

# Price Guide 2012



1st April 2012 – 31st March 2013

BRACKNELL FOREST

Be

LEISURE

# MEMBERSHIP

Welcome to Bracknell Leisure Centre; we trust that you will enjoy using our fantastic facilities. This brochure will give you a flavour of what is on offer here and you will be amazed at how much we have under one roof. Please pick up individual timetables and programmes to supplement this price guide.

## Annual Membership

This entitles you to membership rates on facilities, activities and courses at Bracknell Leisure Centre, Downshire Golf Complex, Edgbarrow and Sandhurst Sports Centres.

	Residents	Non-Residents
Family	£57.65	£76.65
Adult	£33.10	£51.70
60+	£16.20	£25.20
Student*	£16.20	£25.20
Under 16	£16.20	£25.20
Disabled**	£16.20	£25.20



## Temporary Membership

This is a one day membership

Adult	£1.90
60+	£1.35
Student*	£1.35
Under 16	£1.35
Disabled**	£1.35

## Membership

All members are required to show their e+ membership card when using leisure facilities. Membership is not transferable. A charge will be made for any replacement cards required due to loss. Any misuse of membership cards will result in an immediate cancellation of membership.

Membership fees are not required for children under 5 years with the exception of specific courses. All persons aged 60+ years qualify for senior membership.

Non-Members using any facility must pay the daily temporary membership fee.

## Cancelling Membership

Membership of Bracknell Leisure Centre may be terminated by giving one month's written notice. An appropriate refund will be given less a 15% administration charge. The management also reserves the right to terminate the membership of any person breaching rules and regulations or for any other reason the management deems appropriate.

\* 16+ must show valid NUS card. Applies to all student activities.

\*\* Disabled persons will be charged at the under 16 rate. Where there is no under 16 rate, the charge is adult less 30%. See page 13 for more information.

# PLATINUM MEMBERSHIP

## Platinum Membership

Platinum Membership is our all-inclusive package ideal for customers using facilities on a regular basis. Whether you chose Peak or Off Peak usage, our four most popular facilities are included for one great price.

- Public Swimming Sessions in all pools
- Use of BodyWorks Gym
  - FREE BodyWorks fitness assessment every 6 months
  - FREE quarterly programme review
- Use of Forest Spa (excluding sunbeds)
- BodyBeats Fitness Classes (small charge applicable on Yoga & Pilates)
- Membership rates on facilities, activities and courses at Bracknell Leisure Centre, Downshire Golf Complex and Edgbarrow and Sandhurst Sports Centres.

	PEAK	OFF-PEAK*
<b>SINGLE</b>		
Annual	£480.00	£319.00
Monthly (DD)	£48.00	£31.90
<hr/>		
<b>JOINT</b>		
Annual	£757.00	£506.50
Monthly (DD)	£75.70	£50.65
<hr/>		
<b>DISABLED</b>		
Annual	£336.00	£222.50
Monthly (DD)	£33.60	£22.25



\* Monday - Friday, 9am - 5pm.

**There is a finance fee of £31.50 when starting a direct debit membership.**

## Customer Sales Advisors

Our Customer Sales Advisors are able to provide you with more information on the various membership packages and ensure you get the right one to best suit your needs.

Located in main reception; feel free to come and visit or ask us for a tour of the building. If not available please go to main reception.

We also have a membership tool on our website which can calculate the best membership for you: [www.bracknell-forest.gov.uk/be](http://www.bracknell-forest.gov.uk/be)

# POOLSIDE

Swimming exercises every major muscle group in your body, making it the ideal activity for people of any age or ability to improve strength, stamina, flexibility as well as body tone and weight loss. With three fantastic pools at the Leisure Centre, there's something to meet everybody's aquatic tastes.

	Members	Non-Members
<b>Swimming</b>		
Family	£9.60	£16.10
Adult	£3.20	£5.10
60+	£2.20	£3.55
Student	£2.20	£3.55
Under 16's	£2.20	£3.55
Under 5's	FREE	FREE
<b>Early Bird Lane Swimming (16+ Years)</b>		
<b>6.30am – 9.00am weekdays</b>		
Adult	£4.20	£6.10
Student	£4.20	£5.55
60+	£4.20	£5.55

## Swimming Packages (Members Only)

### Early Bird 3-Month

Adult	£75.00
Student/60+	£50.00

### Early Bird 6-Month

Adult	£112.50
Student/60+	£75.00

### Swim 3-Month (Public Sessions Only)

Adult	£115.00
Junior/ Student/60+	£80.00

### Swim 6-Month (Public Sessions Only)

Adult	£198.00
Junior/ Student/60+	£115.00

## L'eau Robics

Peak	£4.65	£6.55
Off-Peak	£4.55	£6.45



## Pool Details

- 12.5m Learner pool 31-32°C (up to 0.75m deep)
- 25m Training pool 29-30°C (1m – 1.5m deep)
- 25m Competition pool 26-27°C Competent swimmers. Length swimming (1.25m – 3m deep)

Children under 8 years must be accompanied by an adult aged 18 years or over at all times when in the water. A maximum of two children per adult is permitted.

See our pool brochure  
for session times

# SHOULDN'T YOU BE SWIMMING?

Regular swimming has many benefits; it strengthens the cardiovascular system, improves joint mobility and flexibility and strengthens muscles. Courses at the Leisure Centre are varied so that everybody is catered for, from nervous beginners to confident masters and triathletes.



Deep Water Confidence

Beginners

Non-swimmers

Swim 4 Fitness

Front-crawl Improvers

Adult Intermediate

L'eau Robics

Synchro

Life Saver

Stroke & Stamina

Master Class

Adult Advanced

## Healthy swimming Before entering the pool . . .

### PARENTS WITH BABIES

Please use leakproof swim pants. If your baby has had a diarrhoeal illness in the last two weeks, it is recommended that you do not use the swimming pool. Ask for further advice.

### PARENTS WITH YOUNG CHILDREN

Please ensure your child uses the toilet and showers thoroughly using soap before they swim. If your child has had a diarrhoeal illness recently, it is recommended that they do not use the swimming pool. Ask for further advice.

### ADULTS

Please ensure you use the toilet and shower thoroughly using soap before you swim. If you have had a diarrhoeal illness recently, it is recommended that you do not use the swimming pool. Ask for further advice.



## Diarrhoea can spread illness

# TIME OUT CAFÉ & BAR

The Time Out Café and Bar is the ideal place to meet and unwind during a visit to Bracknell Leisure Centre. The warmly decorated and comfortable venue offers a mouth-watering menu and an excellent choice of snacks.

## Opening Times

Monday - Friday: 9.00am - 9.00pm

Saturday and Sunday: 9.00am - 6.00pm

Bank Holidays: 9.00am - 4.00pm

Bar open Monday - Sunday: 10.00am - 11.00pm



# 50+

Yoga, Swimming  
Badminton  
Raquetball  
Table Tennis  
Forest Spa  
Keep Fit Squash  
*and much more...*

Our range of 50+ sessions is designed to provide stimulating activities for those over 50 to increase flexibility, mobility, strength, stamina and aerobic fitness.



# BODYWORKS GYM

Our 90-station BodyWorks Gym, air-conditioned and over two floors, is superbly equipped with a number of cardiovascular and resistance machines including two free weight areas and specialised equipment for people with disabilities. Our team of qualified staff can help you to get the most out of your exercise and have fun too.

	Members	Non-Members
<b>Adult</b>		
Peak	£7.10	£9.00
Off-Peak	£6.20	£8.10

<b>Student</b>		
Peak	£4.50	£5.85
Off-Peak	£2.85	£4.20

<b>TeenWorx Session</b>		
School Years 7-11	£2.25	£3.60

<b>60+ Sessions</b>		
60+	£2.85	£4.20

<b>GP Referral</b>	£4.20	
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<b>Fitness Assessment (Booking Required)</b>		
Adult	£20.50	

## BodyWorks Opening Times

Monday - Thursday	6.30am-10.30pm
Friday	6.30am-9.30pm
Saturday - Sunday	8.00am-8.00pm
Bank Holidays	9.00am-4.00pm

Last ticket times apply

## 60+ Sessions

Concessions are available in the Gym for over 60's. Please see the BodyWorks brochure for more information.

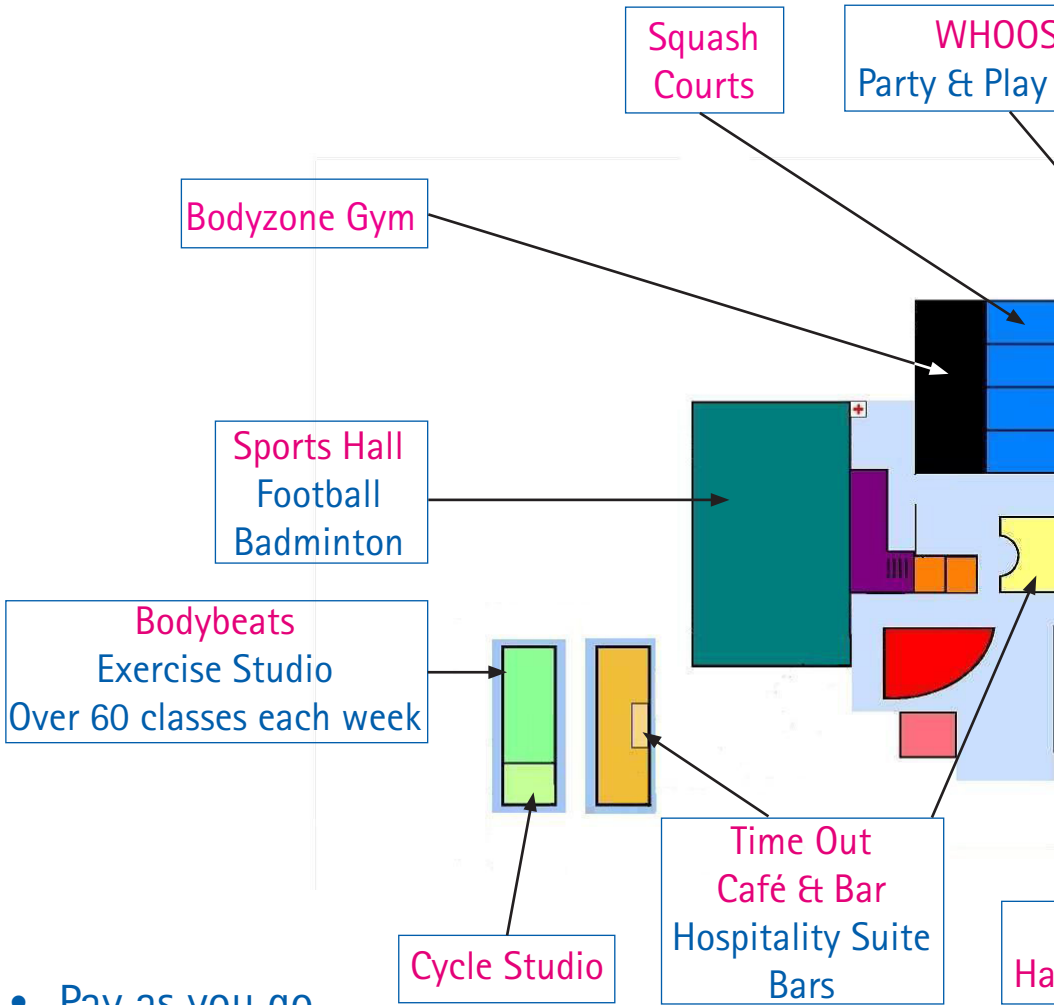
## TeenWorx Session

An instructor led session in the gym for School Year Groups 7 - 11 with energy to burn. Improve your overall fitness, strength and well-being.



For more information please call the BodyWorks Gym on 01344 422288

# SO MUCH UNDER ONE ROOF A



- Pay as you go activities and classes
- Membership options
- Free Parking
- Something for the whole family

## Useful contact numbers

Main Reception: 01344 454203

BodyWorks Gym: 01344 422288

Forest Spa: 01344 861073

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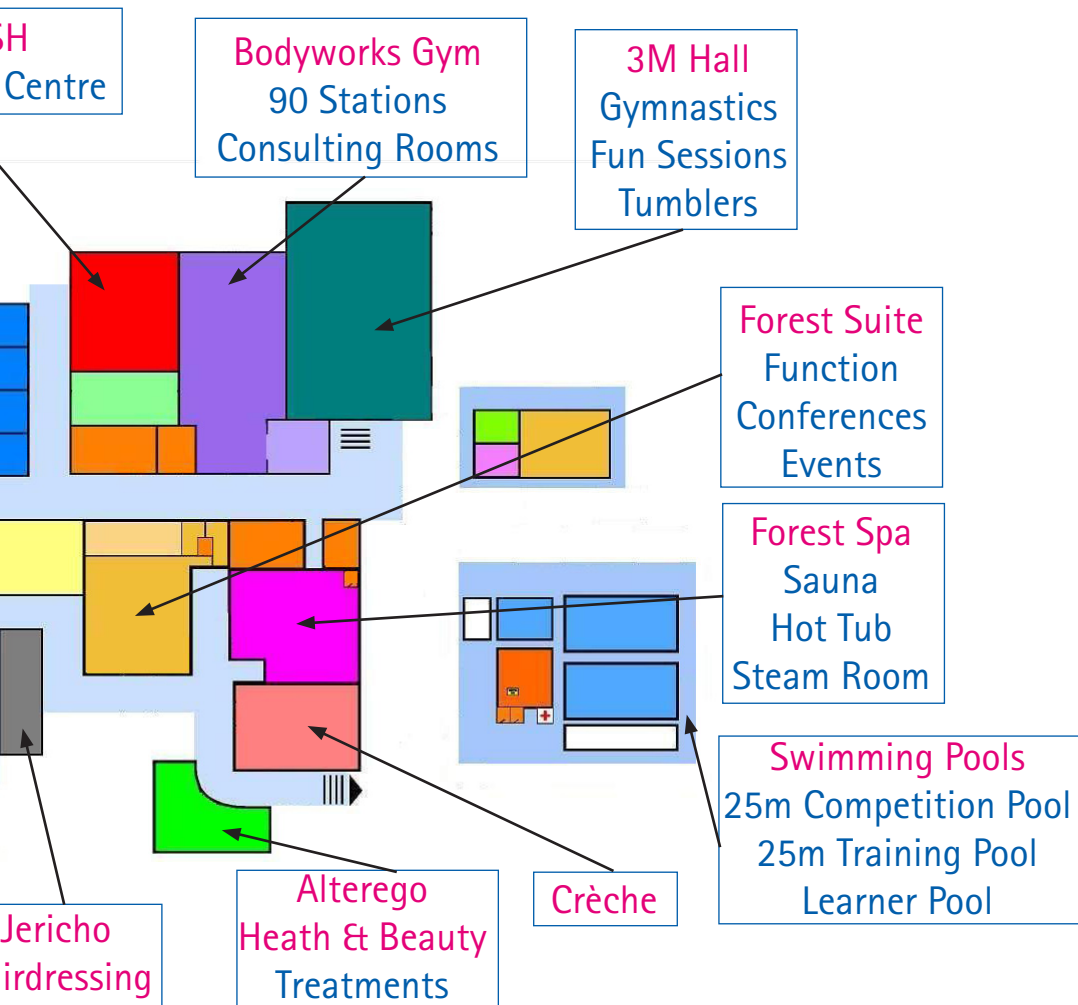
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# T BRACKNELL LEISURE CENTRE



Phone: 01344 860969

Mobile: 01344 860893

Bodyworks Gym: 01344 868861

Forest Centre: 01344 860969

Crèche: 01344 868383

For more information on the Leisure Centre as well as newsletters and event details, please visit:

[www.bracknell-forest.gov.uk/be](http://www.bracknell-forest.gov.uk/be)

# BODYBEATS AND 50+ RECREATION

There are over 60 BodyBeats classes every week in our aerobic programme ranging from high energy workouts to gentle stretching sessions. Our qualified instructors will help you get the most out of your regime.

## EXERCISE CLASSES (16+ YEARS)

	MEMBERS	NON-MEMBERS
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### SESSIONS\*

PEAK	£4.90	£6.80
OFF-PEAK	£4.40	£6.30

### AEROBICS\*\*

PEAK	£4.05	£5.95
OFF-PEAK	£3.20	£5.10

### CIRCUITS

PEAK	£4.05	£5.95
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### PILATES

PEAK ONLY	£6.50	£8.40
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### YOGA

PEAK ONLY	£5.10	£7.00
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## 50+ Recreation

(e+ card required at all times)

Over 50's	£4.20	£6.10
Over 60's	£2.85	£4.20

## Ladies Multisport

	£4.20	£6.10
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### \*Sessions

BodyBalance™, BodyCombat™, BodyJam™, BodyPump™, RPM™

### \*\*Aerobics

Best of Three, Body Conditioning, Hips Bums and Tums, Aeroblast, Hardcore 30, Zumba, mum-a-baby fitness.

Our aerobics programmes are effective cardiovascular workouts. As exercises in their own right they can also be used as a complementary cross-training activity for better weight control, agility, flexibility, strength and stamina.

SEE SEPARATE BROCHURES FOR WEEKLY TIMETABLES

# FOREST SPA

If you are looking for a place to relax and unwind, the delightful Forest Spa is for you. With everything you would expect to find in a modern spa, this truly is a great place to escape!

	Members	Non-Members
<b>Adult</b>		
Peak	£8.50	£10.40
Off-Peak	£7.40	£9.30

<b>60+</b>		
Off-Peak	£6.55	£7.90

<b>Spa &amp; Tan</b>		
Peak	£12.40	£14.30
Off-Peak	£9.90	£11.80

<b>Swim &amp; Spa</b>		
Peak	£10.00	£11.90
Off-Peak	£9.00	£10.90

<b>Gym, Swim &amp; Spa</b>		
Peak	£15.00	£16.90
Off-Peak	£13.50	£15.40

<b>Sunbeds (20 minute sessions)</b>		
Peak	£9.60	£11.50
Off-Peak	£7.10	£9.00

You must be 18 years of age or over to use the Forest Spa

## Spa Opening Times

### Off-Peak

Mon-Fri 9.00am-5.00pm

### Peak

Mon-Fri 5.00pm-9.45pm

Sat-Sun 9.00am-4.45pm

Bank Holidays 9.00am-4.00pm

Last ticket times apply



# Forest Spa

## 01344 861073

### Sunbeds

You will be required to complete a Sun Bed Association User Questionnaire before using tanning equipment.

Monday - Friday First bed at 9.00am, last at 9.15pm

Saturday - Sunday First bed at 9.15am, last at 3.45pm

# COURTS AND PITCHES

Courts are available to hire for a wide range of activities including squash, badminton or team sports. Non members court prices are for 2 players. Additional players must pay temporary membership.

## Badminton (55 min court)

	Members	Non-Members
<b>Adult</b>		
Peak	£9.80	£13.60
Off-Peak	£7.80	£11.60
<b>Under 16/60+</b>		
Off Peak	£6.30	£9.00

## Squash (40 min court)

	Members	Non-Members
<b>Adult</b>		
Peak	£7.80	£11.60
Off-Peak	£6.50	£10.30
<b>Under 16</b>		
Off-Peak	£5.00	£7.70
<b>60+</b>		
Off-Peak	£5.00	£7.70

## Table Tennis (55 min table)

	Members	Non-Members
<b>Adult</b>		
Peak	£4.60	£8.40
Off-Peak	£4.30	£8.10
<b>Under 16</b>		
Off-Peak	£3.90	£6.60
<b>60+</b>		
Off-Peak	£3.90	£6.60

## Indoor Football (5-A-Side)

	Members	Non-Members
<b>Adult</b>		
Peak	£50.00	£57.60
Off-Peak	£35.00	£42.60

## OUTDOORS

	Members	Non-Members
<b>Athletics Track</b>		
<b>Adult</b>	£1.65	£3.55
<b>Under 16</b>	£0.95	£2.30
<b>60+</b>	£0.95	£2.30

## Synthetic Pitch

Half Pitch	£41.00
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## Hire Charges

All Equipment	£2.00
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Cash deposit required for all items hired.  
 £5.00 per racquet  
 £10.00 per ball  
 or you may leave your e+ card as deposit.



## DISABLED MEMBER PRICING

If you need a lot of help to take part in activities, you will need a carer, friend or support worker to come with you.

	<b>Peak</b>	<b>Off-Peak</b>		<b>Peak</b>	<b>Off-Peak</b>
BW Gym	£4.95	£4.35	Table Tennis	£3.20	£3.20
Swimming	£2.20	£2.20	Aerobics	£2.85	£2.25
Spa	£6.00	£5.30	Hips, Bums & Tums	£2.85	£2.25
Spa/Swim	£7.00	£6.30	BodyConditioning		
Gym & Swim	£6.45	£5.30		£2.85	£2.25
Gym/Spa/ Swim	£10.50	£9.45	Best of 3	£2.85	£2.25
Sunbed	£6.70	£4.95	Step, Bums &Tums	£2.85	£2.25
Spa/Sunbed	£8.70	£6.95	BodyBalance	£3.45	£3.10
Badminton (30 mins)	£3.45	£3.15	BodyPump	£3.45	£3.10
Badminton (55 mins)	£6.85	£6.30	BodyCombat	£3.45	£3.10
Squash	£5.45	£5.00	BodyJam	£3.45	£3.10
Basketball	£35.00	£24.50	Circuits	£2.85	n/a
5-a-side football	£35.00	£24.50	L'eau Robics	£3.25	£3.20
			Studio Cycling	£3.45	£3.10

### Off-Peak:

Monday - Friday, 9.00am - 5.00pm

NB: If you are a non-member, add £1.35 per person to these prices.

### Carers Free Usage Policy

Carers are permitted to use the facilities for free when their primary function is to assist a paying customer using the facilities, not taking part themselves. (One free carer per user).

# CHILDCARE

Our trained and qualified staff welcome you to our air-conditioned crèche. Being Ofsted assured, we undertake to keep your child safe and happy so you're free to engage in your chosen activity at the Centre.

## Crèche

For children from 6 weeks up to 5 years.

Crèche facilities are open:

Weekdays 9.15am - 12.30pm and

1.00pm - 4.00pm, excluding Bank Holidays.

Per child

1 hour                    £2.85

1.5 hours                £4.25

2 hours                   £5.70

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## Drop in Zone

Supervised fun for 5-10 year olds **during school holidays** only. 9.30am - 11.30am, excluding bank holidays.

Per child

1 hour                    £2.85

1.5 hours                £4.25

2 hours                   £5.70

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Last ticket times apply

## Tweenie Tumblers

Structured pre-school physical activities.

Children 1-2years. Must be walking.

Maximum of 1 child to 1 adult.

Per child

Mon & Tues              £3.80

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## Mini Tumblers

Children 2-3yrs. Parents are asked to join in.

Maximum of 1 child to 1 adult.

Per child

Mon & Thurs            £3.80

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## Fun Sessions

Children 6 months - 4 years. Including bouncy castle, climbing equipment and trampolines. Max of 2 children to 1 adult.

Please check course brochure for times.

Per child

Wednesday              £3.90

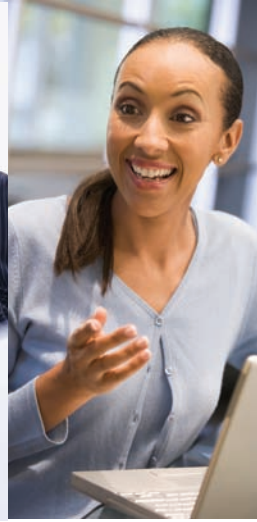
Friday                    £4.10

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# CORPORATE AND COMMERCIAL EVENTS

Bracknell Leisure Centre is superbly situated to cater for an extensive range of events with the extra benefit of a free car park for over 650 vehicles.



Ideal for conferences and meetings, wedding receptions, dinner dances, parties, corporate hospitality, team building, training days, commercial events, athletic meetings and more. Whatever the event we can accommodate you.

Bookings Team 01344 861717

## CRÈCHE

We now have  
2 great ways  
to save you money!



Ask about our loyalty card for  
"pay as you come visits"

**Crèche Loyalty Card**  
(pay as you come sessions)  
**9 visits and get 1 FREE hour**

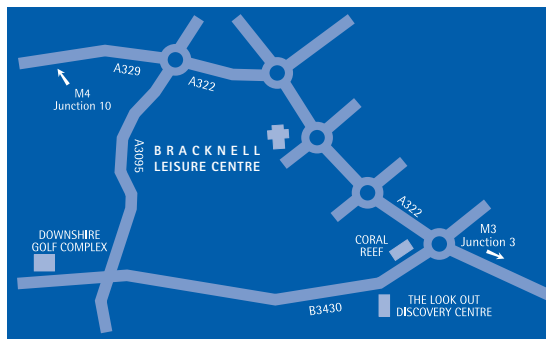
to say thank you for coming to see us



**Get final session free!**

on pre-booked crèche places for BLC Swim & Sports Courses  
(i.e. block book the crèche for the whole term and we'll give you the last session free)

# HOW TO FIND US



## USE OF FACILITIES

We reserve the right to alter session times, move activities and change or cancel classes without prior notice. We advise customers to seek medical advice if in any doubt about their suitability for any of our activities.

## BOOKINGS

All persons should report to reception on arrival. All court bookings should be confirmed at this time. Members may book facilities up to 15 days in advance quoting their member number. Non-members 10 days in advance.

Customers are required to pay for activities at the time of booking unless you have registered your details as either a member or e+ Card holder (non-member). Registered customers have the option to pay on the day of booking.

Activities are bookable by telephone (from 9.00am), online or in person.

For special or block bookings, please contact the Bookings Officer on 01344 861717 (Option 3).

Please note that VAT is charged at the current rate.

## RECEPTION OPENING TIMES

Monday - Friday 6.30am - 10.00pm

Saturday and Sunday 8.00am - 9.00pm

Bank Holidays 9.00am - 4.00pm

### OFF PEAK

Monday - Friday 9.00am - 5.00pm

### PEAK

Monday - Friday 6.30am - 9.00am  
and after 5.00pm

Saturday and Sunday 8.00am - 9.00pm

**Areas within the Centre open at different times. Last ticket times apply. Please refer to appropriate leaflets for details.**

## CANCELLATION

For members & non-members:

More than 24 hours before - no charge.

Less than 24 hours before - full charge.

Non-attendance - full charge payable on next visit.

Arrears - the right of customers to book courts may be withheld if the account is in arrears.

Platinum members must cancel any bookings you are unable to attend. This gives other customers a chance to book.

To cancel any booking made either, in person, by telephone or online, please contact Main Reception on 01344 454203.

## GENERAL

No food or drink may be brought into and consumed within Bracknell Leisure Centre unless with the permission of the management.

All users of Bracknell Leisure Centre must observe the rules and comply with any directions the management may give to ensure the smooth, safe and efficient operation of the site. Bracknell Leisure Centre reserves the right to alter and amend these rules at any time.

## Bracknell Leisure Centre

Bagshot Road, Bracknell, Berkshire, RG12 9SE

Tel: 01344 454203 Fax: 01344 868511

Email: [blc.enquiries@bracknell-forest.gov.uk](mailto:blc.enquiries@bracknell-forest.gov.uk)

Web: [www.bracknell-forest.gov.uk/be](http://www.bracknell-forest.gov.uk/be)

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E & OE



The Government Standard

