

# sports hall timetable

**ACTIVE LIFE**  
CANTERBURY

**2010**



5-A-SIDE FOOTBALL  
SPORTWALL  
BADMINTON  
BASKETBALL  
TRAMPOLINING  
CIRCUIT TRAINING  
PLAY GYM  
SPORTS PARTIES  
FITNESS CLASSES



Kingsmead Leisure Centre  
Kingsmead Road,  
Canterbury,  
Kent CT2 7PH  
(01227) 769818  
[www.activelifeltd.co.uk](http://www.activelifeltd.co.uk)

**ACTIVE LIFE**

REGISTERED CHARITY 1095215

# Sports Hall Programme 2010

	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	
MONDAY		PUBLIC BADMINTON		PLAY GYM				PRIVATE TRAMPOLINING				PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE		FIGHT CLUB		PRIVATE 5-A-SIDE
TUESDAY		CLEANING		BADMINTON MORNING								PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE		MONSTER WORKOUT		PRIVATE 5-A-SIDE
WEDNESDAY		PUBLIC BADMINTON		PLAY GYM								ACTIVE KIDS	TAE KWON DO	PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE	
THURSDAY		CLEANING		BADMINTON MORNING												PUBLIC BADMINTON	
FRIDAY		PUBLIC BADMINTON		PLAY GYM												PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE
SATURDAY				KARATE		PRIVATE 5-A-SIDE		TAE KWON DO			PRIVATE 5-A-SIDE						
SUNDAY			PRIVATE 5-A-SIDE		PLAY GYM PARTIES	PLAY GYM PARTIES							PRIVATE 5-A-SIDE	PRIVATE 5-A-SIDE			

Open to Public
  Hall Closed
  Clubs Sessions
  Sessions available for hire

# charges

<b>2010 PRICES</b>	5 Star	4 Star	3 Star	Non-Member
Badminton	£8.00	£8.00	£3.00	£9.00
5-A-Side Football	£40.00	£40.00	£40.00	£44.00
Circuit Training	FREE	£5.00	£2.50	£6.20
Monster Workout	FREE	£5.00	£2.50	£6.20
Badminton Morning	£2.80	£2.80	£2.80	£3.80
Play Gym <i>1 Adult, 1 Child</i>	FREE	£2.40	£1.50	£3.00
Play Gym <i>1 Adult, 2 Children</i>	FREE	£4.10	£2.40	£5.20
Racket Hire <i>plus £5.00 deposit</i>	£1.00	£1.00	£1.00	£1.00
Crèche <i>1 Child</i>	£2.00	£2.00	£2.00	£2.50
Crèche <i>Additional Child</i>	£1.70	£1.70	£1.70	£2.00
Active Kids	£1.50	£1.50	£1.50	£1.50
Swim after any activity	FREE	£1.10	£1.10	£1.10

## CHILDREN'S PARTIES

We have a wide range of children's parties available. Please pick up a separate party leaflet for more details and booking information.

# membership options

## 5 STAR MEMBERSHIP (Monthly Direct Debit - Joining Fee applies)

### MONTHLY - unlimited gym, swim and fitness classes for just £35 per month.

- Suitability: If you are a regular user participating twice a week or more, the 5 Star membership will save you a lot of money.
- Benefits: Unlimited use of the Reflexions, dance and Mind & Body studios, swimming and water fitness classes. Other activities are charged at the 4 Star rate. Booking facilities up to 7 days in advance.

## 4 STAR MEMBERSHIP (Annual Membership)

### ANNUAL - reduced activity fees - Adults £24 / Juniors £15 / 60+ £15 per year.

- Suitability: If you are an occasional user an annual 4 Star membership might save you money.
- Benefits: Significant discounts on all activities, booking facilities up to 7 days in advance.

## 3 STAR MEMBERSHIP (Annual Membership / Monthly Direct Debit - Joining Fee applies)

### ANNUAL - vastly reduced off peak activity fees - Adults £15 / Family £28 per year.

### MONTHLY - benefits of annual, plus unlimited off peak gym and swim - £15 per month.

### MONTHLY PLUS - benefits of monthly, plus unlimited off peak fitness classes - £20 per month.

- Suitability: Proof of full-time student status or a letter of award for housing benefit, council tax benefit, income support or pension credit is required to join these memberships.
- Benefits: Significant discounts on all off-peak activities, booking facilities up to 7 days in advance.

A compulsory joining / induction fee applies to use the gym facilities. Please ask for further details.

For further information, please pick up a membership leaflet, call your local centre or ask at reception.