



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 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 fitness suite, 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>

Join
 Shop
 Raise
 Collect FREE funds for us
Sign up now

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 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. @CamelfordLeisureCentre

www.camelfordleisurecentre.co.uk

Camelford Leisure Centre Activity Timetable

28 September 2020
2020-09



Front cover image: Local photographer and member, Andy Grainger

Fitness Classes

Circuits - Monday 18:00 & Wednesday 18:30 *Booking is essential!*

Multi station whole body workout using a combination of aerobic and strength exercises.

Pilates - Monday 19:00 *Booking is essential!*

Designed to improve physical strength, flexibility and posture and enhance mental awareness.

Aqua Rehab - Tuesday 10:30 and Thursday 09:15 *Booking is essential!*

The resistance of the water during exercise provides a safe environment for addressing balance, strength and postural deficits. Aqua Rehab is perfect for anyone recovering from injury or illness.

Junior SwimFit - Tuesday 18:00 - *Not currently running*

Developing and improving technique and stamina over long distances and fitness circuits.

SwimFit - Thursday 20:00 - *Booking is essential!*

SwimFit is tailored to help you get fit or get in shape in the pool using an innovative and structured workout.

Adult Kickbox Fit - Friday 18:00 - *Booking is essential!*

Learn correct technique and discipline. Improve fitness, speed, stamina and balance.

Fees & Charges

Swimming Pool

| | |
|-------------------------------|--------|
| Adult Swim | £4.50 |
| Junior Swim | £3.20 |
| Pool Fun Adult | £4.50 |
| Pool Fun Child | £3.20 |
| Group Swimming School | |
| Junior (10 x ½ hr lessons) | £55.00 |
| Aquafit, Aqua Rehab & SwimFit | £5.50 |
| Coached dryside activities | |
| Adult (per hour) | £5.00 |
| Junior (per hour) | £4.00 |

All prices are per session

Sports Hall Activities

(All prices per hour/session)

| | |
|-----------------------|--------|
| Pay & Play Activities | |
| Adult | £4.50 |
| Junior | £3.00 |
| Sports Hall Hire | £40.00 |
| Badminton Court Hire | £9.80 |
| Shower (Only) | £2.50 |
| Locker Fees | £0.20 |

Fitness Suite

(Price per 1 hour session)

| | |
|---------------------|--------|
| Adult | £6.00 |
| Gym Induction | £15.00 |
| DD 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 |

Due to Government restrictions, numbers allowed in pools and gyms are reduced and as a result we have introduced a booking system to enable users to access swim sessions, fitness classes and the Fitness Suite.

We are currently running a reduced timetable with fewer sessions being available. In order to make a booking please call us on 01840 213188 or use the following link or QR code

<http://camelfordleisurecentre.clubright.co.uk>



All of our fitness classes are delivered by qualified instructors.

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



INCLUDED IN
GOLD & FIT4LIFE MEMBERSHIP

CIRCUITS

MONDAY 18:00 - 18:45

WEDNESDAY 18:30 - 19:15

£5 SESSION
NON MEMBER

MULTI - STATION WHOLE BODY
WORKOUT USING A COMBINATION
OF AEROBIC AND STRENGTH EXERCISES

WWW.CAMELFORDLEISURECENTRE.CO.UK

Sports Hall Sessions

Monday

| | |
|---------------|---------------------------|
| 08:30 - 16:30 | Sir James Smith's School |
| 16:30 - 17:45 | Courts available for hire |
| 18:00 - 18:45 | Circuits |
| 19:00 - 20:00 | Pilates |

Tuesday

| | |
|---------------|---------------------------|
| 08:30 - 16:30 | Sir James Smith's School |
| 16:30 - 18:30 | Courts available for hire |
| 18:45 - 19:45 | Dancercise** |

Wednesday

| | |
|---------------|---------------------------|
| 08:30 - 16:30 | Sir James Smith's School |
| 16:30 - 18:00 | Courts available for hire |
| 18:30 - 19:15 | Circuits |
| 19:30 - 20:30 | Courts available for hire |

Thursday

| | |
|---------------|-----------------------------|
| 08:30 - 16:30 | Sir James Smith's School |
| 16:00 - 20:00 | Fast Forward Dance** |
| 20:00 - 21:30 | Camelford ** Badminton Club |

Friday

| | |
|---------------|---------------------------|
| 08:30 - 16:30 | Sir James Smith's School |
| 17:00 - 20:00 | Judo** |
| 18:00 - 19:00 | Adult KickBoxing |
| 16:30 - 20:00 | Courts available for hire |

Saturday

| | |
|---------------|---------------------------|
| 09:00 - 15:30 | Courts available for hire |
|---------------|---------------------------|

Sunday

| | |
|---------------|---------------------------|
| 09:00 - 15:30 | Courts available for hire |
|---------------|---------------------------|

Fitness Suite Times

Monday - Friday

Please see pool opening times.

Saturday

07:30 - 15:30

Sunday

09:00 - 16:45

Fitness Suite Inductions

Please ask if you are unsure on how to use any of the Fitness Suite equipment.

Personal Training

Want a boost to your fitness training, then why not try our PT sessions. A PT works with you to develop a personalised training schedule around you, your aims & objectives.

Please ask at reception for more information.

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

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



Camelford Leisure Centre

- Please respect social distancing rules and give others the space they need.
- All swimmers please spend as little time in the changing rooms as possible.
- Please arrive in your swimming costume ready to swim.
- Where possible, please leave the Centre in your costumes.
- Limited changing facilities are available.
- Please shower at home before arriving at the leisure centre.
- All users must come directly to the swimming pool from home without stopping at other locations.
- After swimming, two showers will be available for swimmers to rinse off.
- The toilets are open, yet we encourage people to use the toilet at home
- Lockers will be temporarily locked.
- Place all belongings in the designated place on poolside.
- Leave any valuable items at home.
- Communal changing rooms are available for families or groups from single households only.
- Please leave the leisure centre via the one-way system without re-entering the changing rooms

If you are suffering with coronavirus symptoms,
please self-isolate and stay home

Swimming Pool Times

Monday

| | |
|---------------|----------------|
| 06:30 - 07:30 | Members Only** |
| 08:00 - 09:00 | Lengths* |
| 09:15 - 10:15 | Over 50s* |
| 10:30 - 11:30 | Leisure Swim |
| 12:00 - 13:00 | Lengths* |
| <hr/> | |
| 16:30 - 17:30 | Leisure Swim* |
| 17:45 - 18:45 | Lengths* |
| 19:00 - 20:00 | Lengths* |

Tuesday

| | |
|---------------|--------------------|
| 08:00 - 09:00 | Lengths**+ |
| 09:15 - 10:15 | Over 50s* |
| 10:30 - 11:30 | Aqua Rehab |
| 12:00 - 13:00 | Lengths* |
| <hr/> | |
| 15:45 - 17:45 | Swim School* |
| 18:00 - 20:00 | Camelford Stingers |

Wednesday

| | |
|---------------|-----------------|
| 06:30 - 07:30 | Members Only**+ |
| 08:00 - 09:00 | Lengths* |
| 09:15 - 10:15 | Over 50s* |
| 10:30 - 11:30 | Leisure Swim |
| 12:00 - 13:00 | Lengths* |
| 13:15 - 14:15 | Lengths* |
| <hr/> | |
| 15:45 - 18:15 | Swim School* |
| 19:00 - 20:00 | Lengths* |

Thursday

| | |
|---------------|--------------------|
| 08:00 - 09:00 | Lengths**+ |
| 09:15 - 10:15 | Aqua Rehab |
| 10:30 - 11:30 | Over 50s* |
| 12:00 - 13:00 | Lengths* |
| <hr/> | |
| 16:30 - 17:30 | Leisure Swim* |
| 17:45 - 19:45 | Camelford Stingers |
| 20:00 - 21:00 | Swim Fit* |

Friday

| | |
|---------------|-----------------|
| 06:30 - 07:30 | Members Only**+ |
| 08:00 - 09:00 | Lengths* |
| 09:15 - 10:15 | Over 50s* |
| 10:30 - 11:30 | Leisure Swim |
| 12:00 - 13:00 | Lengths* |
| <hr/> | |
| 16:30 - 17:30 | Leisure Swim* |
| 17:45 - 18:45 | Lengths* |
| 19:00 - 20:00 | Lengths* |

Saturday

| | |
|---------------|-------------------------|
| 07:45 - 08:30 | Lengths**+ |
| 08:45 - 09:30 | Over 50s* |
| 10:00 - 12:45 | Swim School* |
| 13:00 - 14:00 | Lengths* |
| 14:15 - 15:15 | Leisure Swim* |
| 15:45 - 16:45 | North Cornwall Dragons* |

Sunday

| | |
|---------------|-------------------------|
| 09:00 - 10:00 | Lengths**+ |
| 10:15 - 11:15 | Family Swim |
| 11:30 - 12:30 | Leisure Swim* |
| 12:45 - 13:45 | Lengths* |
| 14:00 - 15:00 | Leisure Swim* |
| 15:45 - 17:45 | North Cornwall Dragons* |

* These sessions are supervised from reception by a single qualified lifeguard.
**+No under 16's without adult supervision.

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.

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