

# DAYTIME ACTIVITIES



## Welcome!

Sportspark has added to its comprehensive range of sports and activities with a new daytime programme designed to offer something for everyone.

Whether you are interested in joining an aerobics class, bringing your baby along to our pool sessions, or having a game of badminton, Sportspark is confident you can find an activity to suit your interests and level of ability.

All daytime activity sessions are organised and led by one of our friendly and approachable coaches or instructors. They are there either to help you improve your technique or simply just organise your partner for the next game!

If you would like to see our full programmes for Aerobics, 6-week Courses and the Fitness In Later Life programme, detailed literature is available from reception.

You don't need a membership to use Sportspark, just turn up and 'Pay and Play'. If you come on a regular basis our SportsCard packages offer extra benefits and discounts.

Sportspark reserves the right to amend courses to meet operational requirements.

We aim to provide a safe environment and to offer discount schemes for regular users and those in education. To achieve these aims an admission charge of 50p is payable by all visitors who do not hold a SportsCard, in addition to any usage charge.

Sportspark is so much more than a sports centre. After your class, why not relax with a coffee and a chat in the Sports Cafe. The welcoming atmosphere makes it the ideal place to meet with friends. Parking isn't a problem and because it's free, you don't have to worry about how long you want to stay.

Sportspark is always clean and welcoming. With spacious changing rooms and friendly staff, the facilities are excellent and you don't have to sign up to restrictive and expensive membership packages.



**Booking and Enquiries: 01603 592398**  
**[www.sportspark.co.uk](http://www.sportspark.co.uk)**

Day	Time	Activity	Description
Monday	9.15 to 10.15	<b>F.I.L.L</b> - Aerobics class (50+)	Instructor led low intensity with flexibility and toning exercises.
Monday	9.30 to 11.00	<b>Tennis</b> - Ladies morning	Coaching and match play sessions with a coach present. Includes tea/coffee.
Monday	9.45 to 10.20	<b>Pool</b> - Ante natal	Teacher led gentle water workout during pregnancy.
Monday	10.25 to 11.00	<b>Pool</b> - Post natal and beyond	Teacher led resistance work with exercise in the water.
Monday	10.30 to 12.00	<b>F.I.L.L</b> - Badminton (50+)	For all levels of ability with coaching given. Friendly and sociable environment.
Monday	11.00 to 12.00	<b>Pool</b> - Light aquafit and swim session	Exercise, toning and resistance work in water led by an Aquafit Teacher.
Monday	12.30 to 1.20	<b>Aerobics</b> - Body Form	Aerobics class workout with toning. All abilities welcome.
Tuesday	9.15 to 11.15	<b>F.I.L.L</b> - Health In Later Life (50+)	Walking on the Athletics Track followed by flexibility and strength exercises in the Dance Studio. Fitness Advisor led.
Tuesday	9.30 to 11.00	<b>Parent and Child</b> - Pool Session	Develop water confidence with this teacher led activity.
Tuesday	9.40 to 11.40	<b>Badminton</b> - Ladies Group	Structured session for ladies of all abilities. Coaching given.
Tuesday	11.00 to 12.00	<b>Pool</b> - Adult Beginners	Designed for complete beginners led by a swimming teacher.
Tuesday	12.00 to 1.00	<b>Course</b> - Yoga and Relaxation	Traditional yoga moves with stress relieving techniques, booking required.
Tuesday	12.15 to 1.05	<b>Aerobics</b> - Body Moves	All the old moves and a few new ones - a challenge for all abilities.
Tuesday	1.10 to 2.00	<b>Aerobics</b> - Body Toning	Easy to follow toning class for all abilities. Excellent for flexibility.
Tuesday	4.15 to 5.15	<b>Course</b> - Fit Kidz (5-9yrs)	Fun and friendly age specific exercise sessions for children led by a Fitness Advisor.
Wednesday	9.30 to 10.30	<b>Course</b> - Pilates	Beginners course working on basic toning and strengthening, booking required.
Wednesday	10.00 to 11.30	<b>F.I.L.L</b> - Tennis (50+)	Resident coach led session. For all levels of ability. Enjoy social games. Equipment supplied if needed.
Wednesday	10.00 to 11.30	<b>Post Cancer Surgery Group</b> - Badminton	Friendly, fun and non-competitive. An excellent sport for rehabilitation and exercise.
Wednesday	10.30 to 11.30	<b>Post Cancer Surgery Group</b> - Yoga	Promotes relaxation and flexibility following treatment/surgery.
Wednesday	10.30 to 11.30	<b>Parent and Child</b> - Tinytalk	Baby sign language class to help little ones communicate with adults before speech develops.
Wednesday	11.00 to 1.00	<b>Badminton</b> - Advanced mixed	Organised games in a friendly environment, for the more experienced player.
Wednesday	12.00 to 12.30	<b>Post Cancer Surgery Group</b> - Aquastretch	Led by an instructor. Exercise specifically for post-operative participants.
Wednesday	12.30 to 1.05	<b>Pool</b> - Ante natal	Teacher led gentle water workout during pregnancy.
Wednesday	1.10 to 1.45	<b>Parent and Child</b> - Pool session	Develop water confidence with this teacher led activity.
Wednesday	2.00 to 3.00	<b>Pool</b> - Light aquafit and swim session	Exercise, toning and resistance work in water led by an Aquafit Teacher.
Thursday	9.30 to 11.00	<b>F.I.L.L</b> - Health In Later Life (50+)	Walking on the Athletics Track followed by flexibility and strength exercises in the Dance Studio. Fitness Advisor led.
Thursday	10.30 to 12.00	<b>F.I.L.L</b> - Badminton (50+)	For all levels of ability with coaching given. Friendly and sociable environment.
Thursday	12.15 to 1.05	<b>Aerobics</b> - Basic beginners	Aerobics, Step and Conditioning. Basic class for novices.
Thursday	1.10 to 2.00	<b>Aerobics</b> - Body Toning	Easy to follow toning class for all abilities. Excellent for flexibility.
Friday	9.30 to 11.00	<b>F.I.L.L</b> - Short mat bowls and table tennis (50+)	Enjoy either activity or both. Friendly and sociable group.
Friday	9.30 to 11.00	<b>F.I.L.L</b> - Swimming (50+)	2 lanes exclusively booked for use with swimming teacher available for tuition (if needed).
Friday	9.45 to 10.45	<b>Course</b> - Yoga beginner	Suitable for complete beginners and people with some limited experience, booking required.
Friday	11.00 to 12.00	<b>Course</b> - Yoga Intermediate	People must have current experience of yoga to participate in this course, booking required.
Friday	11.00 to 1.00	<b>Badminton</b> - Intermediate group	Friendly sessions and games led by coach for intermediate players.
Friday	12.15 to 1.05	<b>Aerobics</b> - Step Aerobics	Fun and easy to follow.
Friday	1.10 to 2.00	<b>Aerobics</b> - Cardio Combat	Martial art style aerobic workout.
Saturday	10.00 to 11.00	<b>Aerobics</b> - Hi Energy	Hi energy aerobics: Hi Lo class for all.
Saturday	11.00 to 12.00	<b>Aerobics</b> - Body Toning	Gentle exercises, suitable for all abilities. General all over toning.
Saturday	11.00 to 12.00	<b>Course</b> - Fit Kidz (10+yrs)	Fun and friendly age specific exercise sessions for children led by a Fitness Advisor.

**Activity Costs** - Please refer to the costing detail overleaf by using the **Activity Heading**.

## F.I.L.L: Fitness In Later Life (50+ age group)

Each existing and potential F.I.L.L customer needs to complete one of our F.I.L.L membership forms.

Membership is free of charge and forms can be picked up from reception or during your first visit

Non-cardholder £2.50\* (single ticket),  
book of 5 tickets £12.50\*

SportsCard holder £2.50 (single ticket),  
book of 5 tickets £10.00

## Aerobics:

You are not required to book onto an aerobics class, just buy your ticket at reception and hand it to the instructor. Classes take place in the Dance Studio or the Martial Arts Room

Non-cardholder £3.50\* (single ticket),  
book of 5 tickets £16.00\*

SportsCard holder £3.00 (single ticket),  
book of 5 tickets £13.00

Go 4 Less £2.00\* (single ticket),  
book of 5 tickets £10.00\*

## Courses:

All courses must be pre-booked. A booking form can be obtained from Sportspark reception.

**Yoga** - Non-cardholder £31.00 for 6 week course  
SportsCard holder £25.00 for 6 week course

**Pilates** - Non-cardholder £45.00 for 6 week course  
SportsCard holder £38.00 for 6 week course

**Fit Kidz** - Junior Cardholders £24.00 for a  
6 week course

## Parent and Child:

Non-cardholder £4.00\*

SportsCard holder £3.40

## Post Cancer Surgery Group:

**Badminton and Yoga** - £3.50,

**Aquastretch** - £2.50

(all payments direct to organiser)

These groups are designed specifically for the needs of breast and gynaecological cancer patients. Please contact Coral Warren on 01953 605208 for more information and before attending your first class. Come along and meet the groups any Wednesday.

## Pool:

You are not required to book onto a class, just buy your ticket at reception and hand it to the instructor.

Pay & play £4.00\* SportsCard holder £3.40



## Badminton:

Non-cardholder £3.50\* SportsCard holder £3.20

## Tennis:

£5.00\*

\*Entrance to Sportspark for non-card holders: 50p