

The Money Stuff

	Loyalty Cards			Non Loyalty Cards		
	Standard	Discount	Concession	Standard	Discount	Concession
Swimming						
General/Lane	£3.00	£1.50	£1.80	£3.60	£1.90	£2.20
Sunday splash						
Activ Splash	£2.60			£2.60		
Family&Sunday Splash						
(1A up to 2C)	£4.80			£5.85		
(2A up to 2C)	£7.80			£9.40		
Exercise Class	£3.50			£4.00		
Fitness Suite	£4.50	£2.20	£2.70	N/A	N/A	N/A
Badminton	£7.50	£4.00	£4.00	£8.70	£4.70	£4.70
Tennis	£5.00	£3.00	£3.50	£6.00	£3.50	£4.00
Table Tennis	£3.35	£2.00	£3.00	£4.00	£2.30	£3.40
Sports Hall	£30.00	£16.00	£16.00	£34.80	£18.80	£18.80
Gymnasium	£15.00			£17.40		
Cricket Nets (OD)	£10.00			£10.00		
Class Room	Price on application			Price on application		
School facilities	Price on application			Price on application		
Dry Play Pitch						
Full Pitch	£32.00			£32.00		
1/2 Pitch	£16.00			£16.00		
Full Pitch (Lights)	£40.00			£40.00		
1/2 Pitch (Lights)	£20.00			£20.00		

Membership Prices List

	Standing Order		Advanced Payment	
	Single	Joint	Single	Joint
Gym,Swim and Classes	£32.00	£58.00	£320.00	£580.00
Swim Only	£20.00	£35.00	£200.00	£350.00
Gym Only	£25.00	£45.00	£250.00	£450.00
Classes Only	£25.00	£45.00	£250.00	£450.00
Student Membership	£20.00	(1 months unlimited gym, swim and classes)		
Monthly Ticket	£36.00	(1 months unlimited gym, swim and classes)		

Junior Memberships		
Age Group	Single	Joint
5-13 Years	£16.00	£160.00
Free swimming, Free Activ session including Activ Splash 7 days a week.		
14-15 Years	£16.00	£160.00
Free swimming, Free Junior work out sessions in the gym and membership prices for junior sports.		
16-17 Years	£19.00	£190.00
Free swimming, Free use of the gym and classes.		
Junior Monthly ticket	£20	

**When purchasing more than one membership, please see a member of the management team.

Is membership right for you ?

Visits	Gym £4.98	Class £3.50	Swim £3.50
1	£4.98	£3.50	£3.50
2	£9.96	£7.00	£7.00
3	£14.94	£10.50	£10.50
4	£19.92	£14.00	£14.00
5	£24.90	£17.50	£17.50
6	£29.88	£21.00	£21.00
7	£34.86	£24.50	£24.50
8	£39.84	£28.00	£28.00
9	£44.82	£31.50	£31.50
10	£49.80	£35.00	£35.00
	Gym £25.00 Save in 6 visits	Class £25.00 Save in 7 visits	Swim £20.00 Save in 7 visits
All in one only £32.00			

Membership cheaper than you think

Concession - Junior / Student / OAP Discount - Lessabled / Job seekers / Benefits

The wet Stuff

The Swimming Pool

Early bird sessions

- Early morning lane swim,

General sessions

- A session for all, one lane made available for lane swimming

Lane swim

- Main pool split into four lanes for length swimming

Sunday SPLASH

- A fun float session for the little ones.

ACTIV SPLASH plus

- A fun packed session on our pool inflatable (8-13yrs)

ACTIV Ski

- A fun packed session on inflatable Jet skis (8-13yrs)

Aqua Fit

- A fun calorie-burning workout to music in the pool

Swimming lessons

- Swimming lessons for any age and ability

Please see pool timetable for our current sessions available.

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	Standard	Concession	Discount	Standard	Concession	Discount
General/Lane	£3.00	£1.50	£1.80	£3.60	£1.90	£2.20
Sunday splash						
Activ Splash	£2.60			£2.60		
Family & Sunday splash						
1 Adult up to 2 Children	£4.80			£5.85		
2 Adults up to 2 Children	£7.80			£9.40		

ActivSwim

Swimming lesson programme

Swimming Lessons

At East Leake Leisure Centre, we will be running our excellent Activ Swim programme throughout the year. All swim classes are structured so that they are in line with the Amateur Swimming Association's (ASA) National Plan for Teaching Swimming. The National Plan for Teaching Swimming offers a clearly defined progression from adult and child to competitive swimmers. There is also a comprehensive programme for adults and all stages of lifeguard training.

The National Plan offers teaching for all ages and abilities, from non-swimmers (Level 1) through to adults and children whose swimming skills have reached entry level with local swimming clubs (Level 10-12).

We run a no waiting list scheme, if you are interested in joining our lessons then come along to our next assessment session. See board for more details.

Adult & Child - Our adult & child classes provide the perfect introduction to the water for children aged from 6 months old. Through the use of toys, games and music, children are able to become familiar with the water in a safe, comfortable environment.

Adult Swimming Lessons - Our adult lessons operate in sessions for both beginners and improvers. Courses are flexible to allow for lessons that are tailored around individual goals.

Lifeguard Courses - The Royal Life Saving Society, National Pool Lifeguard Qualification courses are run at various times throughout the year. Contact reception to find out more details and to add your name to the waiting list.

Prices

10 Week Course	£38.00
Adult lesson	£5.00
One 2 One lesson	
4x 30 min lessons	£52.00
One 2 two lessons	
4x 45 min lessons	£76.00

Lifeguard Courses Please ask at reception for more details.

Fitness Suite

Health and Fitness Information

We understand that the gym can be an intimidating experience for many new customers. Therefore, we have devised an optional easy to understand 30-day induction process to the gym for customers new to exercise.

Our friendly and qualified fitness instructors will offer you the following:

Assess your fitness goals
Evaluation of your fitness levels
Personalised individual and easy to understand exercise programmes
Four one to one training sessions within the first 30 days
Monthly evaluation and feedback

If you want results, then we can show them to you. All you need to do is turn up on a regular basis.

USED A GYM BEFORE?

We understand that some customers are experienced gym users and appreciate that a fast track induction system may be the right solution

All customers, should they choose, can enjoy the level of service detailed, however should you simply wish to workout to your own programme then please understand that in the interest of health and safety you need to fill out a Physical Activity Readiness Questionnaire before getting started.

If that's not enough for you, you could take a dip in our 25-metre pool or take part in a group exercise class.

PRICES

Prices vary depending on your needs and we would ask that you arrange to meet one of our staff to discuss the right package for you. You can do this by calling in to reception or telephone us for an appointment.

For current prices see *The Money Stuff* section.

Gym Challenge

Try one of our monthly challenges, which test your muscular strength, endurance and aerobic endurance.

We have prizes for 1st place and a overall yearly prize for whoever has the most points.
(Points system- 1st=10, 10th=1)

Speak to gym staff for more details.

Fitness Assessment

Have you hit a plateau in your training?

If yes, have a fitness assessment every 8 weeks, to get you back on track.

It includes tests for aerobic endurance, muscular endurance and flexibility.
Wednesday 20:30 circuits

£3.50 pay as you go, free for members

East Leake Leisure Centre
"The answer to all your leisure needs"

Exercise Classes

DAY	TIME	CLASS
MON	9.30-10.15	AQUA
	10.40-11.40	PILATES
	18.30-19.30	KICK BOXERCISE
	19.30-20.15	AEROBICS
	19.45-20.45	PILATES
TUES	20.15-21.00	AQUA
	9.15-10.00	AQUA
	10.00-11.00	TONE ZONE
	11.00-12.00	STRETCH & TONE
	18.30-19.30	AEROBICS
WED	19.30-20.30	SWISS BALL
	9.15-10.00	STEP 2 IT
	10.00-10.45	BODY CON
	19.30-20.30	STEP 2 IT
	20.30-21.30	CIRCUITS
THUR	9.15-10.00	AQUA
	9.15-10.00	YOGALATES
	10.00-11.00	STEP N CRUNCH
	11.00-12.00	BODY CON
	18.30-19.15	SWISS BALL
FRI	19.15-20.00	BODY CON
	20.15-21.00	AQUA
	9.25-10.10	SWISS BALL
	10.15-11.00	STEP BOXERCISE
	6.00-6.45	DANCE MIX
SAT	9.30-10.30	BODY BLAST

Kick boxercise

A non-contact workout using a combination of kicking and boxing moves, to the beat of the music. Great for fat burning as well as toning and shaping the whole body

Ultimate Challenge Circuits

UCC comprises of various stations focusing on improving muscle endurance and stamina. Challenge yourself!

Tone Zone

A toning exercise class to music Designed to burn calories And tone your whole body A Great All-rounder!

Aqua fit

A fun calorie-burning workout to music in the pool. An incredibly popular class

Aerobics

A fat burning cardio workout class to a variety of great music aimed at improving stamina and fitness

Body Con

All over body toning to improve muscular strength and endurance with the use of equipment including weights, bands and body bars

Swissball

Use the Swiss balls to achieve great toning results top to toe. Great fun!

Step2it

A fun fat burning cardio workout using the step platform and energising music

STRETCH & TONE

A more gentle, low impact exercise class designed to improve muscle strength, flexibility and suppleness

Yoga Pilates

A mixture of Yoga and Pilates movements, designed to strengthen the core Suitable for all abilities

Body Blast

This is a full body workout. Using the latest craze of weighted barbells. Why not blast your body into shape!

Pilates

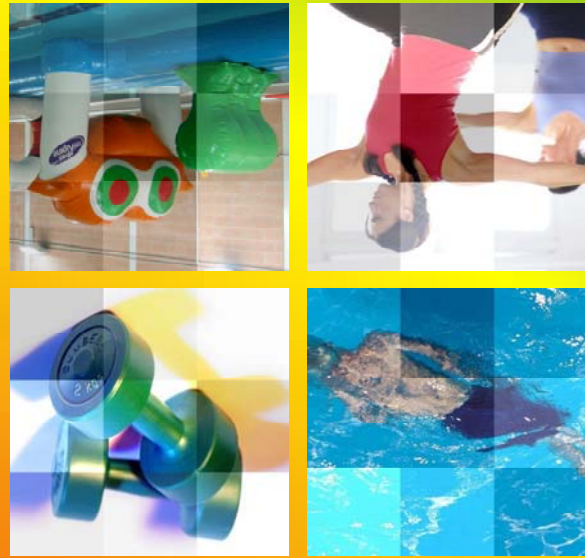
A mat based class designed to improve posture and strength especially the abdominals and lower back, using a series of lengthening and stretching exercises.

Booking advised.

- Telephone Bookings welcome.
- Membership holders advanced bookings 8 days
- Loyalty Card holder & non members 7 days.

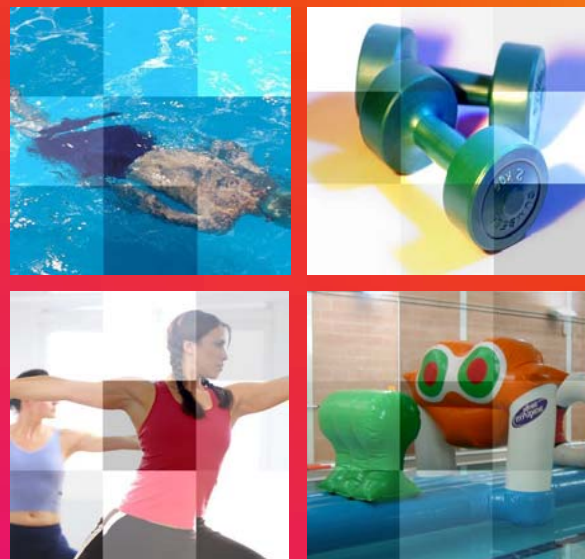


"The answer to all your leisure needs"



East Leake Leisure Centre

East Leake Leisure Centre



East Leake Leisure Centre,
Lantern Lane,
East Leake,
Loughborough,
LE12 6QN. Tel:01509 852956



Activ Parties

What our Parties Include

- Food (optional)
- Hire of food room for 2hrs
- Hire of activity room for 1hr
 - Party leader for 2hrs
 - Invitations
- Birthday child's membership

How to Book

- Select party time and type
- Complete booking form
- Collect invitations
- Turn up and enjoy

Climbing & Bouncy Castle

The ultimate in Activ birthday parties, master our low level climbing wall and go berserk on the Bouncy Castle.

Available Sat 3-5pm and 5-7pm
Sun 1:30-3:30pm and 4:30-6:30pm **£90**

Football

Includes matches, penalty shootouts and competitions.

Available Sat 12-2pm
Available Sun 11-1pm **£90**

Football and Bouncy Castle

Go football crazy, bouncing mad and score the winning goal at your party

Available Sat 12-2pm
Available Sun 11-1pm **£90**

Pool (Floats / Inflatable)

Exclusive use of both our pools with games, splashing and fun

Available Sat 5-7pm, Sun 4:30-5:30pm **£100**

Bouncy Castle and Soft Play

Highly popular with the under 7's. Includes big bouncy castle, balls, balls & more balls

Available Sat 3-5pm and 5-7pm
Sun 1:30-3:30pm and 4:30-6:30pm **£90**

Bouncy Castle and Trampoline

The ultimate bouncing birthday party, learn the basics on the trampoline or go bouncing crazy on the Bouncy Castle.

Available Sat 3-5pm and 5-7pm
Sun 1:30-3:30pm and 4:30-6:30pm **£90**

Food

Food is optional and available in two price categories. The menu is tailor made to suit your needs and available on request. Food is equivalent to just £3.50 per child

10 - 20 children add £70 to your party

21 - 25 children add £87.50 to your party

Cancellations

A full refund will be given with more than 2 weeks notice.
50% refund will be given with more than one weeks notice and
no refund will be given with less than one weeks notice.



Junior Programme

East Leake Leisure Centre,
Keeping Kidz Activ

Here at East Leake Leisure Centre we have our very own junior programme: "Activ Kidz."

Junior membership

Includes

unlimited swimming,

plus Activ sessions

From only £16 a month.

The Activ programme is ever changing so keep your eyes peeled for the latest deals and offers, sessions and courses available.



Activ Programme

Tuesday			
3.45 - 4.15	Activ Dance	3-5yrs	£2.00
4.15 - 5.00	Activ Dance	6-8yrs	£2.60
5.00 - 6.00	Activ Dance	9-13yrs	£2.60
5.30 - 6.30	Activ Football	9-13yrs	£2.60
Saturday			
9.00 - 10.30	Activ Fun Club	5-8yrs	£2.60
10.30 - 12.00	Activ Club	9-13yrs	£2.60
3.00 - 4.30	Splash Inflatable	Normal Pool	£2.60
Sunday			
9.00 - 1.00	~ Activ Trampoline	5yrs +	£30
10.00 - 12.00	Activ Splash (Floats)	Normal Pool	Normal swim
~ Trampoline 10 week course			

** Term time only **

East Leake Leisure Centre,
Keeping Kidz Activ



East Leake Leisure Centre

No Joining fees No Peak Times

East Leake Leisure Centre the answer to all your leisure needs, from our fitness suite to our sun shower, for the young and not so young.

Our facilities include:

- Fitness suite
- 25 metre swimming pool
- Teaching pool
- Sun shower
- Gymnasium
- Dance studio
- Sports hall
- Cricket nets indoor & outdoor
- Function halls
- Floodlit astro turf
- Tennis courts
- Netball courts
- Traverse climbing wall

Activities include:

- Swimming lessons
- Aerobics classes
- Martial arts
- Junior activities
- Trampoline
- Cricket
- Badminton
- Tennis
- Basketball
- Dancing
- Punch bag
- Lifeguard Courses

Centre Opening Times

Monday - Friday 6.30am - 10.00pm
Saturdays 7.00am - 7.00pm
Sundays 8.00am - 9.00pm

Sun - Shower

£3 for 5 minutes

£6 for 10 minutes

Courses available

Ten 5 minute sessions for the price of eight
Just £24 - saving of £5

Ten 10 minutes sessions for the price of eight
Just £48 - saving of £12



East Leake Leisure Centre
The answer to all your leisure needs.