

Basketball Sessions  
for £1.00  
See page 6 for details.



# Summer Holiday Activities

18 July - 30 August 2009

Leiston Leisure Centre  
01728 830364  
[www.leistonleisurecentre.co.uk](http://www.leistonleisurecentre.co.uk)

**DC LEISURE**  
Fitness Industry Association  
Operator of the Year 2008/9



Suffolk Coastal Leisure Community Association Ltd working in partnership with Suffolk Coastal District Council

# Pool Opening Times



## MONDAY

7.00am - 8.30am 'Early Birds' (M/Pool Only)  
9.00am - 10.00am Holiday Course  
10.00am - 4.00pm Public Swimming (M/Pool)  
11.30am - 12.30pm Tadpole Lessons (T/Pool)  
4.00pm - 6.00pm Children's Swimming Lessons  
6.00pm - 7.30pm Public Swimming (Both Pools)  
8.30pm - 10.00pm Lifesaving Classes

## TUESDAY

7.00am - 8.30am Early Birds (M/Pool Only)  
9.00am - 10.00am Holiday Course  
10.00am - 4.30pm Public Swimming (Both Pools)  
4.30pm - 5.30pm Children's Swimming Lessons  
5.30pm - 7.00pm Public Swimming (Both Pools)  
7.00pm - 8.00pm Ladies Water Workout  
8.00pm - 9.00pm Ladies Only Swimming (M/Pool Only)  
9.00pm - 10.00pm Adults Only Swimming (M/Pool Only)

## WEDNESDAY

7.00am - 8.30am Early Birds (M/Pool Only)  
9.00am - 10.00am Holiday Courses  
10.00am - 3.00pm Public Swimming (Both Pools)  
3.00pm - 4.00pm Big Splash Swimming For People With Disabilities  
4.15pm - 5.15pm Children's Fun Session (8-15 Years Swimmers)  
6.30pm - 7.30pm Fitness Swimming  
7.30pm - 10.00pm Public Swimming (Both Pools)

## THURSDAY

7.00am - 8.30am Early Birds (M/Pool Only)  
9.00am - 10.00am 50+ Swimming (M/Pool Only)  
10.00am - 7.00pm Public Swimming (Both Pools)  
7.00pm - 8.30pm Adult Swimming Lessons  
8.30pm - 10.00pm Adults Only Swimming (M/Pool Only)

## FRIDAY

7.00am - 8.30am Early Birds (M/Pool Only)  
9.00am - 10.00am Holiday Courses  
10.00am - 4.00pm Public Swimming (M/Pool)  
1.00pm - 2.30pm Tadpole Lessons (T/Pool)  
4.00pm - 6.00pm Children's Swimming Lessons  
6.00pm - 7.30pm Public Swimming (Both Pools)

## SATURDAY

9.00am - 11.00am Swimming Lessons  
11.00am - 4.30pm Public Swimming (Both Pools)  
4.30pm - 5.30pm People With Disabilities Swimming

## SUNDAY

9.00am - 10.00am 50+ Swimming (M/Pool Only)  
10.00am - 6.00pm Public Swimming (Both Pools)



## Coastal Card Holders

Adults (16-60)	£2.80
Children (3-16)	£1.80
Senior Citizens (60+)     £1.80/FREE IF REGISTERED	
Family Swim Ticket (2 AD & 2 CH or 1 AD & 3 CH)	£7.25
Spectator	F.O.C
Shower	£1.45
Pre-paid 25 x Adult Swims	£57.10
Pre-paid 25 x Child Swims	£32.15
Water Workout	£4.55
Water Workout & Swim	£6.40
Children's Fun Session	£2.65
Sauna/Steam Room	£5.25
Sauna/Steam & Swim	£6.30
Sauna/Steam 5 Sessions	£21.00

## Non-Coastal Card Holders

Adults (16-60)	£3.50
Children (3-16)	£2.25
Senior Citizens (60+)     £2.25/FREE IF REGISTERED	
Family Swim Ticket (2 AD & 2 CH or 1 AD & 3 CH)	£9.10
Spectator	£1.35
Shower	£1.85
Pre-paid 25 x Adult Swims	N/A
Pre-paid 25 x Child Swims	N/A
Water Workout	£5.70
Water Workout & Swim	£8.00
Children's Fun Session	£3.35
Sauna/Steam Room	£6.60
Sauna/Steam & Swim	£7.90
Sauna/Steam 5 Sessions	£26.25

Both Pools Open Where Stated During Public Sessions. Under 8 Year Olds Must Be Supervised By An Adult At All Times (18yrs+) No More Than 2 Under 8's Per Adult (18yrs+) Last Tickets Issued 30 Minutes Before Sessions Close. One-Hour Sessions Will Operate At Busy Times.

PLEASE PRESENT YOUR 'COASTAL CARD' UPON ARRIVAL TO RECEIVE REDUCED RATES.

For Further Details Of The Coastal Card And Free Swimming For The Over 60's Please Contact Reception.



# Summer Holiday 2009 Activities

## SWIMMING POOL FUN SESSION

Giant inflatable, rafts, games and music for 8-15 year old swimmers.

Every Wednesday 4.15pm – 5.15pm

Coastal Card Holders £2.65 per child per session

Non-Coastal Card Holders £3.35 per child per session

## SNORKELLING & DIVING SKILLS

2 Day Snorkelling and Diving Course

Come along and take part in learning new skills and fun games using snorkels, flippers and diving blocks.

Monday 27th and Tuesday 28th July

9.00am – 10.00am

Coastal Card Holders £7.15 per child per pre booked course

Non-Coastal Card Holders £8.95 per child per pre booked course



## CHILD SWIMMING LESSON

### CRASH COURSE

Intensive 2 week children's swimming course with qualified swimming teachers For 5-15 year olds

Commencing week beginning Monday 10th August (please see separate form for further dates)

9.00am-9.30am & 9.30am-10.00am

Coastal Card Holders £36.80 per child per pre booked course

Non-Coastal Card Holders £46.00 per child per pre booked course

Please contact the Swim Co-ordinator or pick up an application form from reception to book.

## PAINT POTS

A fantastic session available to children 6 years and over (Including adults) Paint Pots will allow your child the opportunity to become creative with designing patterns and colours on ceramics, and the best bit is that your child can take home their creation. (Children aged 6 & 7 must be accompanied by an adult at all times)

Limited places available so book early.....

Tuesday 28th July, 11th & 25th

August 12-1.30pm

Coastal Card Holders £7.35 per child per pre-booked session

Non-Coastal Card Holders £9.20 per child per pre-booked session

## BOUNCY CASTLE & SOFT PLAY SESSIONS

Giant inflatables & soft play fun for 1-7 year olds

Every Tuesday & Thursday throughout the holidays 3.00pm – 4.30pm

Coastal Card Holders £2.05 per child per session

Non-Coastal Card Holders £2.55 per child per session



### GYMNASTICS & TRAMPOLINING

Gymnastics and Trampolining sessions for all abilities-45 minutes of each activity per session with two qualified instructors  
For 5 – 15 year olds

Limited places available so book early.....

Monday 20th July & 3rd August

Session 1 - 9.00 -10.30am

Session 2 -10.45 -12.15pm

Session 3 -12.30 - 2.00pm

Coastal Card Holders £4.00 per child per session

Non-Coastal Card Holders £5.00 per child per session

### ARCHERY

Archery sessions for all, no previous experience necessary  
Open to boys and girls, great fun and games under the leadership of a qualified instructor!

8 years and over (please wear long sleeves!).

Thursday 13th & 27th August

Sessions at 9am – 10.30am / 10.45am – 12.15pm or 12.30pm – 2pm

Coastal Card Holders £4.00

per child per session

Non-Coastal Card Holders £5.00 per child per session

### DAY CAMP

Every Wednesday during the Summer Holidays 10.00am – 5.30pm

Come along and spend the day at the centre taking part in a variety of activities such as football, squash, badminton, table tennis and much more! The day is fully supervised by two members of staff and make sure you bring lunch! (Includes entry to the Pool Fun Session 4.15pm-5.15pm)

For 8-15 year olds

Coastal Card Holders £15.00 per child per pre-booked session

Non-Coastal Card Holders £18.75 per child per pre-booked session

**PICK UP AN APPLICATION FORM NOW!**



### BASKETBALL FUN SESSION

Learn new skills and play fun games with our qualified coach

for 8-15 year olds

Every Wednesday throughout the holidays  
2pm-4pm

**Coastal Card Holders £1.00 per child per session**

**Non-Coastal Card Holders £1.00 per child per session**



### CRICKET SKILLS SESSION

An opportunity to learn important skills and techniques in our cricket session with a qualified coach

For 8-15 year olds

Monday 27th July 10.30am-12pm

Monday 10th August 10.30am-12pm

Coastal Card Holders £TBC per child per session

Non-Coastal Card Holders £TBC per child per session



### TENNIS SKILLS SESSION

An opportunity to learn important skills and techniques in our tennis skills session with a qualified coach

For 8-15 year olds

Tuesday 28th July 10.30am-12pm

Tuesday 11th August 10.30am-12pm

Coastal Card Holders £TBC per child per session

Non-Coastal Card Holders £TBC per child per session

### SQUASH / BADMINTON COURTS

Courts available throughout the day.

Contact reception for details of availability and prices

### CHEEKY CHICKS CRECHE

Mondays – 9.30am – 11.30am

Tuesdays - 9.45am – 1.45pm

Wednesdays - 9.30am – 11.30am

Thursdays - 9.45am – 1.45pm

Fridays - 9.30am – 11.30am

Maximum stay of 2 hrs, parent must stay on premises (6 months – 4 Yrs)

Coastal Card Holders £2.70 per child per session

Non-Coastal Card Holders £3.40 per child per session

### PIGLET'S PLAY FARM

Mondays – 1.30pm – 6pm

Tuesdays - 2.30pm – 5pm

Wednesdays – 2pm – 5pm

Thursdays - 2.30pm – 5pm

Fridays – 1.30pm – 6pm

Saturday – 9am – 1pm

Sunday 9am – 1pm

For 1-8 year olds. A maximum height restriction of 1 metre 20 cms.

Maximum stay of 2 hrs, parent must stay with their children

Coastal Card Holders £2.70 per child per session

Non-Coastal Card Holders £3.40 per child per session

# Aerobics

We currently have an extensive Aerobic Timetable including **Body Pump, Body Combat, Aerobics, Yoga plus lots more!** Please contact reception for a current timetable.

Contact the centre for prices and further information.  
(Classes are included in membership)



## kinetika memberships

### Looking to get fit for the summer?

Achieve your Health & Fitness goals by taking part in the 3 month gym trial

#### Offer includes:

5 Free Personal training sessions, Gym, Swimming, Workout Classes, Health Suite.

10 day and 30 day money back guarantee

Call into reception now to take advantage of this fantastic offer

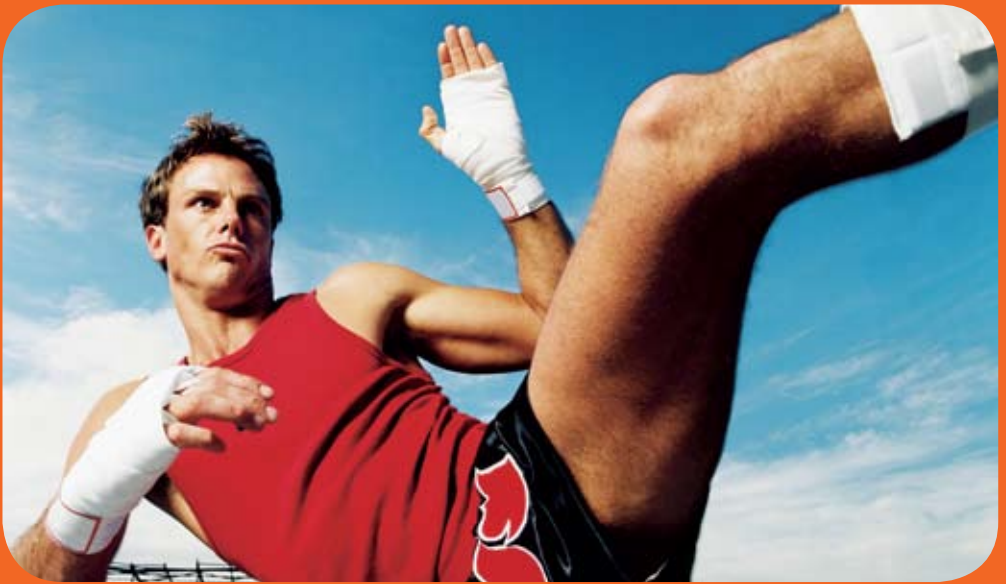
**Option 1** – Monthly Direct Debit at £31

Or

**Option 2** – Advanced payment for the year and get 2 months free

(Call in at reception to enquire about a free 7 day pass)





# 1 FREE adult karate session\*

Use this pass at Leiston Leisure Centre and gain free access to an Adult Karate Session of your choice. This pass must be surrendered at point of sale. 1 free class per customer.

Name \_\_\_\_\_

Telephone \_\_\_\_\_

\*Pass must be surrendered at point of sale. 1 FREE class per customer.

# Buy 5 Creche sessions for the price of 3!\*

Please bring this voucher to reception to claim this offer. 1 voucher per customer.

Name \_\_\_\_\_

Telephone \_\_\_\_\_

\*Pass must be surrendered at point of sale. 1 voucher per customer.