 10.00pm  
Saturday 8.30am - 8.00pm  
Sunday 8.30am - 9.00pm

## Authorised kinetika Fitness Suite

Authorise Users Induction Course (Must be undertaken by all customers wishing to use the facility). (Pre-booking required)

**Coastal Card Holder £8.75**

**Non Coastal Card Holder £10.95**

## Authorised Users Refresher Course

Undertake one of our short refresher courses within 3 months of your authorised user card expiry date in order to continue using the Fitness Suite. (Pre-booking required)

**Coastal Card Holder £5.55**

**Non Coastal Card Holder £6.95**

## Authorised Casual Rates

	Coastal Card Holder	Non Coastal Card Holder
Adult (16-60) per session	£5.20	£6.50
Junior (14-15) per session*	£4.45	£5.60
Senior Citizens (60+) per session	£4.45	£5.60
Adult C.V Special (available only when schools have priority use. Please see separate timetable for information)	£4.45	£5.60

## Authorised Fitness Programmes

A personalised fitness programme, tailor-made to your requirements is undertaken on a one-to-one basis with our qualified instructor(s). (Pre-booking required).

**Coastal Card Holder £8.40**

**Non Coastal Card Holder £10.50**

\*Juniors - Limited Supervised sessions only.

PLEASE NOTE THE KINETIKA MEMBERSHIP INCLUDES THE INDUCTION, FITNESS PROGRAMME, REGULAR REVIEWS AND UNLIMITED GYM USAGE



# Workout 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.

## Monday

Legs Bums & Tums	6.00pm - 7.00pm
Step Aerobics	7.00pm - 8.00pm

## Tuesday

Aerobics	12.30pm - 1.30pm
Body Combat	5.45pm - 6.45pm
Ladies Water Workout	7.00pm - 8.00pm
Aerobics	7.00pm - 8.30pm
Karate (Adult)	8.30pm - 10.00pm

## Wednesday

Body Pump	7.00pm - 8.00pm
Body Combat	8.15pm - 9.15pm

## Thursday

Aerobics	12.30pm - 1.30pm
Water Workout	2.00pm - 3.00pm
Body Combat	5.30pm - 6.30pm
Aerobics	7.00pm - 8.30pm

## Friday

Legs Bums & Tums	5.30pm - 6.30pm
Yoga	6.30pm - 8.00pm

## Saturday

Body Pump	8.45am - 9.45am
Karate (Junior)	10.00am - 11.30am

## Sunday

Pilates Courses	10.00am - 11.15am
Body Combat	5.15pm - 6.15pm
Body Pump	6.30pm - 7.30pm

## Prices

	Coastal Card Holder	Non Coastal Card Holder
<b>Adults</b>		
1 hour aerobics	£4.55	£5.70
1 & 1/2 hour aerobics	£5.25	£6.60
Body Combat	£5.90	£7.40
Karate	£3.90	£4.90
<b>Junior / Senior</b>		
1 hour aerobics	£3.25	£4.10
1 & 1/2 hour aerobics	£3.80	£4.75
Body Combat	£3.60	£4.50
Karate	£2.80	£3.50

PLEASE NOTE ALL WORKOUT CLASSES ARE FREE TO ALL KINETIKA MEMBERS.



## Health Suite

Why not unwind after your day or workout with a session in our relaxing health suite. The health suite now includes deluxe 'Nordic' sauna, steam room and sunbed. Our sunbed enables you to retain that all-year-round tan or achieve that little bit of colour for a special occasion. For your safety, goggles must be worn for each session and can be purchased at reception

### Opening Times

Monday - Friday	7.00am - 10.00pm
Saturday & Sunday	8.30am - 8.00pm

## Sauna & Steam Room

	Coastal Card Holder	Non Coastal Card Holder
<b>Sauna &amp; Steam Room</b>		
per person per hour	£5.25	£6.60
<b>Sauna, Steam &amp; Swim</b>		
per person	£6.30	£7.90
<b>Sauna, Steam, 5 sessions</b>		
per person	£21.00	£26.25
<b>Sunbed per person</b>		
per session	£5.35	£6.70
<b>Sunbeds - 5 sessions</b>		
per person	£21.15	£26.45

PLEASE NOTE THE SAUNA & STEAM ROOM USAGE IS FREE TO ALL KINETIKA MEMBERS

# Swimming

## Swimming Pool Timetable

We have a comprehensive swimming timetable that is available from reception.

## Swimming Academy

We can offer a comprehensive range of structured swimming lesson courses for abilities from 3 year olds to 60+.



## Tadpole Lessons

Regular courses of 1/2 hour water confidence & introduction to swimming lessons.

For 3 - 5 year olds.

Courses on Mondays between 11.00am & 12.30pm, Tuesdays 4.30pm-5.30pm, Fridays 1.00pm & 3.00pm and Saturdays between 8.30am & 11.00am.



## Child Lessons

Regular structured courses of 1/2 hour lessons for 5 - 15 year olds.

Courses on Mondays between 4.00pm - 6.00pm, Tuesdays 4.30pm - 5.30pm, Fridays 4.00pm - 6.00pm and Saturdays between 8.30am & 11.00am.

## Adult Lessons

Regular structured courses of 1/2 hour lessons for adults aged 16 years and above. Courses on Thursdays between 7.00pm - 8.30pm.

## Holiday Activities

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

## Lifesaving Classes

Leiston Leisure Centre is able to offer a comprehensive range of lifesaving courses, which include Rookie Lifeguard for 8-15 year olds, RLSS Rescue Test for Teachers & RLSS National Pool Lifeguard Qualification (7th Edition) which all take place on Monday evening from 7.30pm.

Courses take place during term time & prices start from £4.80 CC / £6.00 NCC per session for Rookie Lifeguard & £3.60 per hour for Pool Lifeguard & Rescue Test for Teacher Courses. Contact Gill Lilly the Swimming Lesson co-ordinator for more details on 01728 830364.

## One-to-One Lessons

We are pleased to be able to offer 'Private' Swimming Lessons for all abilities as part of our programme. On your own or with a friend, private lessons can help even the non-swimmer to swim.

Contact the Swimming Co-ordinator for more details on 01728 830364.

# Children's Activities

## Cheeky Chicks Crèche

For those over 6 months and under 5 years  
Full supervision by 2 qualified members of staff,  
parents/guardians must stay on site.

Per pre-booked session (maximum stay 2 hours)  
Coastal Card Holder £2.70  
Non Coastal Card Holder £3.40

<b>Monday</b>	9.30am-11.30am
<b>Tuesday</b>	9.45am-1.45pm
<b>Wednesday</b>	9.30am-11.30am
<b>Thursday</b>	9.45am-1.45pm
<b>Friday</b>	9.30am-11.30am

## Piglet's Play Farm

For those over 1 year and under 8 years  
(maximum height 4ft)  
Up to 3 children can be accompanied by one  
adult at all times.

Per session (maximum stay 2 hours)  
Coastal Card Holder-£2.70  
Non Coastal Card Holder-£3.40

<b>Monday</b>	1.30pm-6.00pm
<b>Tuesday</b>	2.30pm-5.00pm
<b>Wednesday</b>	2.00pm-5.00pm
<b>Thursday</b>	2.30pm-5.00pm
<b>Friday</b>	1.30pm-6.00pm
<b>Saturday &amp; Sunday</b>	9.00am-1.00pm

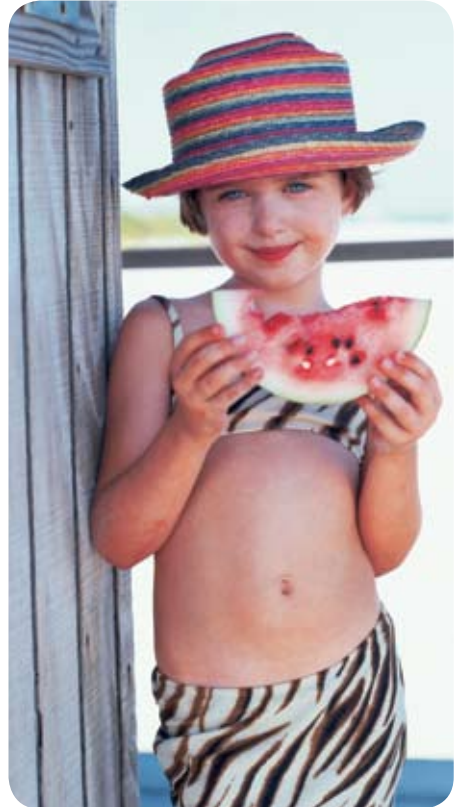
## Holiday Activities

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.



# Main Hall Activities

	Coastal Card Holder	Non Coastal Card Holder
<b>Trampolining</b>		
Drop in Sessions		
Sundays 10am-11am & 11am-12pm		
Junior per session (4-15yrs)	£4.05	£5.10
Regular 10 week Trampolining courses run on Thursday evenings –please contact the centre for further information.		
<b>Roller Skating</b>		
Sundays 10.00am - 12noon		
Adult per session	£2.95	£3.70
Child per session	£2.25	£2.85
<b>Badminton</b>		
Adult per court	£6.55	£8.20
Junior per court	£5.35	£6.70
Adult 'Saturdays'	£5.05	£6.35
<b>5-a-side Soccer, Volleyball, Basketball</b>		
	£28.55	£35.70
<b>Equipment Hire</b>		
	F.O.C	£1.60



## Main Hall Programme

### Monday

7.00am-9.00am	Available for public use/hire
9.00am-6.00pm	Leiston High School hire
6.00pm-10.00pm	Available for public use/hire

### Tuesday

7.00am-9.00am	Available for public use/hire
9.00am-6.00pm	Leiston High School hire
6.00pm-10.00pm	Available for public use/hire

### Wednesday

7.00am-9.00am	Available for public use/hire
9.00am-6.00pm	Leiston High School hire
6.00pm-10.00pm	Available for public use/hire

### Thursday

7.00am-9.00am	Available for public use/hire
9.00am-6.00pm	Leiston High School hire
6.00pm-10.00pm	Available for public use/hire

### Friday

7.00am-9.00am	Available for public use/hire
9.00am-6.00pm	Leiston High School hire
6.00pm-10.00pm	Available for public use/hire

### Saturday

9.00am - 12.00pm	Cut Price Sports
12.00pm - 7.00pm	Public Use
5.00pm - 11.00pm	Available for Hire/events

### Sunday

9.00am - 10.00pm	Cut Price Sports
10.00am - 12.00pm	Roller Skating/Trampolining
12.00pm - 5.00pm	Public Use
5.00pm - 9.00pm	League/Public Use

## Cut Price Sports

### In the main hall

Saturdays	9.00am - 12.00pm
Sundays	9.00am - 10.00am

	Coastal Card Holder	Non Coastal Card Holder
Badminton	£5.05	£6.35
5-a-side	£14.30	£17.90

Saturday Afternoon Special  
Between 12.00pm - 7.00pm  
All activities charged at junior rate

# Outdoor Sports

## All Weather Pitch

Our all weather pitch can offer volleyball, football, tennis, and hockey. Floodlighting is available. (Pre booking is required)

### Available for hire:

9.00am-6.00pm Leiston High School hire

6.00pm-10.00pm Available for public use/hire

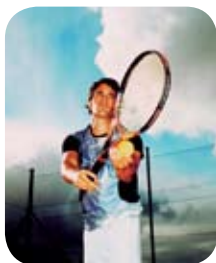
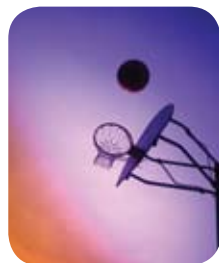
**Coastal Card holder £6.70**

**Non Coastal Card holder £8.40**

### All Weather Floodlights

**Coastal Card holder £6.70**

**Non Coastal Card holder £8.40**



## Activity Room

Coastal Card Holder	Non Coastal Card Holder
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### Table Tennis

Adult per table/hour	£4.70	£5.90
Junior per table/hour	£3.35	£4.20

### Squash

We have 2 squash courts available for hire.

Monday - Friday

7.00am - 9.00am Available for public use/hire

9.00am - 6.00pm Leiston High School use

6.00pm - 10.00pm Available for public use/hire

Saturday 8.30am - 8.00pm

Sunday 8.30am - 9.00pm

Adult per court	£6.55	£8.20
Junior per court	£5.35	£6.70
Adult 'Weekends'	£5.05	£6.35

Our Main Hall and Activity Room are available for private hire. For further information contact the Centre on 01728 830364.