

# Enrolment

## Bracknell Leisure Centre

Current students have priority over newcomers in order to sustain continuity of skill development. There is a re-booking "priority" period during the last 2 weeks of term for this. Priority enrolment forms **MUST** be presented at the time of booking.

	When to book	Who can book	How to book
<b>Priority Week 1</b> Form Required	Monday 12th until Sunday 18th March	Current students who are staying on the same course at the same time on the same day.	Mon-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am-5.00pm
<b>Priority Week 2</b> Form Required	Monday 19th March until Sunday 25th March	Current students who are changing either course, day or time.	<b>Strictly on a first come first served basis:</b> Mon 7.30am-9.00pm in the main reception. Tue-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am-5.00pm
<b>Week 3</b> <b>Members and off peak under 5's</b> Form Required	From Monday 26th March	Those students who are not currently on a course. A current/valid Centre membership is required before enrolment can take place.	<b>First come first served basis:</b> Mon-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am-5.00pm
<b>Week 4</b> <b>Non members</b> Form Required	3rd April onwards	Any students who are not currently on a course and who do not wish to be centre members.	<b>Daily at main reception:</b> Mon-Fri 9.15am-5pm Sat-Sun 9.15am-6pm

**Please bring course ticket with you on first lesson.**

**Off Peak:** \*Under 5's can book on courses during this period.

**Peak Times:** From 3.30pm Monday - Friday and all Saturday sports courses.

Please note non-member fees may apply for courses at peak time unless you register for membership.

All students require an e+ card to enrol on courses and is required at the time of booking.

# Adult Sports Courses

## Badminton

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Thursday Beginners	7.00pm-8.00pm	12	£75.60	£101.40	10th May
Thursday (Pre-Club)	8.00pm-9.30pm		£6.80	£8.95	10th May

## Squash

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Saturday (Beg/Imp)	12.00pm-1.30pm	12	£73.80	£99.60	12th May

## Tai-Chi

A Chinese martial arts form of meditation with a constant flow of energy and movement. It combines mental concentration, slow breathing and dance-like movements to increase chi (life energy).

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday (Beg)	8.05pm-9.35pm	13	£84.50	£112.45	
Thursday (Imp)	8.30pm-10.00pm	13	£84.50	£112.45	

## Yoga

Hatha yoga is a combination of physical movements, breathing and concentration to promote suppleness and flexibility of the joints.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday	10.00am-11.30am	13	£79.95	£107.90	
Thursday	1.15pm-2.45pm		£6.55	£8.70	

# Adult Short Courses

## Pilates

Sculpts a strong, streamlined, flexible and balanced body with the emphasis on core conditioning & breathing.

DAY 17/04/18 - 22/05/18	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday (Imp)	6.00pm-7.00pm	6	£48.60	£61.50	
Thursday (Beg)	7.30pm-8.30pm	6	£48.60	£61.50	
DAY 05/06/18 - 17/07/18	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday (Imp)	6.00pm-7.00pm	7	£56.70	£71.75	
Thursday (Beg)	7.30pm-8.30pm	7	£56.70	£71.75	

## Mum-A-Baby

Get back into shape after giving birth with this 45minute cardio- tone class. Mums do exercises using their baby as extra weight ! Classes are suitable for mums with babies from 6 weeks to 12 months (if you had a caesarean, you may start at 10 weeks post op)

DAY 18/04/18 - 23/05/18	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday	2.00pm-2.45pm	6	£27.30	£40.20	
DAY 06/06/18 - 18/07/18	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday	2.00pm-2.45pm	7	£31.85	£46.90	

# Adult Sports - Pay As You Go

## Badminton

All standards welcome to these sessions.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Thursday	10.00am-11.00am		£5.30	£7.45	
Thursday	11.00am-12.00pm		£5.30	£7.45	
Friday	1.00pm-2.00pm		£5.30	£7.45	11th May
Friday	2.00pm-3.00pm		£5.30	£7.45	11th May
			2hr:£6.80	2hr:£8.95	

## Circuits

To improve fitness, strength and stamina. A non-stop class, full of fun and energy.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	7.35pm-8.35pm		£4.75	£6.90	7th May
Thursday	7.35pm-8.35pm		£4.75	£6.90	

## Pilates

Sculpts a strong, streamlined, flexible and balanced body with the emphasis on core conditioning & breathing.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Thursday (Imp)	6.15pm-7.30pm		£7.50	£9.65	

# Adult Sports - Pay As You Go

## Yoga

Hatha yoga is a combination of physical movements, breathing and concentration to promote suppleness and flexibility of the joints.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday Beginner	6.00pm-7.00pm		£4.75	£6.90	7th May
Tuesday Hatha*	8.00pm-9.30pm		£6.50	£8.65	
Wednesday	6.30pm-8.00pm		£6.50	£8.65	
Thursday	1.15pm-2.45pm		£6.50	£8.65	
Friday Beginner	10.30am-11.30am		£4.75	£6.90	
Saturday Hatha	9.00am-10.30am		£6.50	£8.65	

\* Suitable for beginners

## Ladies Multi-Sport

Warm up/stretch then different team games each week including Basketball Netball, Hockey, Badminton, Volleyball and Squash.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	10.00am-12.00pm		£5.05	£7.20	7th May

# Junior Sports Courses

## Badminton - 7+ years

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday - Improvers	5.00pm-6.00pm	13	£65.00	£92.95	
Tuesday - Advanced	6.00pm-7.00pm	13	£65.00	£92.95	
Thursday - Beginners	4.00pm-5.00pm	13	£65.00	£92.95	
Thursdays - Improvers	5.00pm-6.00pm	13	£65.00	£92.95	

## Ballet Classes

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday 3-5yrs	3.45pm-4.30pm	13	£61.75	£61.71	
Wednesday 5-6yrs	4.30pm-5.15pm	13	£61.75	£89.70	
Wednesday 6+yrs	5.15pm-6.00pm	13	£61.75	£89.70	

## Gymnastics

Gymnastics basics are good for body alignment, general body control & awareness. Helps endurance, flexibility, co-ordination, agility and balance. "Fundamental Basics, are vital for building more advanced skills".

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday 4-5yrs	4.00pm-5.00pm	12	£60.00	£85.80	7th May
Monday 5+yrs	5.00pm-6.00pm	12	£60.00	£85.80	7th May
Monday 9+yrs	6.00pm-7.00pm	12	£60.00	£85.80	7th May
Wednesday 5+yrs	4.00pm-5.00pm	13	£65.00	£92.95	
Wednesday 9+yrs	5.00pm-6.00pm	13	£65.00	£92.95	
Thursday 4-5yrs	4.00pm-5.00pm	13	£65.00	£92.95	
Thursday 6+yrs	5.00pm-6.00pm	13	£65.00	£92.95	
Saturday 5-8yrs	11.00am-12.00pm	12	£60.00	£85.80	19th May
Saturday 9+yrs	12.00pm-1.00pm	12	£60.00	£85.80	19th May

# Junior Sports Courses

## Gymnastics - Intermediate/Improver

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday 5-7yrs Imp	4.00pm-5.00pm	13	£65.00	£92.95	
Tuesday 6-8yrs Imp	5.00pm-6.00pm	13	£65.00	£92.95	
Thursday 9+yrs	6.00pm-7.00pm	13	£65.00	£92.95	
Friday 5-7yr	4.00pm-5.00pm	12	£60.00	£85.80	18th May
Friday 6-8yrs	5.00pm-6.00pm	12	£60.00	£85.80	18th May
Saturday 6+yrs	1.00pm-2.00pm	12	£60.00	£85.80	19th May

## Gymnastics - Advanced

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday	6.00pm-7.30pm	13	£82.55	£110.50	
Wednesday	6.00pm-7.30pm	13	£82.55	£110.50	
Friday	6.00pm-7.30pm	12	£76.20	£102.00	18th May
Saturday	9.00am-10.30am	12	£76.20	£102.00	19th May

## Tweeny Tumblers - 1-2yrs Must be walking

Structured pre-school physical activity. Develop basic skills - running jumping and co-ordination such as balance and eye-hand movements. Wear shorts and t-shirt. Maximum of 1 child to 1 adult.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	10.30am-11.15am		£4.35		7th May
Tuesday	9.30am-10.15am		£4.35		
Tuesday	10.15am-11.00am		£4.35		
Thursday	10.30am-11.15am		£4.35		

## Mini Tumblers - 2-3yrs Parents are asked to join in

Structured pre-school physical activity. Develop basic skills - running jumping and co-ordination such as balance and eye-hand movements. Wear shorts and t-shirt. Maximum of 1 child to 1 adult.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	11.15am-12.00pm		£4.35		7th May
Tuesday	11.00am-11.45am		£4.35		
Thursday	11.15am-12.00pm		£4.35		

Timetable correct as at March 2018. Please check [www.everyoneactive.com](http://www.everyoneactive.com) for any changes.

# Junior Sports Courses

## Pre School Gymnastics

These classes are structured for boys and girls aged 3-5 years without parents to develop the fundamental skills of gymnastics in a fun and challenging environment.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday 3-4yrs	1.15pm-2.00pm	12	£55.80	£55.80	7th May
Monday 3-4yrs	2.00pm-2.45pm	12	£55.80	£55.80	7th May
Wednesday 3-4yrs	1.15pm-2.00pm	13	£60.45	£60.45	
Friday 3-4yrs	10.30am-11.15am	13	£60.45	£60.45	
Friday 3-4yrs	11.15am-12.00pm	13	£60.45	£60.45	

## Fun Sessions - 6mths-4yrs

Includes bouncy castle, climbing and trampolines. Max 2 children to 1 adult.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday	9.15am-10.15am		£4.45	£4.45	
Wednesday	10.15am-11.15am		£4.45	£4.45	
Friday	9.30am-10.30m		£4.45	£4.45	
Friday	1.15pm-2.45pm		£4.60	£4.60	

## Gymnastics/Trampolining

Maximum of 1 child to 1 adult.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday 3-5yrs	9.30am-10.30am	12	£57.00	£57.00	7th May
Thursday 3-5yrs	9.30am-10.30am	13	£61.75	£61.75	
Saturday 4-6yrs	9.00am-10.00am	12	£57.00	£57.00	19th May
Saturday 7+yrs	10.00am-11.00am	12	£57.00	£57.00	19th May



# Junior Sports Courses

## Soccer Dribblers - (3-5 years)

To learn basic soccer skills. Wear shorts & t-shirt & indoor trainers.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Saturday	8.45am-9.30am	13	£61.75	£89.70	
Saturday	9.30am-10.15am	13	£61.75	£89.70	
Saturday	10.15am-11.00am	13	£61.75	£89.70	
Saturday 4-7yrs	11.00am-11.45am	13	£61.75	£89.70	
Referral required from coach					

## Squash

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Sat 12-16yrs Teens	11.00am-12.00pm	12	£60.00	£85.80	11th May

## Trampolining

Adults are required to stay for the duration of the session.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday 5+yrs 9 in class	4.00pm-5.00pm	12	£73.80	£82.80	7th May
Monday 7+yrs 9 in class	5.00pm-6.00pm	12	£73.80	£82.80	7th May
Tuesday 5+yrs 9 in class	4.00pm-5.00pm	13	£79.95	£89.70	
Tuesday 7+yrs 9 in class	5.00pm-6.00pm	13	£79.95	£89.70	
Wed 5+yrs 9 in class	4.00pm-5.00pm	13	£79.95	£89.70	
Wed 7+yrs 9 in class	5.00pm-6.00pm	13	£79.95	£89.70	
Thurs 5+yrs 9 in class	4.00pm-5.00pm	13	£79.95	£89.70	
Thurs 7+yrs 9 in class	5.00pm-6.00pm	13	£79.95	£89.70	
Saturday any standard 9 in class	11.00am-12.00pm	13	£79.95	£89.70	19th May

# Junior Sports Courses

These classes are by referral from the senior coach only.

## Team Gym - Mini Development

Competitive level of gymnastics for boys and girls developing team floor displays, tumbling, trampette and vault skills.

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	4.00pm-6.00pm	12	£91.20	£117.00	7th May
Saturday	11.00am-1.00pm	12	£91.20	£117.00	19th May

## Team Gym - Development

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	4.00pm-6.00pm	12	£91.20	£117.00	7th May
Thursday	4.00pm-6.00pm	13	£98.80	£126.75	
Saturday	11.00am-1.00pm	12	£91.20	£117.00	19th May

## Team Gym - Starlings

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	4.00pm-6.00pm	12	£91.20	£117.00	7th May
Thursday	4.00pm-6.00pm	13	£98.80	£126.75	
Saturday	9.00am-11.00am	12	£91.20	£117.00	19th May

## Youth Team Gym - Jays

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday	4.00pm-6.00pm	13	£98.80	£126.75	
Wednesday	4.00pm-6.00pm	13	£98.80	£126.75	
Friday	4.00pm-6.00pm	12	£91.20	£117.00	18th May

## Junior Team Gym

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday	6.00pm-8.00pm	13	£98.80	£126.75	
Wednesday	6.00pm-8.00pm	13	£98.80	£126.75	
Friday	6.00pm-8.00pm	12	£91.20	£117.00	18th May

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# Junior Sports Courses

These classes are by referral from the senior coach only.

## Senior Team Gym

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Tuesday	8.00pm-10.00pm	13	£98.80	£126.75	
Wednesday	8.00pm-10.00pm	13	£98.80	£126.75	
Friday	8.00pm-10.00pm	12	£91.20	£117.00	18th May

## Cheerleading - Junior

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Thursday	4.00pm-6.00pm	13	£98.80	£126.75	
Saturday	9.00am-11.00am	13	£98.80	£126.75	

## Cheerleading - Senior

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Monday	6.00pm-8.00pm	12	£91.20	£117.00	
Thursday	6.00pm-8.00pm	13	£98.80	£126.75	

## Freestyle Gymnastics and Performance Team

**Freestyle Gymnastics:** An exciting form of gymnastics based on Urban gymnastics like 'Parkour', 'Freerunning' and 'Tricking'. **Performance Team:** A Display Squad who create performances for Festivals, Events and low level Competitions (Invite only)\*. **Cheerleading:** A very team orientated dynamic sport, which incorporates Tumbling, Dance and Acrobatic lifting (Invite only)

DAY	TIME	WKS	MEM	NON MEM	EXCL DATES
Wednesday*	4.00pm-6.00pm	13	£98.80	£126.75	
Friday*	4.00pm-6.00pm	12	£91.20	£117.00	18th May
Saturday 8-12+yrs	2.00pm-3.30pm		£5.80	£7.95	19th May
Saturday 12+yrs	3.30pm-5.00pm		£5.80	£7.95	19th May