

FREE SWIMMING
from 1st April 2009*
(Details on page 7)



Sport & Leisure Programme

April 2009

Alfreton Leisure Centre

Ripley Leisure Centre

William Gregg VC Leisure Centre

www.dcleisurecentres.co.uk

DC LEISURE 

Fitness Industry Association
Operator of the Year 2008/9



DC Leisure working in partnership with Amber Valley Borough Council

Welcome

Welcome to Alfreton, Ripley and William Gregg VC Leisure Centres, 3 centres offering a diverse range of activities for you, your family and friends



We are pleased to welcome you to our fantastic facilities at all three sites and we are looking forward to the scheduled opening of all three 25m and teaching pools in the Summer of 2009. Our sites now boast large and well equipped kinetika fitness gyms, exercise studios and high quality changing facilities, not to mention refurbished sports halls, multi function rooms and the Alfreton Bowls Hall.

This booklet is a comprehensive guide to all our facilities and activities that we are able to offer.

Our aim is to continually provide the very best in leisure activities at an affordable price and to ensure that every visit you make is an enjoyable one. We are keen to know your views and would welcome any feedback you have. Simply pick up a Customer Feedback form from Reception and let us know what you think or log onto your preferred leisure centres website at www.dcleisurecentres.co.uk and e-mail us.

We hope you will find this booklet useful and that you enjoy your visit.

Jackie Goacher
Amber Valley Contract Manager

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If you would like to receive this publication in an alternative format please contact Reception or the Marketing Manager on 01773 523325.

To access Type Talk please dial the prefix number 18001 followed by the telephone number including the area code.

Induction loops have been installed at all three leisure centres. If you wear a hearing aid please switch it to the T position to benefit from the loop.

kinetika



Health & Fitness

Whatever your fitness level, whatever your age and whatever your goals we have something to offer you.

If you would like to lose weight, tone up, improve your health or increase your strength we have well trained, enthusiastic staff on hand to motivate and help you choose the right exercise programme to achieve your goals.

When you join a kinetika gym you will be offered our unique kinetika journey package which ensures that you receive the support, encouragement and information you need to keep going – especially in the early stages when you need it most.

kinetika Membership

- Unlimited use of Alfreton, William Gregg VC and Ripley Leisure Centre fitness gyms
- Use of the Sauna at Alfreton Leisure Centre
- Free entry to all fitness classes
- Free swimming during public sessions
- Free off peak racquet sports

Payment options include monthly Direct Debit, annual, joint, or concessionary membership.

Refer to page 18 for details about racquet sport bookings.

In your first month we will arrange for you to meet with a member of our fitness team 5 times on a one on one basis. During these sessions we will assess your exercise goals, discuss your personal programme and ensure that you have a thorough understanding of what you're doing and why. With a little commitment you'll achieve the results you want.

If you are looking for a more regular personal training service we have qualified Personal Trainers available at each site who specialise in specific fitness areas. You can find details of the

personal trainers available in your gym along with details of how they can help you get even more out of your fitness programme. Please ask a member of the gym team for further details.

All our gyms offer high quality, user friendly CV and resistance equipment, which offer a total body workout for everyone's health and fitness needs.

Pay per visit gym use

You can enjoy using our kinetika gym on a pay per visit basis, join us as an authorised Gym User and you can use the gym without making a long term financial commitment. All you need to do is pay an initial fee 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. If this way of using the gym suits you than contact a customer advisor for more information.

You can also enjoy workout classes and swimming on a pay per visit basis. Refer to our swim and fitness timetables for more information.

Opening Times

Alfreton

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 6.00pm
Sunday	8.00am – 8.00pm

Ripley

Monday – Friday	6.30am – 10.00pm
Saturday & Sunday	8.00am – 6.00pm

William Gregg VC

Monday – Thursday	6.30am – 10.00pm
Friday	6.30am – 9.00pm
Saturday & Sunday	8.00am – 6.00pm

kinetika Health & Fitness continued

Our gym membership includes entry to Fitness Classes at all 3 centres as well as free off peak racquet sports. Off peak times are Monday to Friday up to 5.00pm and all weekend.

In order to ensure our classes can be enjoyed by all we have introduced a pre-booking and payment system for all fitness classes. This is to maintain an effective system for all our customers, so that places can then be made available to everyone in the event of someone cancelling. Any members or casuals failing to attend a fitness class which they have booked onto will be charged, unless they give 12 hours notification prior to the class commencing.

Healthy Business Corporate Membership

Healthy Business is a specific scheme for local companies and organisations who wish to obtain discounts on leisure activities or facilities for their employees. Healthy Business members are entitled to a special discount on gym membership while retaining all the standard benefits.

Discounts are given on the following scale:

- 5-20 employees joining the gym gives a 10% discount off the monthly fee
- 21 – 101+ employees joining the gym gives a 15% discount off the monthly fee

Even if your employees don't want to join the gym they can still join the Healthy Business scheme to obtain discounts on casual activities such as swimming, badminton, squash and football. Each employee will receive a membership card and it can be used by up to four members of their immediate family.

For further details about how to join the scheme please contact the Contract Sales Manager on **01773 523325**.

Personal Training

We have qualified Personal Trainers available to all our Kinetika gyms. These instructors can help you reach your specific fitness goals, giving you one to one advice and encouragement at a time to suit you. So whether you need that little bit of extra encouragement or you are training for a specific purpose we can help. Each Personal Trainer has an area of specialist knowledge and expertise.

For further details pick up a leaflet or business card and give us a call.



kinetika Training Zone (11-16 yrs)

Use of Kinetika gym between 10am and 5pm on weekdays and at anytime at the weekends. You can also have a FREE swim during public swim sessions following your gym session. During the redevelopment programme TZ members from Alfreton can access the free swimming at William Gregg VC or Ripley when they present their gym receipt (within 7 days) at Reception.

Swim Academy

Whether improving your fitness, getting into shape, rehabilitating from injury or illness, keeping active or for your child's safety – swimming is an activity that is both enjoyable and extremely beneficial to the young – and the young at heart alike!

Aqua Babes enables parents to introduce their babies to the world of water with guidance from an instructor for a fun half hour session including music and toys to keep babies from six months entertained. Young children aged 3 ½ years can progress through Water Playgroup, building their water confidence and basic skills and then move onto group swimming lessons.

Group lessons are designed to work towards the Amateur Swimming Association (ASA) National Swimming Plan. During the 30 minute lesson the teacher will take a register, check that all children's swimming aids are appropriately fitted and ensure that the group understands the structure that the lesson is going to take. Aqua Babes, Water Playgroup and Group Swimming Lessons can all be paid by Direct Debit and run continuously for 50 weeks a year with a two week break each Christmas. In 2009 this will be from Monday 21st December 2009 to Sunday 3rd January 2010 inclusive. Paying by Direct Debit spreads the cost of swimming lessons making it easier, particularly for those with more than one child on the scheme. We operate a continuous assessment for Swim Academy members which means that your child can progress at their own pace, and will be able

to move up to the next level whenever they are ready and confident in their ability. Children may progress through some levels faster than others and likewise they will no longer have to wait until the end of a twelve week course to move up to the next level.

Contract Swim Academy Co-ordinator, Laura Lavender, Tel: 01773 523313.

Swim Xcel

Swim Excel is based on 1 instructor teaching 2 pupils of similar ability. The courses are for those children /adult learners who wish to develop specific skills, need to develop water confidence or are struggling with particular elements of a swim level within a group lesson. We will pair pupils together who are of the same ability or wish to develop the same skills. Customers can book five week courses of 20 minute lessons with our on site Swim Excel Co-ordinator.

Ripley, Lisa Gregory on Tel: 01773 514727
William Gregg VC, Joyce Young on Tel: 01773 537940

If you want to benefit from the free swimming initiative available to children aged 16 and under and adults aged 60 and over until March 2011, make sure you can swim by enrolling on one of our competitively priced Learn to Swim programmes today!

Group Lessons	Monthly DD Fee	Amber Card Price
Aqua Babes	£16.00	
Water Playgroup	£16.00	
Junior lessons: ½ hour lessons	£16.00	
60+ Lessons: ½ hour	£16.00	
Adult lessons: ¾ hour lessons	£26.00	
Swim Xcel lessons	£97.50*	£86.28
*Cost to be split between the two participants.		

Pool Activities

Our pool programme offers a comprehensive range of sessions for all types of swimming. So whether you like to kick start your day with an early morning swim, splash about with the kids or enjoy a quieter session just for adults we have something to suit you.

Please note that some All Welcome sessions share the pool with swimming lessons. However a lane rope will be used to segregate swimmers appropriately.



Swim4Fitness™

A recreational and fitness swimming programme to suit your lifestyle whether swimming for fun, fitness, or competition. There will be a poolside motivator at each session to offer support, encouragement and advice on use of the swim kit and how to get the most out of your session. With four levels from Calm & Stretch to Performance, this programme offers tips on techniques and hints on enjoying the freedom of the water.

Ripley Leisure Centre

Wednesday 7.00pm – 8.00pm

William Gregg VC Leisure Centre

Tuesday 7.00pm – 8.00pm

***Free Swimming available for those aged 60 & over and 16 & under from 1st April 2009.**

Please register 5 days before your wish to swim. Ask at Reception for further details.

The pools are open from 6.30am Monday to Friday and 9.00am at the weekends. For specific session times please pick up a timetable from Reception.

Parent & Child

Parent & Toddler sessions are designed to introduce children from 6 months up to 4 years to the pool and help them to gain water confidence. Aqua Natal classes are supervised by the local Midwifery teams and operate on a fortnightly basis, alternating between Ripley and William Gregg VC. To find out when the next session is at your nearest site please contact Reception.

Swim Sessions	Price	Amber Card
General Swim	£2.95	£2.57
Aqua Natal	£2.95	£2.57
Parent & Toddler	£2.70	£2.35
Swim 4 Fitness	£2.95	£2.57



Water Works

DC Leisure follows National Pool Water guidance to keep the pool water clean and safe but we would like your help!

First para should read: Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. Maximum ratio of 2 children to 1 adult. Those supervising must accompany the children in the water.

T-shirts and non-swimwear shorts are not recommended for safety and hygiene reasons and if you wear a swim hat you can protect your hair and reduce water pollution.

All youngsters who are not toilet trained should wear an Aqua Nappy. These are available to purchase from Reception and start at 16lbs.

Please use the toilet before entering the pool

Please leave an hour between eating or drinking and swimming. Swimming is not advised if you have had an upset stomach in the last 24 hours.

Diving is only permitted at a depth of over 1.5m.

Always walk on poolside to avoid slipping and follow the lifeguards instructions.

Please ensure that you always shower before swimming to remove grease and dirt such as makeup, hair products and chemicals in deodorants.

If you wish to use the Pool Hoist please contact the Duty Manager in advance

Please ask permission of the Centre or Duty Manager before taking any photographic or video images

Remember that children under the age of three are admitted to general swimming sessions free of charge in accordance with our admissions policy.

Please use the lockers provided. A 20p coin is required which is returned after use.

You should not attend a swim session if you have had a stomach upset within the last 48hrs, have a cold or are suffering from an ear or throat infection.



Dryside Activities

Alfreton Leisure Centres sports hall is marked out with 6 badminton courts as well as a number of other sports and games. Both Ripley and William Gregg VC Leisure Centres have 4 badminton courts as well as a range of other sports. All sports are available seven days a week subject to programming. Racquets and other equipment can be hired from Reception for £1.00 or 87pence for Amber Card holders.

BADMINTON	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres	£7.75	£6.74
BASKETBALL	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres	Court sizes vary between sites. Please contact your preferred leisure centre for price details.	
VOLLEYBALL	Price	Amber Card Price
Available at Ripley & William Gregg VC Leisure Centres	£32.00	£27.84
TABLE TENNIS	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres	4.10	£3.57
CRICKET	Price	Amber Card Price
Available at Alfreton Leisure Centre only. A minimum of 4 courts is required. Set up time is included in the booked time.	£32.00 per hr £48.00 per hr	£27.84 (4 courts) £42.48 (6 courts)
SHORT TENNIS	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres	£7.75	£6.74
NETBALL	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres	Court sizes vary between sites. Please contact your preferred leisure centre for price details.	
FIVE-A-SIDE FOOTBALL	Price	Amber Card Price
Available at Alfreton, Ripley & William Gregg VC Leisure Centres William Gregg VC has a medium pitch area and hosts a football league on Sundays: 5.00pm – 8.30pm. If you are interested in entering a team please contact Richard Bartles on 01773 537940. For further details log onto www.leaguewebsite.co.uk/hlcf	Court sizes vary between sites. Please contact your preferred leisure centre for price details.	
SQUASH	Price	Amber Card Price
Alfreton Leisure Centre (only) hosts two glass backed squash courts with a moveable wall making it possible for doubles matches. There is also some spectator viewing available.	£7.00	£6.09

Alfreton Indoor Bowls Club

Bowls hall will reopen for the 2009/10 season in September 2009.
Member Registration is available from August. Our facilities include:

- 6 rink bowling green
- Competition standard lighting
- State of the art timber deck flooring system
- Electronic scoreboard
- Group changing facilities
- Officials changing facility
- Facilities for people with disabilities
- Car Parking
- Bar
- Function Room

Bowls Activities

Bowls coaching

Junior(8-16yrs) Saturday 8.30am – 10.30am
Adult Sunday 10am – 12noon

Crown Green League

Thursday 8.30pm – 10.30pm

Bowls Drive Friday 4.30pm

Leagues (Open, Ladies, Mens & Mixed)

Anyone wishing to enter a team in the leagues should contact Jim Hickman on 01773 523325.

Casual bookings are available everyday and block bookings can be made by arrangement on weekdays and weekends. For details of Club, Ladies and Mixed fixtures please see the notice board for details.

Prices

Membership	£15.00 per year
Bowling	£3.00 per hr (members) £4.20 per hr (non-members)
Shoe Hire	£1.00 per session
Bowls hire	£1.50 per session
Junior Bowls	£1.50 per session



Children's Activities



Please note that the majority of our coached activities are booked on a course basis. Course lengths may vary, but the price per session is detailed below.

Soccer Academy

Soccer Academy provides a structured coaching curriculum within a fun learning environment which is directed towards a certification scheme. This activity is run on a term time course basis.

Alfreton Leisure Centre Course starts 3rd November			Price	Amber Card Price
Monday	4.00pm – 5.00pm 5.00pm – 6.00pm	5-8 year olds 9 yrs upwards	£3.90 per session	£3.39
Ripley			Price	Amber Card Price
Monday	4.00pm – 6.00pm	4-8 year olds	£3.90 per session	£3.39
William Gregg VC			Price	Amber Card Price
Friday	4.00pm – 5.00pm 5.00pm – 6.00pm	5-6 years 7-9 years	£22.20 per course	

Trampoline Coaching

Alfreton Leisure Centre			Price	
Wednesday	4.00pm – 4.45pm 4.45pm – 5.30pm 5.30pm – 6.15pm 6.15pm – 7.00pm		£4.00 per session Payable by monthly Direct Debit	
Ripley			Price	Amber Card Price
Tuesday	4.15pm – 5.00pm 5.00pm – 5.45pm	5.45pm – 6.30pm 6.30pm – 7.15pm	Course of 10 weeks £40.00	£35.40
Saturday	9.30am – 10.15am 10.15am – 11.00am	11.15am – 12.15pm* 12.15pm – 1.15pm*		

* Sessions for people with disabilities

Badminton Coaching

Alfreton Leisure Centre Course starts 4th Nov–16th Dec			Price	Amber Card Price
Tuesday	4.00pm – 6.00pm	8 yrs upwards	£3.70 per session	

Family Roller Disco

William Gregg VC			Price	Amber Card Price
Wednesday	4.00pm – 5.30pm	All ages	£1.00 per person £0.75p	N/A
Skate Hire				



LOTTERY FUNDED

FREE fun programme for kids to become fitter, healthier and happier!

Do you have children 8 to 13 years old?
Are you worried they might be unhealthy or even overweight?

Then call us to join the MEND Programme!

The MEND Programme gets kids healthy and fit in only
10 weeks - and helps them stay that way!

Find out about other children having fun on
the MEND Programme www.mendprogramme.org



For more information on your nearest programme

call 01773 523325