



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

any time you shop with easyfundraising *feel good shopping*

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

26 October 2020
2020-10



Front cover image: Local photographer and member, Andy Grainger

Fitness Classes

Booking is essential for all of our coached fitness classes. Please use the QR code below to access the ClubRight app to make your booking.

Circuits - Monday 18:00 & Wednesday 18:30

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

Pilates - Monday 19:00

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

Aqua Rehab - Tuesday 10:30 and Thursday 09:15

A low intensity exercise class delivered by an instructor in the swimming pool.

AquaFit (with Aly) Wednesday 10:30

A workout which is both fun and beneficial to your health, putting less stress on your joints and muscles but still gaining the results.

SwimFit - Thursday 20:00 -

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 -

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



All of our fitness classes are delivered by qualified instructors.

Fees & Charges

Swimming Pool

Adult Swim	£4.70
Junior Swim	£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	£10:00
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>



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

09:00 - 17:30	Courts available for hire
18:00 - 18:45	Circuits
19:00 - 20:00	Pilates

Tuesday

09:00 - 18:30	Courts available for hire
18:45 - 19:45	Dancercise**

Wednesday

09:00 - 17:30	Courts available for hire
18:30 - 19:15	Circuits
19:30 - 20:30	Courts available for hire

Thursday

09:00 - 19:30	Courts available for hire
20:00 - 21:30	Camelford ** Badminton Club

Friday

09:00 - 20:00	Courts available for hire
18:00 - 19:00	Adult Kickboxin

Saturday

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

09:00 - 15:30	Courts available for hire
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Fitness Suite Times

Monday - Friday

Please see pool opening times.

Saturday

07:45 - 16:15

Sunday

09:00 - 16:15

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.

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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*
15:15 - 16:15	Leisure Swim*
16:30 - 17:30	Leisure Swim*
17:45 - 18:45	Lengths*
19:00 - 20:00	Launceston ASC
20:15 - 21:15	Lengths*

Tuesday

08:00 - 09:00	Lengths**+
09:15 - 10:15	Over 50s*
10:30 - 11:30	Aqua Rehab
12:00 - 13:00	Lengths*
14:15 - 15:15	Leisure Swim*
15:45 - 17:45	Swim School*
18:00 - 20:00	Camelford Stingers ASC
20:15 - 21:15	Lengths*

Wednesday

06:30 - 07:30	Members Only**+
08:00 - 09:00	Lengths*
09:15 - 10:15	Over 50s*
10:30 - 11:30	AquaFit - Aly
11:45 - 12:45	Lengths*
13:00 - 14:00	Lengths*
14:15 - 15:15	Leisure Swim*
15:45 - 17:45	Swim School*
18:00 - 19:00	Lengths*
19:15 - 20:15	Lengths*

Thursday

08:00 - 09:00	Lengths**+
09:15 - 10:15	Aqua Rehab
10:30 - 11:30	Over 50s*
12:00 - 13:00	Lengths*
14:15 - 15:15	Leisure Swim*
15:45 - 16:15	SwimSchool
16:30 - 17:30	Leisure Swim*
17:45 - 19:45	Camelford Stingers ASC
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*
15:15 - 16:15	Leisure Swim*
16:30 - 17:30	Leisure Swim*
17:45 - 18:45	Lengths*
19:00 - 20:00	Lengths*

Saturday

07:00 - 07:45	Lengths**+
08:00 - 08:45	Over 50's*
09:00 - 11:45	Swim School*
12:00 - 13:00	Lengths*
13:15 - 14:00	Leisure Swim*
14:15 - 15:15	Leisure Swim*
15:30 - 17:00	North Cornwall Dragons ASC*

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*
15:30 - 17:30	North Cornwall Dragons ASC*

* 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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