



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sports Hall							
Trampoline Course						12.00 - 1.15	
Trampoline Course						1.15 - 2.30	
Trampoline Course						2.30 - 3.45	
Trampoline Club						3.45 - 5.00	
Basketball		U12: 5 - 6.30		U14: 5 - 6.30			
Basketball		U16/18: 6.30 - 8		U16/18: 6.30 - 8			
Basketball		Girls: 5 - 6.30		Girls: 5 - 6.30			
Basketball				Reg U14: 6.30 - 8			
Lucky Stars						1.30 - 3.30	
Netball		6.00 - 8.00					
Zumba		8.15 - 9.15					
Badminton	5.00 - 10.00		5.00 - 10.00		5.00 - 10.00		9.00 - 5.00
Multi-Use Sports Hall							
Judo 5-16 years and Beginner Adults	5.00 - 6.30			6.00 - 7.30			
Wrestling		8 - 9.30		7.45 - 9.45			
Kettle Bell			7.30 - 8.30				
Tae Kwon Do							1.30 - 2.30
Drama Studio							
Shelley's Dance			5.00 - 7.00			9.30 - 6.00	
Nin Jutsu		7.00 - 8.30					
Yoga			7.30 - 9.00				
Zumba				8.15 - 9.15			
Fitness Suite							
Session Times	4.30 - 9.00	4.30 - 9.00	4.30 - 9.00	4.30 - 9.00	4.30 - 9.00	9.00 - 3.00	9.00 - 3.00
Swimming Pool							
Lesson Times	4.30 - 5.35	4.30 - 5.35	4.30 - 5.35	4.30 - 5.35		9.00 - 5.30	

Above times / sessions may change - For further information on all activities ask at reception or telephone 0191 2759009

PRICE LIST APR 2011 - MAR 2012

Casual Sessions	Junior	Adult
Basketball	£3.00	
Judo	£2.70	£3.50
Trampoline Club	£2.70	£3.70
Badminton Court (Mon, Wed, Fri)	£6.40	£8.40
Badminton Court (Sun)	£5.30	£6.80
Fitness Suite		£4.00
Fitness Suite membership also available from £12 per month		
Courses	Session Cost	
Trampoline (1hr15)	£3.50	
Swim Lesson (30mins)	£4.00	
Swim Lesson (45mins)	£5.00	
1 to 1 Swimming Lesson	£14.00	
Facility Hire	Hourly Rate	
Sports Hall (Full)	£60.00	
Sports Hall (Half)	£36.00	
Club Room	£25.00	
Multi-use Sports Hall	£25.00	
Swimming Pool	£55.00	
Drama Studio	£25.00	
Drama Classroom	£15.00	
Astro (Full)	£60 / £30 off peak	
Astro (Half)	£36 / £18 off peak	
Astro off peak times: Mon-Thurs 5-6pm, Fri 5-10pm, Sat-Sun 9-5pm		
Parties	Starting from £25 (Please contact us for further details)	