

# Birthday Parties

For 3-10year olds

Let us take all the stresses and strains out of your child's birthday parties and let you and your child enjoy the day!

Birthday Parties Cost: £73.00

**Multisports**

**Bounce-a-bout**

**Disco\***

**Bounce N Climb (£86)**

**Exhaustion**

**Football**



\*Disco party costs £40 to hire out bar area.

Please note: there will be an additional cost for DJ.

**NEW: Go Karting parties (additional cost for this party)**

Available on Fridays and Weekends - Call 01530 274061 for more info

# After School Activities

Monday	4.30-5.30pm	Junior Gym	11-14yrs	£24 <small>8 week course please book</small>
	4:15-5:15pm	Drama Academy	Under 8's	£5.00 each
	5:30-6:30pm	Drama Academy	Over 8's	£5.00 each
	7:30-8:30pm	KickBoxing	6+ yrs	£4 per session
Tuesday	5:00-6:00pm	Gymnastics Club with Clubs Complete	4-12 yrs	Pay Instructor
Wednesday	5:30-6:30pm	Junior Circuits	11-16 yrs	£2.50 each
	6:30-7:30pm	Kickboxing	6+ yrs	£4 per session
	7:30-8:30pm	Measham Karate Club	6+ yrs	Pay instructor
Friday	4.30-5.30pm	Junior Gym	11-14yrs	£24 for 8 weeks
	5:30-6:30pm	Junior Gym	11-14yrs	£24 for 8 weeks
	6:30-7:30pm	Badminton coaching	5-14 yrs	£3.00
Saturday	9-10am	Tiskali Karate Club	5 yrs +	Pay instructor

# Measham Leisure Centre

**Opening Times:**

*Monday to Friday*

*9.00am-10.30pm*

*Saturday to Sunday*

*9.00am-5.30pm*

**Junior Rates:**

*Monday to Friday*

*9.00am-10.30pm*

*Saturday to Sunday*

*9.00am-5.30pm*

# Crèche

12 week olds – Pre School

**Opening Times**

*Monday 9.30am-11.30am*

*Tuesday 9.30am-11.30am*

*Wednesday 9.30am-11.30am*

*Thursday 9.15am-11.30am*

*Friday 9.30am-11.30am*

**Costs**

*1<sup>st</sup> Child per hour £3.50*

*Additional child per hour £2.40*



# 3G Pitch & Sports Hall

**New! 3G Football Pitch!**

**Sports Hall**

Now Open! State of the art outdoor football pitch.

Weekend price £16 per hour!

-Prices (adult/junior per hour):  
whole pitch weekday- £36/£27.

-Two courts suitable for badminton, basketball, table tennis, short tennis, Hockey and Cricket.

-Prices (adult/junior per hour per court): all sports - £8.40/£4.25

# Fitness Classes

Day	Time	Description	Price	Leisure Link Price
Monday	9.30-10.30am	Body Conditioning	£5.85	£4.60
	10.30-11.30am	Pilates	£5.85	£4.60
	5:45-6:30pm	Body Combat	£5.85	£4.60
	6.30-7.30pm	Yoga Strength	£5.85	£4.60
Tuesday	7.30-8.30pm	Kettlebells	£5.85	£4.60
	9.30-10.30am	P90X	£5.85	£4.60
	10:30-11:30am	Abs on the Ball	£5.85	£4.60
	11:30-12:30pm	Seated Aerobics	£2.80	£2.80
Wednesday	5:30-6:30pm	Yoga Relax	£5.85	£4.60
	6:30-7:30pm	Zumba	£5.85	£4.60
	9:30-10:30am	Fitness Pump	£5.85	£4.60
	10:30-11:30am	Body Balance	£5.85	£4.60
Thursday	1:00-2:00pm	Bums N Tums (starts 02/01)	£5.85	£4.60
	6:30 – 7:30pm	Body Combat	£5.85	£4.60
	9:15-9:45am	Metafit	£5.85	£4.60
	9:45-10:45am	Piyo	£5.85	£4.60
Friday	10:45-11.30am	Yoga Strength	£5.85	£4.60
	11:30-12:30pm	50+ Forever Fit (starts 3 <sup>rd</sup> Jan)	£2.80	£2.80
	6:30-7:30pm	P90X	£5.85	£4.60
Saturday	9.30-10.30am	P90X	£5.85	£4.60
	10.30-11.30am	Pilates	£5.85	£4.60
	10-11am	Dance Fusion	£5.85	£4.60

# Memberships

Unlimited access to the gym and all fitness classes for £25 per month\* (*minimum six month contract*)

**NEW: SWIMMING BOLT ON – Add this to your existing or new Measham membership for £5 extra per month and have access to the swimming pools at Hood Park and Hermitage**

Corporate or student memberships available for £19.99 per month\* (*student membership is a one month rolling contract*)

\*Access only to gym and fitness classes at Measham Leisure Centre

## Gym opening times

Monday - Friday      9am - 10pm  
Weekends              9am - 5pm

## Prices

	Adult (16+)	Junior (14-15)	Leisure Link
Induction	£10.00	£4.00	£7.50
1 hour session	£5.70	£4.20	£5.10

Inductions are all made through the Gym Instructor. Just leave your name and number with Receptionist and a gym instructor will call you to arrange.

**Gym Programmes & Personal Training:** An advanced personal trainer will spend one hour in the gym with you showing you various exercises and designing a programme for you to help you reach your fitness goals (booking essential, please see reception)

Measham Leisure Centre Tel No – 01530 274061

