



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 on the details below or visit us in person to pick up one of our party leaflets.

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

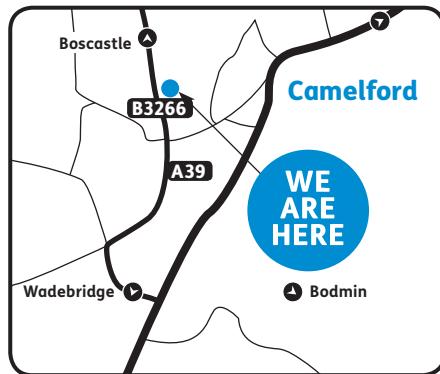
Camelford Leisure Centre is a multipurpose fitness and leisure facility. An independent, community owned and managed resource, we offer a range of products and activities to improve the health & wellbeing of the north Cornish community. Our facilities include a cardio room, sports hall and fantastic 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 Sat Nav enter PL32 9UE. There is ample free parking.

By Bus: 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
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www.camelfordleisurecentre.co.uk

Camelford Leisure Centre | 2017 Spring Activity Timetable

20 Feb - 2 Apr 2017

Version 02
2017-02



Front cover image: Local photographer and club member, Andy Grainger

Design: Sames + Littlejohns

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 lessons)	£45.00
AquaFit & Aqua Rehab	£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	£3.00
Sports Hall Hire	£40.00
Badminton Court Hire	£9.80
Equipment Hire	£1.20
Shower (Only)	£2.50
Locker Fees	£0.20

Fitness Studio

(Price per 1 hour session)

Adult	£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 18's	£12.00
One Month Only	+£6.00

**** Tuesday 28th March - Due to our Annual Primary School Gala, Over 50's, Aqua Rehab and Leisure Swim will not run.**

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

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*
<i>11:45 - 13:15 20th Feb - 17th March</i>	
13:00 – 14:30	Primary Sch
14:45 – 15:45	Leisure Swim*
15:45 – 17:00	Primary Swim
17:00 – 18:30	Leisure Swim*
18:30 – 19:30	AquaFit
19:30 – 20:30	Lengths*
20:30 – 21:15	Adult Lessons

Tuesday

06:30 – 07:00	Members Only*
07:30 – 08:30	Lengths*
09:00 – 12:00	SWIM GALA
Tuesday 28th March	
08:30 – 09:45	Over 50s*
10:15 – 11:15	Aqua Rehab
11:15 – 12:00	Leisure Swim*
12:00 – 12:45	Lengths*
<i>12:00 - 13:15 20th Feb - 17th March</i>	
13:00 – 14:30	Primary Sch
14:45 – 15:45	Leisure Swim*
16:00 – 18:00	Swim School
17:30 – 20:00	Swim Club
20:15 – 21:15	Swim Fit+

Wednesday

06:30 – 07:00	Members Only*
06:30 – 08:00	Swim Club
07:00 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 10:00	Lengths*
10:00 – 12:00	Adult Education
12:00 – 12:45	Lengths*
<i>12:00 - 13:15 20th Feb - 17th March</i>	
13:00 – 14:30	Primary Sch
14:45 – 15:30	Leisure Swim*
15:45 – 18:00	Swim School
18:15 – 19:15	Pool Fun
19:30 – 21:00	Lengths*

Thursday

06:30 – 07:00	Members Only*
07:30 – 08:30	Lengths*
08:30 – 09:15	Over 50s*
09:15 – 10:15	Aqua Rehab
10:30 – 11:15	ST Breward CP
11:30 – 12:45	Lengths*
<i>12:00 - 13:15 20th Feb - 17th March</i>	
13:00 – 14:30	Primary Sch
14:45 – 17:30	Leisure Swim*
17:45 – 20:00	Swimming 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
<i>Delivered by a qualified instructor)</i>	
12:00 – 12:45	Lengths*
<i>12:00 - 13:15 20th Feb - 17th March</i>	
13:00 – 14:30	Primary Sch
14:45 – 16:30	Leisure Swim*
16:30 – 17:30	Kayaking
<i>Limited Spaces! Please phone to book</i>	
18:00 – 20:00	TSLS

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 – 16:00	Leisure Swim
<i>Half pool between 11:00 - 12:00.</i>	

Sports Hall Sessions

Monday

08:30 – 15:30	Sir James Smith's School
15:30 – 17:45	Courts Available For Hire
18:00 – 18:45	Circuits
<i>Full body workout set out in a circuit format.</i>	
18:45 – 19:30	Aikido 8 – 14yrs
19:30 – 21:00	Aikido 15yrs+**

Tuesday

08:30 – 15:30	Sir James Smith's School
17:30 – 18:30	5-A-Side Football**
19:00 – 20:00	Zumba**
20:00 – 21:00	Courts Available For Hire

Wednesday

08:30 – 16:30	Sir James Smith's School
16:30 – 18:00	Courts Available For Hire
18:30 – 19:15	Core Fitness
<i>Strengthening and toning your core muscles.</i>	
18:45 – 20:30	Judo**

Thursday

08:30 – 16:30	Sir James Smith's School
Fast Forward Dance **	
16:00 – 19:00	Ages 4-7yrs
16:30 – 17:30	Junior Badminton & Table Tennis
19:00 – 20:00	Pay and Play Netball
20:00 – 22:00	Camelford ** Badminton Club

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

Friday

08:30 – 16:30	Sir James Smith's School
18:00 – 19:00	Adult KickboxFit
<i>Learn technique and boost fitness</i>	

Saturday

10:00 – 11:00	LBT (Legs, Bums and Tums)
<i>Fitness session to help you get toned.</i>	
<i>Half price badminton courts, please call to book.</i>	

Sunday

09:00 – 10:00	Tiny Tots (Bouncy Castle & Soft Play)
10:30 – 16:00	Courts Available For Hire
<i>Half price badminton courts, please call to book.</i>	

Pool and Roller Disco

Friday 31 March

20:00 – 21:30	Pool and Roller Disco
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Fitness Suite Times

Monday - Friday

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 £4.00 per hour. For court availability please contact the Centre for further information.

Front cover image: Local photographer and club member, Andy Grainger

Design: Sames + Littlejohns

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