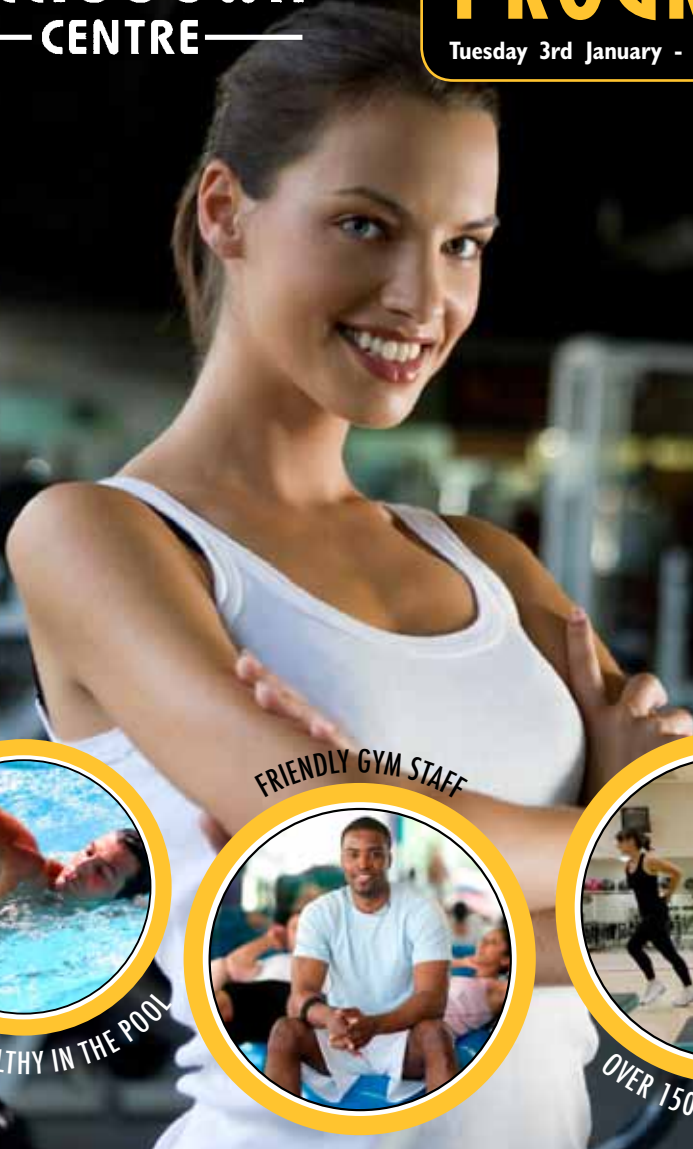




ADULTS PROGRAMME

Tuesday 3rd January - Sunday 1st April 2012



FRIENDLY GYM STAFF



KEEP FIT & HEALTHY IN THE POOL



OVER 150 CLASSES EVERY WEEK



01202 417600

www.littledowncentre.co.uk

 **BHLive**

www.bhlive.co.uk

Welcome

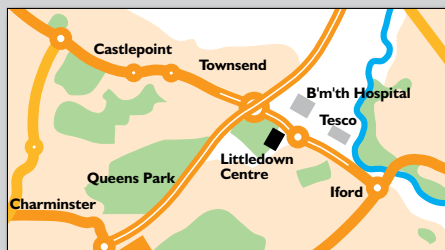
- 3 The Terrace Café & Bar
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Opening Times

Monday to Friday	6.30am – 10.00pm
Saturday	7.30am – 7.00pm
Sunday	7.30am – 8.30pm
Bank Holidays	8.00am – 6.00pm
Bank Holiday Saturdays & Sundays	8.00am – 6.00pm

**Littledown Centre, Chaseside,
Bournemouth, Dorset BH7 7DX
01202 417600**

**e: littledowncentre@bhlive.co.uk
www.littledowncentre.co.uk**



The Centre is situated north east of Bournemouth town centre close to the junction of Wessex Way A338 and Castle Lane (A3060). Yellow Buses service to Littledown: 2a, 2b, 2c, 3, 4b, 21 & 39. Yellow Buses Information Hotline 01202 636060 or www.bybus.co.uk

Booking activities

Members may book 14 days in advance, payment required at the time of booking for activities not covered by membership. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

Cancellations

For activities included in membership, members are required to give a minimum of 30 minutes notice to cancel a class in order not to incur full payment.

This can be done:

- **By telephoning 01202 417600**
- In person at Customer Service
- Email using the members only online class cancellation form, accessible from the front page of our website: www.littledowncentre.co.uk
- **Text us on 07537 404682** with your full name, membership number, date, time and name of the class you are cancelling.

Non Members may book 7 days in advance, payment required at the time of booking. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

Booking Card

To make any activity bookings, you need a **FREE Booking Card**, available from Customer Service.

This will enable you to pre book the following:

- **Exercise Classes** (Classes paid for within 60 minutes of the start time are not considered to be pre booked)
 - Spinning ● Swimming Lessons
 - Courses - Littledown Juniors, Trampoline etc
 - Main Hall Courts - Badminton, 5-a-side etc.
 - Artificial Pitches ● Crèche
- (NOT required for Membership customers and customers who currently have a Littledown Card)

Large text copies of this brochure are available within 5 days on request from customer service.



"Continually striving to improve the quality of your leisure experience"

Good

All major Debit/Credit Cards accepted, minimum spend £4



All information correct at time of going to press. We reserve the right to amend the programme as necessary without notice.

relax-chill out

Meet with friends and wind down after your workout

The Terrace café • bar

The Terrace Café – an ideal place to relax, meet with friends. Treat yourself to one of our speciality coffees, an Italian panini or a naughty danish pastry.



The Terrace Bar – wind down after your workout. Enjoy a thirst quenching pint of lager or a refreshing chilled glass of wine while watching the major sporting events on our TV screens. Or simply sit back on our comfy sofas and enjoy the music.



OUTDOOR EATING

'Strollers' situated by the artificial pitches, is open for Littledown Juniors footballers and supporters, serving hot and cold drinks and snacks. Discover the wide range of activities available in the park - a play area with paddling pool, natural lake with wild fowl, trim trail, orienteering course and the miniature railway.

Explore Littledown Park - a great family activity.



FREE PARTY VENUE*



Celebrate your Special Occasion in the Bar.

Delicious buffet food, bar, dance floor and a fantastic atmosphere.

Up to 150 people can celebrate with you. Available Saturday and Sunday Evenings.

Call 01202 436818 or email: functionbooking.enquiry@bhlive.co.uk for details.

*Terms and conditions apply. Free Venue hire when purchasing buffet food (minimum 60 people)



OPENING HOURS

The Terrace Café

Mon – Fri	8.00am – 9.00pm
Sat	8.00am – 7.00pm
Sun	9.00am – 7.00pm
Bank Holidays	9.00am – 5.00pm

Speciality Café

Mon – Fri	8.30am 7.00pm
Sat	8.30am 6.00pm
Sun	9.00am 6.00pm
Bank Holidays	9.00am 4.00pm

The Terrace Café Bar

Mon – Fri	Opens at 9.00am
Sat	Opens at 11.00am
Sun	Opens at 12 noon

The Terrace Bar

Mon – Fri	11.00am – 10.00pm
Sat	11.00am – 7.00pm
Sun	12 noon – 8.30pm
Bank Holidays	11.00am – 4.00pm

Special Promotions

- 2 Meals for £7.50 from selected menu available in the café and bar
- Buy 2 large glasses of house wine and get the rest of the bottle FREE
- Draft Beer £2.00 per pint, Fridays 5.00 - 7.00pm
- Watch out for other great promotions



THE POOL

Wet & Wacky Family Fun Sessions in the Pool

Saturday & Sunday 4.00 - 6.00pm

Have fun in the pool with inflatable swimming pool toys, giant play mats and lots of other fun equipment. Also ride the two giant waterslides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Under Fives **FREE** Juniors **£3.65** Adults **£4.65** Family **£15.00** max 2 adults/max 3 children (5-15 yrs.)

Normal pool rules and regulations apply. **No lane swimming available during these sessions***



Weekly Activities

As well as general swimming we offer the following activities through the week:

Adults Only Early Morning Swim

Mon to Fri 7.00 – 9.00am

(on occasions Bournemouth Swimming Academy, children's swimming lessons will take place between 7.30 – 9.00am).

Late Evening Swim (14+ Years)

Mon to Fri 9.00 – 10.00pm

Lane Swimming

2 or 3 dedicated lanes for keen swimmers are available at most times with some reductions, particularly, weekdays (3.45 – 7.45pm) and weekends (9.00 – 10.30am) due to swimming lessons and the swimming club.

Pools & Waterslides Saturday & Sunday 4-6pm open for Family Fun Session only (closed for general swimming from 3.30pm)*



Pool Prices (per hour)

Under Fives	FREE
Junior	£3.10
60+ Swim	£3.40
Adult Swim	£4.10
Family Swim*	£11.30
Swim as 2nd Activity	£3.40
Water Slides	FREE

*maximum 2 adults / maximum 3 children 5 – 15 years.

Whatever your swimming ability, age or fitness level, swimming is one of the best all-round forms of exercise and great fun too!

The swimming pools and waterslides will be closed on Saturday 18th, Sunday 19th, Saturday 25th & Sunday 26th February due to Swimming Galas

Forgotten something?

Essential swimwear, goggles etc available in the shop.

Main Pool Opening Times

Monday – Friday	7.00am – 10.00pm
(Adults only)	7.00am – 9.00am
(14+ Years)	9.00pm – 10.00pm
Saturday*	9.00am – 6.00pm
Sunday*	9.00am – 6.00pm
Bank Holidays	9.00am – 6.00pm
Bank Holiday Saturday & Sundays*	9.00am – 6.00pm

*Pools & Waterslides Saturday & Sunday 4-6pm open for Family Fun Session only (closed for general swimming from 3.30pm)

Teaching Pool & Waterslides please see kids brochure.
Last entry to Pool & Spa 9.15pm weekdays, 5.30pm weekends and Bank holidays.



SWIMMING LESSONS

Swimming - a gift for life!

Want to learn a new skill?
Improve your fitness and flexibility?
Learn to swim and achieve all these and more!

Swimming courses

Non-Swimmer – Develops water confidence and introduces basic stroke and skill practices.

Beginner – For swimmers able to swim 5m on front and back without aids. Increases water confidence and develops basic stroke improvement and technique.

Improver – For swimmers able to swim 1 length (25m) on back and front, improves stroke technique and water confidence.

Stroke Technique – Improve or refresh your stroke technique. For swimmers able to swim 2 lengths (50m) on back and front, develops efficient swimming skills.

Power Swim – For swimmers able to swim 100m in 3 strokes. Focuses on stamina, technique and stroke improvement.

Swim Fit Open Session – Sundays 8.00–9.00am (able to swim 100 metres) 4 lengths back and front)

A pay as you go session (Members free) –

Fitness through swimming – working on length swimming, stamina and stroke improvement tips.

Booking Details

Not sure which course to join?

Contact **01202 436800** for more details

Price List

12 week term (30 mins)

£59.40

12 week term (40 mins)

£73.20

No lessons during Half Term, Monday 13th – Sunday 19th February

Tuesday 3rd Jan - 27th Mar (12 Weeks) No lessons 14th Feb - Half Term

Improver	10.40 – 11.20am (MP)	Anissa S
Beginner	11.20 – 12.00pm	Anissa S
Beginner	7.45 – 8.25pm	Jeanette F
Stroke Technique	7.45 – 8.25pm	Alison G
Improver	8.25 – 9.05pm	Jeanette F
Beginner	8.25 – 9.05pm (MP)	Alison G
Non-Swimmer	9.05 – 9.45pm (SP)	Alison G

Wednesday 4th Jan - 28th Mar (12 Weeks) No lessons 15th Feb - Half Term

Improver	11.50 – 12.30pm	Ann M
Stroke Technique	12.30 – 1.10pm	Ann M

Thursday 5th Jan - 29th Mar (12 Weeks) No lessons 16th Feb - Half Term

Improver	11.45am – 12.25pm	Jo S
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Friday 6th Jan - 30th Mar (12 Weeks) No lessons 17th Feb - Half Term

Beginner	11.40am – 12.20pm	Sally St C
Power Swim	12.20pm – 1.00pm	Sally St C
Non-Swimmer	1.30pm – 2.10pm	Sally St C

Saturday 7th Jan - 31st Mar (12 Weeks) No lessons 18th Feb - Half Term

Beginner	8.00 – 8.30am	Liz G
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Course cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Refunds – will only be considered on production of a valid Doctors certificate.



Private Swimming Lessons

Learn to swim or improve your swimming strokes and water skills whatever your ability.

One pupil to one teacher
30 mins **£18.25**

Two pupils to one teacher
30 mins **£26.75**

Book and pay for a block of 5 private lessons in advance and you will receive the 6th lesson FREE.

Please contact Bobby Storrie - Swimming Administration on 01202 436800 for more details.

The Gym - one of the largest a

In the gym, you'll find our friendly, experienced health and fitness team ready to help you achieve your fitness goals. Whether you are a complete novice or an experienced gym user, they will tailor your personal exercise programme to your needs and experience.



Resistance Machines

A combination of equipment to help you tone and strengthen your muscles.



Free Weights Area

Featuring:
**Barbells, Dumbbells,
Bench Press
Squat Rack**

All of which will help you tone and strengthen your muscles.



Cardiovascular Equipment

**Arc Trainers
Cross Trainers
Treadmills
Cycles
Rowers**

Step Machines
All guaranteed to get your pulse racing and giving you a great cardio workout.



Stretch Area

The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, Medicine Balls and Stretch Station**



and best equipped in the area!

To use the gym please choose the induction that suits your needs:

Gym Induction (1 hour)

Following a short health screening, one of our friendly and professional fitness instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout.

So whether you are a complete beginner or experienced gym user, book in for an Induction to ensure you are making the most effective use of each and every workout.

Fast Track Gym Induction (15 minutes)

For experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym (subject to the satisfactory completion of a health questionnaire and blood pressure and resting heart rate being within normal range)

Programme Reviews

Available, free of charge, at any time if you require assistance, fancy a change to your routine or want to learn some new exercises to ensure you meet and exceed your goals.

Gym Opening Times

Monday – Friday	6.30am – 10.00pm
Saturday & Sunday	8.00am – 6.30pm
Bank Holidays	8.00am – 6.00pm
Bank Holiday Sat & Sun	8.00am – 6.00pm

Last entry to gym 9pm weekdays and 30 minutes before closing time at weekends and Bank Holidays.

Price List (per 1 ½ hrs)

Adults	£6.00
Juniors	£3.60
Students	
Mon-Fri 6.30am-5.00pm & Weekends	£3.60
Mon-Fri 5.00pm onwards	£6.00
Exercise Referral	£3.60

(Available during concessionary period only)

Gym Induction

Adults	£6.00
Juniors	£3.60
Students Mon-Fri 6.30am-5.00pm & weekends	£3.60
Students Mon-Fri 5.00pm onwards	£6.00

New Year, New You!

**Boost your fitness with
a Personal Trainer**

One hour £27.50

**Special Offer
6 sessions for the
price of 5!**

Ask at Customer Service for details





Welcome to our **Class Timetable of group exercise classes** all taught by **qualified and experienced instructors. Designed for people of all ages, abilities and interests, there is something for everyone. Why not try a class today!**

Price List

Classes	£5.25
BodyBalance	£5.50
BodyCombat	£5.50
BodyPump	£5.50
14 & 15 year olds	£4.20
Yoga (90mins)	£7.90
Just Abs (25mins)	£4.20
Aqua Fit/Aqua Natal	£5.25
Aqua Fit (45 mins)	£4.85
Hydro Active	£4.60
Gateway Classes (see page 12)	£4.60
Wellness Morning	£6.50
Swim Fit	£5.25
Spinning (30 mins)	£4.20
Spinning (45 mins)	£4.85
Spinning (60 mins)	£5.25

Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for BodyPump)
- Please allow adequate time to obtain your ticket
- No entry to classes 5 minutes after they have started.
- No entry to Spinning classes once they have started.
- Please ensure appropriate footwear is worn in all classes.
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than four customers attend
- Please bring water and a sweat towel
- Please do not bring bags into studios

A reduced Class Timetable operates on Bank Holidays. For details and also of instructor holiday or sickness cover, please contact Customer Service on 01202 417600

UNDER 5's CRECHE

Mon-Fri 9am - 12.10pm



Calorie Burning Classes. Energetic workouts to maximise calorie expenditure and burn fat.

Aerotone – A combination of calorie burning and body conditioning exercise to get the maximum benefits of burning fat and toning up.

BodyCombat – A highly motivating, non-contact Martial Arts based fitness programme with moves taken from Karate, Tae Kwan Do, Kick Boxing, Kung Fu and Muay Thai. No previous experience needed!

Running Group – Structured and professionally led sessions for improvers wishing to take their running to a higher level. Varied training sessions to improve speed, endurance and running style. Running shoes must be worn. Meet by the Terrace Room.

Spinning – A high energy workout for all age groups suitable for men and women. Stationary cycling includes hill and speed work. Please bring water and a towel with you as you will be burning lots of calories... up to 500 in 30 minutes! Booking advised due to limited places.

Spinning (Endurance) – Are you up for the challenge? 55 minutes of structured high energy interval training for optimum fatburning and peak physical fitness. Burn up to 1000 – 1500 calories!!

Wellness Mornings

Mon. & Wed. 8.00am – 12.45pm
Fri. 8.30am – 12 noon

Ideal for the 50+, anyone new to exercise, or Exercise Referral patients.

A variety of activities for you to try: Exercise classes, gym (induction required), swimming, badminton, table tennis. Classes that are part of the Wellness Mornings are depicted with a ▲ after their name on the class timetable.

Classes are not bookable in advance to non- members.
Spa available at a surcharge.

Muscle Toning & Endurance Classes. An intense muscle workout focusing on toning, muscle definition, strength & endurance.

Athletic Conditioning – Get ready for the 2012 Olympics with this challenging high impact, high intensity workout. Cardio, strength and power intervals and drills will unleash the inner athlete in you! No co-ordination required, just a winning attitude!! (not recommended for inexperienced exercisers)

BodyPump – A resistance class using bars and weights to achieve muscular strength and definition. Simply resistance with rhythm!

Just Abs – Hard core! 25 minutes of core stability work – strengthening the abdominals and lower back.

Legs, Bums & Tums – Specific exercises to target those hard to reach stubborn areas.

Maximal Pump – A gym workout in the studio. A resistance class using dumbbells and barbells in a group exercise format for added motivation!

Step – Cardio & Toning workout using a raised platform to maximise legs and bottom toning.

All Over Body Workout Classes A great combination of calorie burning, muscle toning, strength and stamina.

Body Conditioning – Low impact exercises using your own body weight, rubber tubing or hand-weights – or a mixture of all three! Great for those bingo wings! Finishing with an abs blaster!

Circuits – Power stations! Move station to station performing a variety of cardio and upper and lower body resistance exercises.

Starter Circuits
Work at your own pace and level, particularly if you are new to exercise or returning to exercise. The large range of exercises target and challenge the entire body.

20/20/20 – A full body workout incorporating Step, Legs, Bums and Tums and Body Conditioning all in one class.

Get active

A range of classes which let you work at your own pace

Enliven & Relax Classes.

Mind & body workout focusing on core stability, balance & flexibility.

Back Care Pilates – A class for those currently with back pain and those who want to avoid it! The class focuses on mobilising the back and stabilising the spine by strengthening deep postural muscles to help restore normal natural function using modern Pilates exercises. It can help reduce pain and prevent further episodes of back pain.

BodyBalance – A dynamic class based on the principles of Yoga, Pilates, and Tai Chi. A class to invigorate and tone your body yet leave you renewed and relaxed.

Functional Pilates – A class combining modern Pilates and functional Core Training to improve strength, flexibility and stability.

Pilates – A mind and body class, concentrating on core strength and stability, longer leaner muscles, balance and co-ordination to improve all levels of fitness.

Hatha Yoga – Balance mind and body through physical postures, controlled breathing, relaxation and meditation.

Ashtanga Yoga – Breath dictates the movement and the length of time held in a series of six specific postures, always done in the same order, combined with specific breathing patterns. Can build muscle and help to develop core stability.

Specialist Classes.

Themed classes focusing on current fitness industry trends.

Zumba – 'Ditch the workout! Join the Party'™ Inspired by traditional cumbia, salsa, sambo and merengue pulsating Latin rhythms with red hot dance steps. Zumba™ = 'to move fast and have fun'

Introductory Low Impact Classes.

Ideal for those needing to start at a lower level.

Active Backs – A beginner to medium level class for good back health and all-round fitness.

Functional Fitness – A beginner to medium level non-competitive circuit class that allows you to exercise at a safe and enjoyable pace to improve core stability, stamina, strength and flexibility.

Health Circuits – A circuit class that is ideal to help people effectively manage longer-term medical conditions (including Heart Disease, Diabetes and COPD).

Mobilise – This gentle chair based class allows you to work at very low levels to safely improve your all-round strength, mobility and balance.

Well Fit – A beginner to medium level class that incorporates freestanding exercises using your own body weight and stretch bands to develop strength, stamina and suppleness.

Water Workout Classes.

Exercise in the water to maximise fun and intensity.

Aqua Circuits – Build endurance and increase muscular strength through a range of water based activities using aqua dumbbells and woogles.

Aqua Energy – For those who want a more energetic water workout. A mixture of low-impact aerobic exercise, strength and toning work for maximum calorie burning in the water.

Aqua Fit – Uses the resistance of water for maximum fitness improvements. Booking advised due to limited places.

Aqua Natal – A class specifically for pregnant women using the resistance of water and equipment. Safe, interactive and fun.

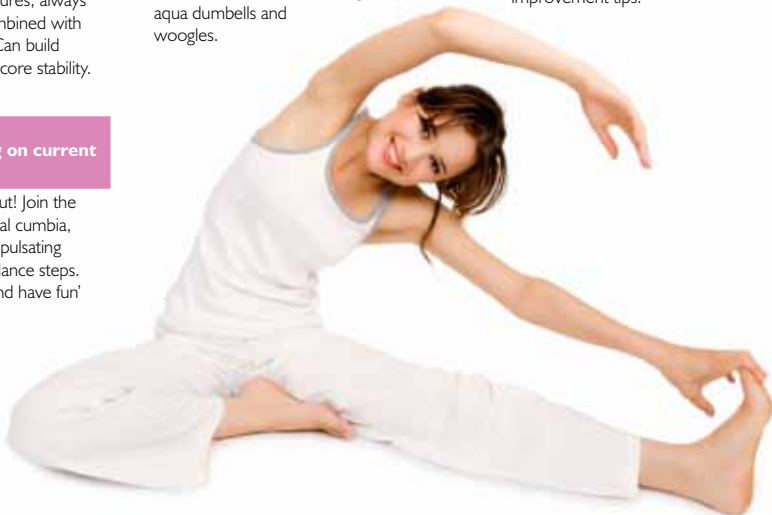
Deep Water Aqua – Taught in the deep end of the pool using buoyancy belts. Great fun! Booking advised due to limited places.

Hydro Active level 1 – A gentle aqua class that places special emphasis on safely improving all-round mobility for those needing to start at a lower level.

Hydro Active level 2 – Aqua class designed to improve your strength, stamina and all round mobility. Ideal for those living with health concerns including joint or back problems.

Swim Fit Open Session –

Fitness through swimming, working on length swimming, stamina and stroke improvement tips.



Class Timetable.....pay-as-you-go

Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can workout at your own pace.

If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor.

remember

Calorie Burning Classes

Muscle Toning & Endurance Classes

All Over Body Workout Classes

Re-Energise & Relax Classes

Specialist Classes

Water Workout Classes

Introductory Low Impact Classes

class locations

MH main hall
S1 studio 1
S2 studio 2
SS spin studio
MP main pool
SP splash pool
TR terrace room

key

▲ This class is part of Wellness Morning

Term time only

Monday	Tuesday	Wednesday
Hydro Active Level 2 7.45–8.25am Ann SP	Body Conditioning 7.15–8.00am Cat S1	Spinning 7.30–8.00am Adrian SS
Hydro Active Level 2 8.30–9.10am Ann SP	Aqua Circuits 7.45–8.25am Brigitte SP	Aqua Energy 7.45–8.25am Brigitte SP
Hydro Active Level 2 9.15–9.55am Naomi SP	Hydro Active Level 2 8.30–9.10am Brigitte SP	Hydro Active Level 2 8.30–9.10am Brigitte SP
Aerotone ▲ 9.15–10.00am Laura MH	Hydro Active Level 2 9.15–9.55am Cathy SP	Hydro Active Level 2 9.15–9.55am Angie SP
Legs, Bums & Tums 9.15–10.10am Claire S1	Legs, Bums & Tums 9.15–10.10am Georgina S1	Zumba ▲ 9.15–10.00am Georgina MH
NEW Spinning 9.30–10.00am Will SS	Spinning 9.30–10.00am Nicky SS	Spinning 9.15–9.45am Tony SS
NEW Spinning 10.05–10.35am Will SS	Hydro Active Level 1 10.00–10.40am Cathy SP	Body Conditioning 9.30–10.25am Nicky S1
Body Conditioning 10.15–11.10am Claire S1	Running Group 9.30–10.30am Heather TR	Spinning 9.50–10.20am Tony SS
Pilates ▲ 10.35–11.30am Paula TR	Spinning 10.05–10.35am Nicky SS	Pilates ▲ 10.00–10.55am Yolanda TR
	BodyCombat 10.15–11.10am Jo L S1	BodyPump 10.30–11.25am Tony S1
Maximal Pump 11.15–12.10pm Adrian S1	Deep Water Aqua# 10.45–11.40am Linda MP	Deep Water Aqua 10.45–11.40am Georgina MP
Hydro Active Level 2 11.45–12.25pm Angie SP#	BodyBalance 11.15am–12.10pm Jo L S1	Aqua Fit 10.45–11.30am Angela SP
Health Circuits 12.15–1.10pm Brigitte S2	BodyPump 1.00–1.55pm Tony S1	
	Health Circuits 1.00–1.55pm Irena S2	
Zumba 1.00–1.55pm Georgina S1	Functional Fitness 2.00–2.55pm Zoe S1	Well Fit ▲ 12.00–12.55pm Irena S1
Spinning 1.00–1.30pm Will SS	Just Abs 5.30–5.55pm Cat S2	Spinning 1.00–1.30pm Simon SS
	Legs, Bums & Tums 5.30–6.25pm Sarah S1	
	Spinning 5.30–6.00pm Lucy SS	
	Circuits 6.00–6.55pm Adrian MH	Spinning 5.30–6.00pm Jen SS
Legs, Bums & Tums 5.30–6.25pm Alison S1	BodyBalance 6.00–6.55pm Cat TR	20/20/20 5.45–6.40pm Sarah S1
Spinning 5.45–6.30pm Cat SS	Step 6.00–6.55pm Alison S2	NEW Athletic Conditioning 6.00–6.55pm Tony MH
BodyPump 6.30–7.25pm Tony S1	Spinning 6.05–6.35pm Lucy SS	Spinning 6.05–6.50pm Jen SS
Spinning 6.35–7.05pm Nicky SS	BodyPump 6.30–7.25pm Laura S1	BodyPump 6.45–7.40pm Chris S1
Zumba 7.00–7.55pm Tanya MH	Spinning 6.45–7.30pm Amy W SS	
Spinning 7.10–7.40pm Nicky SS	BodyCombat 7.00–7.55pm Tony MH	Zumba 7.00–7.55pm Amy D MH
BodyBalance 7.30–8.25pm Hannah S1	Zumba 7.00–7.55pm Cat S2	Spinning 7.05–7.35pm Tony SS
Spinning 7.45–8.15pm Tony SS	Back Care Pilates 7.00–7.55pm Chris TR	Zumba 7.45–8.40pm Kateneh S1
Circuits 8.00–8.55pm Adrian MH	Legs, Bums & Tums 7.30–8.25pm Louise S1	Spinning 7.45–8.15pm Michelle SS
Aqua Energy 8.00–8.55pm Clive SP	Spinning 7.35–8.05pm Amy W SS	Circuits 8.00–8.55pm Tony MH
Ashtanga Yoga 8.15–9.10pm Zoe TR	Starter Circuits 8.00–8.55pm Paula MH	Aqua Energy 8.00–8.55pm Lucy SP
Spinning 8.20–8.50pm Tony SS	Hatha Yoga 8.30–9.25pm Mark S1	BodyBalance 8.05–9.00pm Becky S2
Functional Pilates 8.30–9.25pm Chris S1		NEW Hatha Yoga 8.30–10.00pm Kamini TR

u-go or membership options

Thursday	Friday	Saturday	Sunday
Body Conditioning 7.15–8.00am Cat S1	Spinning 7.30–8.00am Cat SS	Spinning 9.00–9.45am Rebecca/Nicky B SS	Swim Fit 8.00–8.55am Brigitte MP
Deep Water Aqua 7.30–8.25am Brigitte MP	Deep Water Aqua 8.00–8.55am Brigitte MP	BodyCombat 9.00–9.55am Tony S1	Spinning 9.00–9.30am Amy D/Tia SS
	Hydro Active Level 2 8.30–9.10am Cathy SP	Spinning 9.50–10.20am Rebecca/Nicky B SS	Zumba 9.00–9.55am Kelly S1
Hydro Active Level 2 8.30–9.10am Ann SP	Hydro Active Level 2 9.15–9.55am Cathy SP		Spinning 9.35–10.20am Amy D/Tia SS
Hydro Active Level 2 9.15–9.55am Brigitte SP	NEW Legs, Bums & Tums ▲ 9.15–10.10am Claire S1		Circuits 10.00–10.55am Paula S1
Zumba 9.15–10.10am Cat S1	Spinning 9.30–10.00am Laura SS	Spinning 10.30–11.00am Dan SS	Spinning 10.30–11.00am Adrian SS
Spinning 9.30–10.00am Georgina SS	Spinning 10.05–10.35am Laura SS	BodyPump 11.05–12.00pm Tony S1	Legs, Bums & Tums 11.00–11.55am Paula S1
Ashtanga Yoga 9.30–10.25am Zoe TR	Body Conditioning 10.15–11.10am Sarah S1	Spinning 11.05–11.35am Dan SS	Spinning 11.05–11.35am Adrian SS
Running Group 9.30–10.30am Heather TR		BodyPump 12.05–1.00pm Tony S1	
Hydro Active Level 1 10.00–10.40am Brigitte SP	Deep Water Aqua 10.45–11.40am Clive MP		
Spinning 10.05–10.35am Georgina SS	NEW Pilates 11.15–12.10pm Jo Y TR		
20/20/20 10.15–11.10am Kerry S1	Well Fit ▲ 11.15–12.10pm Zoe S1		
Aqua Natal # 10.45–11.40am Georgina SP	Hydro Active Level 2 11.45–12.25pm Angie SP#		
Pilates 11.15–12.10pm Cat S1	Health Circuits 12.15–1.10pm Brigitte S1		
Health Circuits 1.00–1.55pm Irena S2			
Spinning 1.00–1.30pm Jen SS	Spinning 1.00–1.30pm Tony SS		
	Mobilise 2.30–3.25pm Kerry S1		Hatha Yoga 5.00–6.30pm Kamini S1
Active Backs 4.00–4.55pm Laura S1			
Spinning 5.25–5.55pm Jen SS	BodyPump 5.30–6.25pm Nicky S1		
Just Abs 5.30–5.55pm Cat S1	Legs, Bums & Tums 5.30–6.25pm Paula S2		
Circuits 6.00–6.55pm Adrian MH	Spinning 6.00–6.30pm Taylor SS		
Zumba 6.00–6.55pm Cat S1	Spinning 6.35–7.05pm Nicky SS		
Body Conditioning 6.00–6.55pm Claire S2	Endurance Spinning 7.10–8.10pm Rebecca SS		
Spinning 6.15–7.00pm Becky W SS			
BodyCombat 7.00–7.55pm Claire MH			
BodyBalance 7.00–7.55pm Cat TR			
Legs, Bums & Tums 7.00–7.55pm Claire Crowley S2			
Spinning 7.05–7.35pm Becky W SS			
Spinning 7.45–8.15pm Tony SS			
Starter Circuits 8.00–8.55pm Kerry MH			
Spinning 8.20–8.50pm Tony SS			



Subscribe for the Littledown Centre e-newsletter
www.littledowncentre.co.uk

Let's get Moving G

Giving you a helping hand to live your life active

The 'Let's Get Moving Gateways' provide information and exercise options to people living with health conditions, including high blood pressure, diabetes, joint and back injuries and overweight issues.

What activities can I do?

Water based exercise can be great for those with restricted mobility and joint conditions due to the buoyancy of the water. Our splash pool is warmer than the main swimming pool.

We have a wide range of dry classes, suitable for all abilities and adaptable for any limitation. The support from the class instructor will improve your motivation and confidence.

Our gym is suitable for everyone and offers flexibility to your exercise needs. You will be given a personal programme to help you reach your goals.



There are also a wide variety of exercise classes available:

- Hydro Active
- Health Circuits
- Active Backs
- Functional Fitness
- Wellfit
- Mobilise



See page 9 for class descriptions and pages 10 & 11 for class timetable



ateways 01202 436880

ve and well



Why make the Change?

- Gain a more positive outlook
- Manage Stress and Anxiety
- Maintain a healthy weight
- Improve your current condition
- Increase your energy levels
- Lower your blood pressure or cholestrol

How to get started - To attend one of our 'Let's Get Moving Gateways' arrange to see your GP or health professional. They have 'invitations' to complete with you and introduce you to the 'Lets Get Moving Gateways' If you decide to join us you will be welcomed and



supported by a skilled, knowledgeable and experienced health, fitness and customer service team dedicated to improving your potential to live your life active and well.

For further information please contact the BH Live Health Referral Team: 01202 436880



12 Week Introductory Offer

For only £7.50 you will be entitled to:

- 12 weeks of discounted prices on the exercise classes listed on page 12, swimming and the gym
- You'll receive a 1-2-1 consultation to discuss your medical history and design an exercise plan. We will review your progress with you and support you through out your programme

Price List	12 week introduction	Standard Price
Exercise Classes <i>listed on page 12</i>	£2.80	£4.60
Gym	£3.60	£6.00
Swim	£2.50	£4.10
Swim 60+	£2.00	£3.40

Calling all Health Professionals

If you require more information about referring your clients to the 'Let's Get Moving Gateways' then please contact the Health Referral Team and we will be happy to explain more about the service and provide you with your patient invitations.

Tel: 01202 436880 Email:healthimprovement@bhlive.co.uk



Refresh, relax , revitalise in the Spa experience



A sanctuary for those who desire the ultimate relaxation.

Facilities include
4 sensational experiences:

2 Spa Baths

2 Steam Rooms

Sauna and Sanarium

Price
includes
a **FREE**
swim

Price £7.60 per hour.

Bookable on the hour,
includes a free swim.
(Minimum age 16 years)

Spa Opening Times

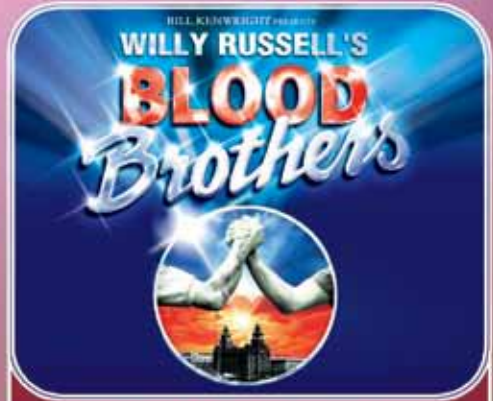
Monday – Friday	7.15am - 10.00pm
Saturday & Sunday	9.00am - 6.00pm
Bank Holidays	9.00am - 6.00pm
Bank Holiday Saturdays and Sundays	9.00am - 6.00pm

Last entry to Spa 9.15pm weekdays, 5.30pm weekends
and Bank Holidays.

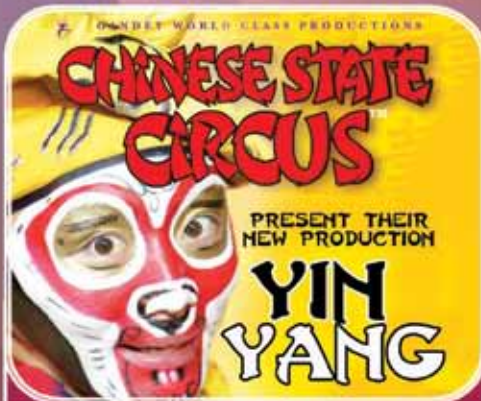




THE RAWK ICE RINK
BIC PURBECK HALL
OPEN UNTIL 19 FEBRUARY 2012



BLOOD BROTHERS
BOURNEMOUTH PAVILION THEATRE
TUESDAY 17 - SATURDAY 21 JANUARY 2012



CHINESE STATE CIRCUS
BOURNEMOUTH PAVILION THEATRE
FRIDAY 30 MARCH 2012 - SUNDAY 1 APRIL 2012



DANCING QUEEN
BOURNEMOUTH PAVILION THEATRE
THURSDAY 12 - SATURDAY 14 APRIL 2012

WWW.BIC.CO.UK | WWW.BHLIVETICKETS.CO.UK
BH LIVE TICKETS: 0844 576 3000*

*CHARGES APPLY

Football Focus

The Littledown Centre is ideal for a game of football with your mates, Company Tournaments, Charity and Sponsored Events.

We can help you organise an event to remember!

BLOCK BOOKINGS AVAILABLE

Great for regular training sessions for your weekend football team or get-togethers with your mates and work colleagues. For more information call 01202 436891 or email: footballblockbookings@bhlive.co.uk



Adult 6-a-side Leagues on Wednesday and Sunday evenings, contact Champion Soccer on 0113 253 5800 or check out www.championsoccer.co.uk

After your game, have a chat over a drink in the Café & Bar, whilst watching the top football matches and major sporting events on TV.



ARTIFICIAL FOOTBALL PITCHES

Six 'all weather' rubber granulate filled pitches with a synthetic playing surface that feels like grass, looks like grass and plays like grass! (Football boots are recommended – NO BLADES)
Book a pitch at Customer Service now!

Pay and Play

Artificial Pitches (Includes floodlights if required)
6-a-side football pitch (55 minute booking)

Weekdays	9.30am – 5.30pm	£30.00
Mon - Thur	5.30pm – 10.30pm	£50.00
Friday	5.30pm – 10.30pm	£30.00
Saturdays	9.30am – 7.30pm	£30.00
Sundays	9.30am – 8.30pm	£30.00

Half Main Hall

5-a-side football court
(55 minutes) £49.75

ARTIFICIAL PITCHES ALSO AVAILABLE AT:

Pelhams Park Leisure Centre 01202 437801
Sir David English Sports Centre 01202 437800



Teenage Kicks

14 - 18 year olds



Improve how your body looks and feels.
Boost your energy levels and meet up with your mates with our great range of classes and activities for teenagers aged 14 - 18 years.

Membership
£24^{.99}
per month*

Activities include:

- **Swimming**
- **Adult Gym**
- **Adult Classes**

see *Class Timetable* pages 10-11

'Pay-as-you-go'
also available



* Minimum 3 month contract.
Annual option also available.
Children must be in full time education
ie. School, 6th Form, College, etc.



Trampolining, Badminton & Table Tennis



Trampolining Courses

Saturday 7th Jan - 31st Mar (11 Weeks)
4.00 - 4.55pm Brigitte **£66.00**
No lessons 4th Feb - Event, 18th Feb - Half Term

Trampolining Open Session

Thursday 10.35 - 11.25am
Kim **£5.25**
(Members FREE, term time only,
4 participants required for
session to run)

'Pay and Play' Badminton

(55 mins) **£9.95**

Table Tennis

(55 mins) **£6.30**

Book at Customer Service



Clubs & Therapists

POOLE AIKIDO CLUB

'Iwama Aikido, the defensive Martial Art'

Adults (from age 18) Studio 2
Tuesdays 8.00pm to 9.30pm

Steph Turner 01202 389823

(24 Hr Answerphone)

www.takemusu-iwama-aikido.org

Beginners welcome, just turn up to have a look and a chat



HELEN TROKE BADMINTON ACADEMY

Adults Main Hall

Tuesdays 9.30am to 11.30am

Wednesdays 1.00pm to 2.00pm

Adult Breakfast Club Thur 7.15 to 8.15am

Helen Troke 07904 993 208

All standards welcomed, coached by Helen Troke, Level 2



TANG SHOU TAO 'SHAOLIN KUNG FU'

Adults (From age 14 Years)

Saturdays 11.00am to 12noon

Thursdays 8.00pm to 9.00pm

Studio 2

Graham 01202 428825



BOURNEMOUTH KARATE ACADEMY

'Traditional karate, including padwork, grappling and effective self defence'

ADULTS (from age 15 Years)

Mondays & Wednesdays 6.30pm to

8.00pm - Studio 2

Fridays 7.00pm to 8.30pm - Studio 1

Ernie Molyneux

01202 517854 or 0790 995 6940

ernieegka@aol.com

www.bournemouthkarateacademy.co.uk

1st lesson FREE with no obligation.

Call in and watch a class or better still join in!



SPORTS FORUM FOR THE DISABLED

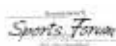
'Dedicated to promoting and developing sporting activities for the disabled'

For more details contact:

Lynne - 246363 / 07889 970702

www.sportsforum.org.uk

Includes swimming, badminton, canoeing and fencing.



RINGWOOD & BOURNEMOUTH TRAMPOLINE & DMT CLUB

'Competitive GymMark club with large percentage of boys. High Level Coaches'

All Ages from 4 - 35 Years - Main Hall
Wednesdays 4.00pm to 5.30pm

Contact Rosie Bascombe 01425 474428

rosie@tdmt.co.uk For a free trial

www.rbtrampolineclub.co.uk

Competitive club with waiting list.



BABYFIT UK

'The UK's leading specialist in ante and post natal exercise classes'

Ante natal suitable throughout pregnancy Post natal mum and baby from 6 weeks (10 weeks if c-section) up to 1 Year

Mondays 6.00pm to 7.00pm or 7.00pm to 8.00pm - Ante Natal - Terrace Room

Wednesdays 2.00pm to 3.00pm

- Post Natal Mum and Baby - Studio 1

Debbie Howells 07779 029664 or

01202 299711 dbabyfit@yahoo.co.uk

Flexible 6 week courses, run on continuous rolling programme. Booking Essential.



ESPADA FENCING CLUB

'Challenging, skilful, exhilarating and fun'

Adults and Juniors (from age 8)

Fridays 7.45pm to 10.00pm - Main Hall

Abbe 01202 301420

www.espadafencingclub.co.uk

Beginners courses available / wheelchair fencing



SHORINJI KEMPO CLUB

'Self Defence for all ages'

Adults and Juniors (from age 8)

Mondays 8.00pm to 9.30pm

Fridays 8.00pm to 9.30pm - Studio 2

Russell Jenkins 01202 518152

www.shorinji.co.uk

Beginners are always welcome



KICKBOXING

'Fun, safe workout at your own pace'

Adults and Juniors (from age 5)

Mondays and Fridays 6.00pm - Adults

Mondays and Wednesdays 5.00pm - Juniors aged 5-14 Years

Fridays 7.00pm - Mixed Martial Arts, Submission Wrestling - Main Hall

Nina 07773697580

www.phil-norman.co.uk

1st Month is FREE!



BOURNEMOUTH TAEKWONDO CLUB

'Martial Art, Olympic Sport, Self Defence.

The Way and the Art of Foot and Hand Combat'

Adults (from age 14) and Juniors (from age 7) - Studio 1

Thursdays 7.00pm to 8.30pm - Juniors

Thursdays 8.30pm to 10.00pm - Adults

Saturdays 9.30am to 11.00am - Family class, all ages (from 7) and abilities

Darren Narraine 01202 773991 /

07789 107157

master@naraine.co.uk

www.dtkd.co.uk

1st lesson FREE. Pick up flyer from

Littledown or phone Darren for a

voucher. For more details contact

Darren or just turn up.



SWIMMING MASTER CLASS

Monday, Wednesday

& Friday 7.00 - 8.00am

Learn how to swim faster, swim new strokes, even butterfly or how to do tumble turns. If you need new motivation and a high quality training programme tailored to your needs then contact

Laurie Dormer ASA Coach

Tel: (01425) 475440/

Email: laurie.dormer@sky.com



FITNESS YOGA

Thursdays 8.00pm to 9.00pm

Terrace Room - A dynamic fitness class using yoga inspired moves to improve strength, flexibility and fitness.

Sarah Thorne 07969 675460

sjlt@hotmail.co.uk



ZOOM TRI CLUB

Friendly, inclusive triathlon club for people who either swim, cycle or run.

Adults 16+ years

Tues & Thurs 6.30pm meet - Running Saturday 8, 1.5am - Pool Swim

Tim Fairbrother 01202 833103

www.zoomtri.com

All sessions are coached and free (small fee for pool swims).



ALEX CHISNALL

Sports Massage Therapist

Deep tissue sports massage

Monday to Friday including evenings

Contact Alex Chisnall on 07970 935270

alexchisnall@rocketmail.com

www.alexchisnall.com



VITALITY CHIROPRACTIC CLINICS

Appointments available seven days a week including evenings.

To discuss your healthcare needs, call Shelley (Doctor of Chiropractic) on 01202 375527

reception@vitality-chiropractic.co.uk

www.vitality-chiropractic.co.uk



IYENGAR YOGA

(Intermediate Level)

Fridays 9.25am to 11.10am

Terrace Room

Mary Heath 01202 250441

mary@maryheathyoga.co.uk

To check availability please contact

Mary in advance.



ROSEMARY CONLEY DIET & FITNESS CLUB

Slim & Workout: Weigh in, talk and exercise to Latin rhythms with salsa and zumba moves

Thursday 12.45 - 2.15pm

Sandie Martin 01202 560057

Email: sandie.martin@rosemaryconley.com

Website: www.rosemaryconley.com

Brand new class launches 16 Sept., exercise only also available.

NATURAL ELEMENTS



Tai Chi, Family Kung Fu & Qi Gong

Age 5 to 95, Adults, young people and families. Inner peace, health and wellbeing. Re-energise and revitalise. Strength,

flexibility, confidence and self defence.

Sundays 10-11am Tai Chi Mixed

11-11.30am Tai Chi Advanced

11.30-12.00 Qi Gong

12-1.30 Family Kung Fu

Wednesdays 7-8.15pm Family Kung Fu

Contact Paul on 0800 756 6422 or

07962 930 837

enquiries@naturalelementsgroup.co.uk

www.naturalelementsgroup.co.uk

1st session FREE, call for a chat or just

turn up on the day.

ALLURE BEAUTY SALON

Offering: St Tropez Spray Tanning, Massage, Dermalogica Facials, Body Wraps (inc. Universal Contour), Waxing, Jessica Manicure & Pedicure, Creative Acrylic Nails plus many more.

Contact 01202 433934

e:info@allurebeautysalon.co.uk

www.allurebeautysalon.co.uk

Located on the ground floor. Please

come along and see us and pick up a

price list.



**Subscribe to the
Littledown Centre
e-newsletter**

**www.littledowncentre.
co.uk**

Forthcoming Events 2012

January

Sunday 29th
Freestyle Disco
Competition
All Day



February

Saturday 4th & Sunday 5th
National Baton Twirling
Competition
All weekend



Sunday 12th February
ISTD Latin and Ballroom
All Day



Saturday 18th, Sunday 19th
Saturday 25th & Sunday 26th
Dorset County Age
Group Swimming Gala
All Weekend



Sunday 26th
Phoenix Karate
9.00am-4.00pm



March

Sunday 4th March
Grandma's Attic Antique Fair
All Day



Sunday 11th March
Wedding Daze Exhibition
11.00am-3.00pm



April

Sunday 1st April
ISTD Disco Competition
All Day



Friday 6th, Saturday 7th
Sunday 8th, Monday 9th
International Baton Twirling
Competition
4 Days



Saturday 14th
Sunday 15th
Swim Bournemouth
Swimming Gala
All Day



Sunday 22nd
Littledown Juniors
Presentation
9.00am-1.00pm



**3 month minimum contract
and no joining fees**

**Annual
Membership
available - 12 months
for the price
of 10**

MEMBERSHIP INCLUDES:

- Swimming • Gym • Sanarium • Class Timetable with over 150 Aerobics, Yoga, Aquafit and Spinning classes weekly

UNLIMITED MEMBERSHIP

Use of the Centre's facilities any day,
anytime 7 days a week

PER MONTH

£43.99

DAYTIME & WEEKEND

£38.99

SENIOR UNLIMITED

Monday - Sunday

£37.99

STUDENT UNLIMITED

Monday - Sunday

£37.99

SENIOR DAYTIME & WEEKEND

£32.99

BREAKFAST

Monday - Friday 6.30-9.30am

£32.99

SWIMMING UNLIMITED

£27.99

TEENAGERS 14-18 years

Spa not included in Teenage Membership

£24.99



MEMBERSHIP PACKAGES

**FREE
CAR
PARKING**
TERMS & CONDITIONS
APPLY

Special Offer
STUDENT MEMBERSHIP

Unlimited membership until 30th June 2012

**ONLY
£170**



Proof of full time education will be required to qualify for Student Membership