



ADULT & CHILD ACTIVITY PROGRAMME

Valid from January 2019

Bracknell Leisure Centre

Brought to you by
**everyone
ACTIVE**



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
Priority Week 1 Form Required	Monday 10th until Sunday 16th December	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
Priority Week 2 Form Required	Monday 17th March until Sunday 23rd December	Current students who are changing either course, day or time.	Strictly on a first come first served basis: 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
Week 3 New Customers	From Thursday 27th December		First come first served basis: Mon-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am-5.00pm

Adult Sports Courses

Badminton

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

Squash

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

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
Wednesday (Beg)	8.05pm-9.35pm	12	£78.00	£103.80
Thursday (Imp)	8.30pm-10.00pm	12	£78.00	£103.80

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
Tuesday	10.00am-11.30am	12	£73.80	£99.60

Adult Short Courses

Pilates

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

DAY 07/01/19 - 12/02/19	TIME	WKS	MEM	NON MEM
Tuesday (Beg/Imp)	6.00pm-7.00pm	5	£40.50	£51.25 (Excluding 29 Jan)
Thursday (Beg)	7.30pm-8.30pm	6	£48.60	£61.50
DAY 26/02/19 - 02/04/19	TIME	WKS	MEM	NON MEM
Tuesday (Beg/Imp)	6.00pm-7.00pm	5	£40.50	£51.25 (Excluding 12 Mar)
Thursday (Beg)	7.30pm-8.30pm	6	£48.60	£61.50

Yoga

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

DAY 10/01/19 - 14/02/19	TIME	WKS	MEM	NON MEM
Thursday	1.15pm-2.45pm	6	£39.30	£52.20
DAY 28/02/19 - 04/04/19	TIME	WKS	MEM	NON MEM
Thursday	1.15pm-2.45pm	6	£39.30	£52.20

Adult Sports - Pay As You Go

Badminton

All standards welcome to these sessions.

DAY	TIME	WKS	MEM	NON MEM
Thursday	10.00am-11.00am		£5.30	£7.45
Thursday	11.00am-12.00pm		£5.30	£7.45
			2hr: £6.80	2hr: £8.95

Pilates

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

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

Ladies Multi-Sports

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

DAY	TIME	WKS	MEM	NON MEM
Monday	10.00am-12.00pm		£5.05	£7.20

Walking Netball

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. Walking Netball is for all ages and abilities.

DAY	TIME	WKS	MEM	NON MEM
Wednesday	1.00pm-2.00pm		£4.50	

BRACKNELL LEISURE CENTRE CRÈCHE



EVERYONE

**CAN JOIN
IN THE FUN!**

Whilst you are enjoying a sports course at Bracknell Leisure Centre, your children can have fun at our fantastic crèche!

- Friendly Staff • Air-Conditioned • Wide range of activities and toys
- Pay-As-You-Come and online booking available • Suitable for ages 6wks - 5yrs

Opening hours Monday to Friday (excluding Bank Holidays)
9.15am - 2.15pm (last ticket 1.40pm)

A Special Educational Needs Co-ordinator is available if required.
A full copy of the crèche's policies and procedures is available on request.

**IF YOU'RE ENROLLING ON A COURSE THEN BOOK
YOUR CRÈCHE PLACE FOR THE TERM IN ADVANCE!**

Junior Sports Courses

Badminton - 7+ years

DAY	TIME	WKS	MEM	NON MEM
Tuesday - Improvers	5.00pm-6.00pm	12	£60.00	£85.80
Tuesday - Advanced	6.00pm-7.00pm	12	£60.00	£85.80
Thursday - Beginners	4.00pm-5.00pm	12	£60.00	£85.80
Thursdays - Improvers	5.00pm-6.00pm	12	£60.00	£85.80

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
Monday 4-5yrs	4.00pm-5.00pm	12	£60.00	£85.80
Monday 5+yrs	5.00pm-6.00pm	12	£60.00	£85.80
Monday 9+yrs	6.00pm-7.00pm	12	£60.00	£85.80
Wednesday 5+yrs	4.00pm-5.00pm	12	£65.00	£85.80
Wednesday 9+yrs	5.00pm-6.00pm	12	£65.00	£85.80
Thursday 4-5yrs	4.00pm-5.00pm	12	£65.00	£85.80
Thursday 6+yrs	5.00pm-6.00pm	12	£65.00	£85.80
Saturday 5-8yrs	11.00am-12.00pm	12	£60.00	£85.80
Saturday 9+yrs	12.00pm-1.00pm	12	£60.00	£85.80

Junior Sports Courses

Gymnastics - Intermediate/Improver

DAY	TIME	WKS	MEM	NON MEM
Tuesday 5-7yrs Imp	4.00pm-5.00pm	12	£60.00	£85.80
Tuesday 6-8yrs Imp	5.00pm-6.00pm	12	£60.00	£85.80
Tuesday	6.00pm-7.00pm	12	£60.00	£85.80
Thursday 9+yrs	6.00pm-7.00pm	12	£60.00	£85.80
Friday 5-7yrs	4.00pm-5.00pm	12	£60.00	£85.80
Friday 6-8yrs	5.00pm-6.00pm	12	£60.00	£85.80
Saturday 6+yrs	1.00pm-2.00pm	12	£60.00	£85.80

Gymnastics - Advanced

DAY	TIME	WKS	MEM	NON MEM
Wednesday	6.00pm-7.30pm	12	£76.20	£102.00
Friday	6.00pm-7.30pm	12	£76.20	£102.00
Saturday	9.00am-10.30am	12	£76.20	£102.00

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
Monday	10.30am-11.15am		£4.35	
Tuesday	9.30am-10.15am		£4.35	
Tuesday	10.15am-11.00am		£4.35	
Thursday	10.30am-11.15am		£4.35	

Junior Sports Courses

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
Monday	11.15am-12.00pm		£4.35	
Tuesday	11.00am-11.45am		£4.35	
Thursday	11.15am-12.00pm		£4.35	

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
Monday 3-4yrs	1.15pm-2.00pm	12	£51.15	
Monday 3-4yrs	2.00pm-2.45pm	12	£51.15	
Wednesday 3-4yrs	1.15pm-2.00pm	12	£51.15	
Friday 3-4yrs	10.30am-11.15am	12	£51.15	
Friday 3-4yrs	11.15am-12.00pm	12	£51.15	

Fun Sessions - 6mths-4yrs

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

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

Junior Sports Courses

Gymnastics/Trampolining

Maximum of 1 child to 1 adult.

DAY	TIME	WKS	MEM	NON MEM
Monday 3-5yrs	9.30am-10.30am	12	£60.00	£85.80
Saturday 4-6yrs	9.00am-10.00am	12	£60.00	£85.80
Saturday 7+yrs	10.00am-11.00am	12	£60.00	£85.80

Squash

DAY	TIME	WKS	MEM	NON MEM
Sat 12-16yrs Teens	11.00am-12.00pm	12	£60.00	£85.80

Trampolining

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

DAY	TIME	WKS	MEM	NON MEM
Monday 5+yrs 9 in class	4.00pm-5.00pm	12	£73.80	£99.60
Monday 7+yrs 9 in class	5.00pm-6.00pm	12	£73.80	£99.60
Tuesday 5+yrs 9 in class	4.00pm-5.00pm	12	£73.80	£99.60
Tuesday 7+yrs 9 in class	5.00pm-6.00pm	12	£73.80	£99.60
Wed 5+yrs 9 in class	4.00pm-5.00pm	12	£73.80	£99.60
Wed 7+yrs 9 in class	5.00pm-6.00pm	12	£73.80	£99.60
Thurs 3-5yrs (Toddlers)	9.45am-10.30am	12	£69.75	£69.75
Thurs 7+yrs 9 in class	5.00pm-6.00pm	12	£73.80	£99.60

Junior Sports Courses

These classes are by referral from the senior coach only.

Team Gym - Progression Pathway

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

DAY	TIME	WKS	MEM	NON MEM
Monday	4.00pm-6.00pm	12	£91.20	£117.00
Thursday	4.00pm-6.00pm	12	£91.20	£117.00
Saturday	11.00am-1.00pm	12	£91.20	£117.00

Team Gym - Development

DAY	TIME	WKS	MEM	NON MEM
Monday	4.00pm-6.00pm	12	£91.20	£117.00
Thursday	4.00pm-6.00pm	12	£91.20	£117.00
Saturday	11.00am-1.00pm	12	£91.20	£117.00

Team Gym - Primary

DAY	TIME	WKS	MEM	NON MEM
Monday	4.00pm-6.00pm	12	£91.20	£117.00
Thursday	4.00pm-6.00pm	12	£91.20	£117.00
Saturday	9.00am-11.00am	12	£91.20	£117.00

Youth Team Gym

DAY	TIME	WKS	MEM	NON MEM
Tuesday	4.00pm-6.00pm	12	£91.20	£117.00
Wednesday	4.00pm-6.00pm	12	£91.20	£117.00
Friday	4.00pm-6.00pm	12	£91.20	£117.00

Junior Sports Courses

These classes are by referral from the senior coach only.

Junior Team Gym

DAY	TIME	WKS	MEM	NON MEM
Tuesday	6.00pm-8.00pm	12	£91.20	£117.00
Wednesday	6.00pm-8.00pm	12	£91.20	£117.00
Friday	6.00pm-8.00pm	12	£91.20	£117.00

Senior Team Gym

DAY	TIME	WKS	MEM	NON MEM
Tuesday	8.00pm-10.00pm	12	£91.20	£117.00
Wednesday	8.00pm-10.00pm	12	£91.20	£117.00
Friday	8.00pm-10.00pm	12	£91.20	£117.00

Cheerleading - Youth

DAY	TIME	WKS	MEM	NON MEM
Thursday	4.00pm-6.00pm	12	£91.20	£117.00
Saturday	8.30am-10.30am	12	£91.20	£117.00

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
Wednesday*	4.00pm-6.00pm	12	£91.20	£117.00
Friday*	4.00pm-6.00pm	12	£91.20	£117.00
Saturday 8-12+yrs	2.00pm-3.30pm		£5.80	£7.95
Saturday 12+yrs	3.30pm-5.00pm		£5.80	£7.95



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- Free online training, activity planner and Ask an Expert fitness support
- Access to online booking and payment for activities
- Free e-guest passes for your friends and family
- Unlimited use of the Everyone Active app
- Free online gym induction
- Special discounts and offers from our selected partners

** From the start date of your membership.*

**SIGN UP ONLINE AT WWW.EVERYONEACTIVE.COM
OR ALTERNATIVELY, SPEAK TO A MEMBER OF THE TEAM**



EVERYONE

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LEARN A
LIFE SKILL**

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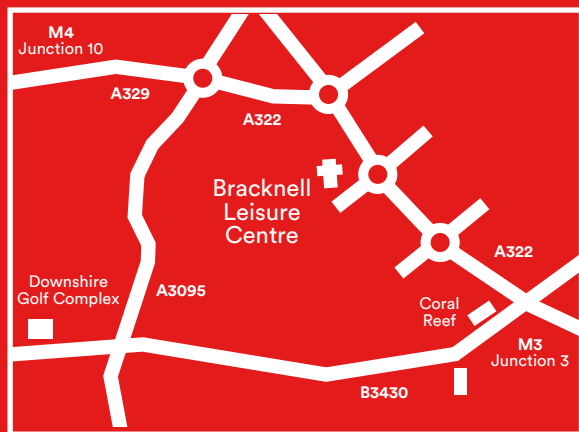
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A copy of this document
is also available as a plain
Microsoft Word document:

How to find us:



Bracknell Leisure Centre
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