



LET'S HOST A PARTY!

We have a variety of different birthday party options available to suit your party requirements all fully supervised. For further details on the different options available, please contact us upon the details below or visit us in person and ask at reception.

T. 01840 213188 / E. info@camelfordleisurecentre.co.uk

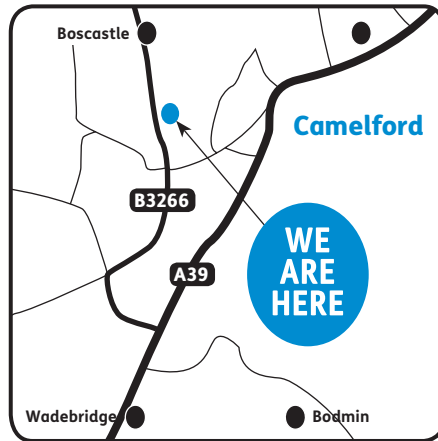
Camelford Leisure Centre is a multipurpose fitness and leisure facility. An independent, community owned and managed resource, we offer a range of products and activities to improve the health & wellbeing of the north Cornwall community. Our facilities include a cardio room, sports hall and fantastic 20 metre swimming pool.

We are on a journey where, with your help, support and participation we will grow in to something bigger and better for everyone. If you shop online then why not help us by entering the following link to raise funds for Camelford Leisure Centre <http://www.easyfundraising.org.uk/causes/camelfordlc>

How to find us

By Car: We are located adjacent to Sir James Smith's Community School on the B3266, just minutes from the A39. To find us by SatNav enter PL32 9UE. There is ample free parking.

By Bus: Camelford is served by Stagecoach; bus numbers 584 & 595. For further information, or to check bus routes and timetables please visit www.travelinesw.com



Camelford Leisure Centre

Station Road, Camelford, Cornwall, PL32 9UE
T. 01840 213188 / E. info@camelfordleisurecentre.co.uk

Twitter. @CamelfordLCntr

Facebook. Camelford Leisure Centre 01840 213188

www.camelfordleisurecentre.co.uk

Design: Sames + Littlejohns

Camelford Leisure Centre

Easter 2017 Timetable

3 April - 16 April 2017
Version 1 2017-05



Fees & Charges

Swimming Pool

Adult Swim	£4.00
Junior Swim	£3.00
Pool Fun Adult	£4.20
Pool Fun Child	£3.00
Group Swimming School	
Junior (10 x ½ hr lesson)	£45.00
Aquafit	£5.30
Coached Activities	
Adult (per hour)	£4.70
Junior (per hour)	£3.60

All prices per session. For family, joint and single weekly passes please ask at reception.

Sports Hall Activities (All prices per hour/session)

Pay & Play Activities	
Adult	£4.20
Junior	£2.80
Sports Hall Hire	£40.00
Badminton Court Hire	£9.80
Equipment Hire	£1.20
Shower (Only)	£2.50
Locker Fees	£0.20

Fitness Studio

Adult (per 1 hour session)	£4.50
Gym Induction	£15.00
Gold Member Induction	FREE

Membership

(Monthly Direct Debit)

Single	£29.00
Couple	£40.00
Single Concession	£20.00
Couple Concession	£30.00
Family up to 4	£45.00
Under 18s	£12.00
One Month Only	+£6.00

Why not take out a GOLD membership and get all your classes included?! Ask at reception for more details.

Swimming Pool Times

Monday

06:30 – 07:00	Members Only*
07:00 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 11:45	Leisure Swim*
11:45 – 12:45	Lengths*
12:45 – 13:45	Leisure Swim*
14:00 – 15:45	Pool Fun
16:00 – 18:30	Leisure Swim*
18:30 – 19:30	Aquafit
19:30 – 21:00	Lengths*

Tuesday

06:30 – 07:00	Members Only*
07:00 – 08:30	Lengths*
08:30 – 10:00	Over 50s*
10:15 – 11:15	Aqua Rehab
11:15 – 12:15	Leisure Swim*
12:15 – 13:30	Lengths*
13:30 – 15:45	Leisure Swim*
16:00 – 18:00	Swim School
17:30 – 20:00	Swim Club
20:15 – 21:15	Swim Fit+

Swimming Fitness Session

Wednesday

06:30 – 07:00	Members Only*
07:00 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 12:00	Leisure Swim*
12:00 – 13:45	Lengths*
14:00 – 15:30	Pool Fun
15:45 – 18:00	Swim School
18:15 – 19:15	Pool Fun
19:30 – 21:00	Lengths*

Thursday

06:30 – 07:00	Members Only*
07:00 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 10:15	Aqua Rehab
10:30 – 12:00	Leisure Swim*
12:00 – 13:30	Lengths*
13:30 – 17:30	Leisure Swim*
17:45 – 20:00	Swim Club
20:00 – 21:30	Lengths*

Friday

06:30 – 07:00	Members Only*
07:00 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 10:00	Lengths*
10:00 – 11:00	AquaFit Lite
11:00 – 12:00	Parent & Baby
12:00 – 14:00	Lengths*
14:00 – 16:00	Pool Fun
16:30 – 17:45	Kayaking
18:00 – 20:00	TSLSC

Saturday

07:30 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 10:00	Lengths*
10:00 – 12:00	Swim School
12:15 – 13:45	Leisure Swim*
14:00 – 15:30	Pool Fun

Sunday

09:00 – 10:00	Lengths*
10:00 – 11:00	Parent & Baby
11:00 – 15:30	Leisure Swim*

Sports Hall Sessions

Monday

09:00 – 17:00	Kids All Day Club
18:00 – 18:45	Circuits
<i>Full body workout set out in a circuit format.</i>	
19:00 – 19:45	Aikido 8 – 14yrs
19:00 – 20:30	Aikido 15yrs+**

Tuesday

10:00 – 12:30	Tiny Tots (Bouncy castle & soft play)
12:30 – 17:30	Courts Available For Hire
17:30 – 18:30	5-A-Side Football**
19:00 – 20:00	Zumba**

Wednesday

09:00 – 18:00	Courts Available For Hire
18:30 – 19:15	Core Fitness
<i>Strengthening and toning your core muscles.</i>	
19:00 – 20:00	Judo**

Thursday

10:00 – 12:30	Tiny Tots (Bouncy castle & soft play)
12:30 – 19:00	Courts Available For Hire
19:00 – 20:00	Pay and Play Netball
20:00 – 21:30	Camelford ** Badminton Club

**Private hire activity. Please contact the Centre for more details.

Friday

09:00 – 17:00	Kids All Day Club
18:00 – 19:00	Adult KickboxFit
<i>Learn technique and boost fitness</i>	

Saturday

10:00 – 11:00	Legs, Bums & Tums
<i>Fitness session to help you get toned.</i>	

Sunday

09:00 – 10:00	Tiny Tots (Bouncy Castle & Soft Play).
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WEEKEND OFFER

Half price badminton courts all day Saturday and Sunday.

Please call to book.

Fitness Suite Times

The Fitness Suite will be open during swimming hours through Monday to Friday. For more information please give us a ring and speak to one of our team.

Saturday

07:30 – 16:00

Sunday

09:00 – 16:00

To use the Fitness Studio you must attend an induction session. Please ask at reception for further details and induction times. Last entry is 30 minutes before end of session.

Gym Inductions

Spaces must be booked. Please speak to a member of staff.

Outdoor Courts

Call for Information

Courts can be booked for just £4 per hour. For court availability please contact the Centre.

PLEASE NOTE: Kids All Day Club - Our Kids Club is for children aged 8-16 years. We provide coached and supervised activities throughout the day. Pool Fun in the afternoon also included. Children should bring a packed lunch and refreshments. And wear suitable clothing & footwear.

For up-to-date information about the latest activities, events and opening times, feel free to call into the centre, telephone 01840 213188 or visit our website at www.camelfordleisurecentre.co.uk

PLEASE NOTE: Children under 8yrs must be accompanied by an adult (16yrs+). Last entry into the swimming pool is ½ hour before the end of each session, at staff discretion.

* These sessions are supervised from reception by a single qualified lifeguard.