



ARTIFICIAL FOOTBALL PITCHES



GREAT SAUNA & STEAM ROOM



FRIENDLY GYM STAFF



01202 437800

[www.sirdavidenglishsportscentre.co.uk](http://www.sirdavidenglishsportscentre.co.uk)

**BH Live**

[www.bhlive.co.uk](http://www.bhlive.co.uk)

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## Opening Times

Monday to Friday	7.00am – 10.15pm
Saturday	9.00am – 5.15pm
Sunday (Sept-April)	9.00am – 9.15pm
Sunday (May-Aug)	9.00am – 5.15pm
Bank Holidays	10.00am – 5.00pm

*(Last booking is one hour before closing)*

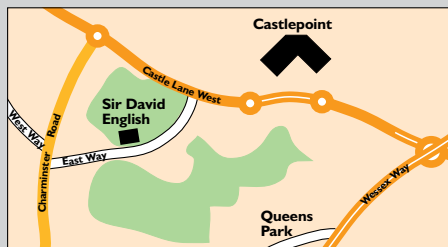
**East Way, Bournemouth,**

**Dorset BH8 9PZ**

**01202 437800**

**e: [sirdavidenglish@bhlive.co.uk](mailto:sirdavidenglish@bhlive.co.uk)**

**[www.sirdavidenglishsportscentre.co.uk](http://www.sirdavidenglishsportscentre.co.uk)**



The Centre is situated in the Charminster area of Bournemouth, off Charminster Road (B3063) and Castle Lane West (A3060)

### Other landmarks:

- Bournemouth School for Boys
- Bournemouth School for Girls
- Castlepoint Shopping Centre

Yellow Buses services to the Centre: 2a, 2b and 3 Yellow  
Buses Information Hotline 01202 636060 or  
[www.bybus.co.uk](http://www.bybus.co.uk)

## BOOKING CARD

Sir David English Sports Centre's Booking Card, **its free** and available from Customer Service, it enables you to pre book badminton courts, trampoline courses, artificial pitches and tennis courts. . . . .  
**pick yours up today!**

## MON MEMBERS

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.

## Forgotten anything?

### Range of Merchandise

Shuttlecocks and locker padlocks available to purchase. Badminton rackets and footballs available to hire from Customer Service

All major Debit/Credit Cards accepted



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

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



# Membership Packages

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

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

## MEMBERSHIP INCLUDES:

- Spacious 30 piece Gym
- FREE Gym Induction and Personal Programme
- Sauna & Steam Room

### UNLIMITED MEMBERSHIP

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

### PER MONTH

**£28.99**

### DAYTIME & WEEKEND

**£23.99**

### SENIOR UNLIMITED

Monday - Sunday

**£23.99**

### STUDENT UNLIMITED

Monday - Sunday

**£23.99**

### TEENAGERS 14-17 years

*Proof of full time education required.*

**£16.99**

**FREE CAR PARKING**



**Check out our Membership Special Offers on Facebook**

# The Gym .....pay-as-you

Whatever your health and fitness goals, you can achieve them at Sir David English Sports Centre where 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.

The well laid out gym is light and bright with 30 pieces of equipment to suit all your needs.

## Resistance Machines



A combination of fixed equipment and dual pulley cable machines to help you tone and strengthen your muscles.

## Free Weights



Featuring:  
**Barbells, Dumbbells TRX Training Kit**  
Which will help you tone and strengthen your muscles.

## Cardiovascular Equipment



**Cross Trainers Treadmills Upright and Recumbent Bikes Full Body Arc Trainers**  
All guaranteed to get your pulse racing and giving you a great cardio workout.

## Stretch



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



# -go or membership options

To use the Gym please choose the induction that suits your needs.

## Gym Induction

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 today to ensure you are making the most out of your workouts.

## Fast Track Gym Induction

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.

## Programme Reviews

Available free of charge at any time if you require assistance, fancy a change or want to learn some new techniques to help exceed your goals.



## Gym Opening Times

Monday – Friday 7.00am – 9.30pm Saturday 9.00am – 5.00pm  
Sunday (Sept-April) 9.00am – 9.00pm Bank Holidays 10.00am – 5.00pm  
Sunday (May-Aug) 9.00am – 5.00pm

*(Last entry one hour before gym closing time)*

## 'Pay As You Go' Price List

Includes Gym, Sauna and Steam Room for 1½ hours inclusive

### ADULTS

Induction	£5.80	Gym Entry	£5.80
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### STUDENT

Induction	£3.50	Daytime & Weekends
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Induction	£5.80	Weekdays after 5pm
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Gym Entry	£3.50	Daytime & Weekends
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Gym Entry	£5.80	Weekdays after 5pm
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*Students must be over 16 years of age and in full time education.*

## Cutting Edge Training Techniques

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



# Let's Get Moving

Exercise options for people living with certain health conditions such as high blood pressure, diabetes, joints and back injuries and weight issues.

Join our 12 week discount support programme.

For only **£7.50** you will be entitled to 12 weeks of discounted prices when using the gym, sauna and steam room plus a one-to-one gym induction and a personal programme.

To get involved, please ask your GP for further details or contact the centre on 01202 437800.



## Sauna and Steam

### Refresh, Relax, Revitalise

Take time out to relax in the Sauna and Steam Room, leaving you feeling totally refreshed.

#### Opening Times

Monday – Friday	7.00am – 9.30pm
Saturday	9.00am – 5.00pm
Sunday (Sept - April)	9.00am – 9.00pm
Sunday (May - Aug)	9.00am – 5.00pm
Bank Holidays	10.00am – 5.00pm

*Last entry is one hour before closing time.*

The Sauna and Steam Room is included within a Gym Session at **NO EXTRA COST**

Enjoy on a  
'Pay As You Go'  
basis  
Only **£5.80**  
per session



# The Sports Hall



Sir David English Sports Centre has a double size sports hall offering **8 badminton courts** or two team game courts for **football, volleyball, basketball** and **netball**.

There are a range of clubs available, including **basketball** and **netball**, offering great choices for everyone, regardless of ability, age, or time. Please refer to our clubs section on Page 11

Due to high demand, the centre operates a maximum 7-day advanced booking system on these activities. Please contact the centre for booking availability on **(01202) 437800**

	PEAK	OFF PEAK
Badminton	<b>£9.95</b>	<b>£7.90</b>
5 a side Football	<b>£50.00</b>	<b>£36.00</b>
Basketball	<b>£50.00</b>	<b>£36.00</b>
Netball	<b>£50.00</b>	<b>£36.00</b>
Volleyball	<b>£50.00</b>	<b>£36.00</b>

*Discounts available for Block Bookings*

**Peak time** Weekdays 5.00pm – 10.00pm and Weekends

**Off Peak** Weekdays 7.00am – 5.00pm

### Equipment available for hire:

Badminton Racquet Hire **£1.50 / Deposit £10.00**

Football **£2.00 / Deposit £10.00**

These activities  
can be booked on a  
'pay as you go'  
basis



# Football Focus

Three 'all weather' 3G (third generation) football pitches, the latest technology in synthetic football surfaces where you can wear studded or moulded boots.

NO BLADES OR FLAT SOLED SHOES

## ADULT LEAGUES

Leagues take place on Monday and Thursday evenings by **Soccer Solutions** contact: **07970 983318** or check out

[www.soccer-solutions.co.uk](http://www.soccer-solutions.co.uk)

Tuesday evenings by **Champion Soccer** **0113 253 5800** or check out:

[www.championsoccer.co.uk](http://www.championsoccer.co.uk)

Wednesday evenings by **Soccer Sixes** **0845 300 8886** or check out:

[www.soccersixes.net](http://www.soccersixes.net)



## Football Prices

*(55 minute booking, includes floodlights if required)*

		Adults	Juniors
Weekdays	9.00am – 5.00pm	£29.00	£22.00
Weekdays	5.00pm – 10.00pm	£48.50	£36.50
Saturdays	9.00am – 5.00pm	£29.00	£22.00
Sundays (Sept-April)	9.00am – 5.00pm	£29.00	£22.00
Sundays (May-Aug)	9.00am – 5.00pm	£29.00	£22.00

## BLOCK BOOKINGS

Great for regular training sessions for your weekend football team or get-togethers with mates and work colleagues.



# Netball Courts

**Sir David English Sports Centre** is the home of the **Bournemouth Netball Leagues** and also offers courts on a 'pay as you go' basis. The hard surface outdoor floodlit netball courts are of a terrific standard and reasonably priced.

Join the league -

Contact **Debbie Knight** **01202 531001** for details. **Bookings** are 55 minutes and can be made up to 7 days in advance. **Payment** required on **Booking**.

## 'Pay as you go' Netball Prices

		Adults	Juniors
Weekdays	9.00am – 5.00pm	£6.50	£6.50
Weekdays	5.00pm – 10.00pm	£11.90	£7.15
Saturdays	9.00am – 5.00pm	£11.90	£7.15
Sundays (Sept-April)	9.00am – 5.00pm	£11.90	£7.15
Sundays (May-Aug)	9.00am – 5.00pm	£11.90	£7.15

**Bad Weather Hotline...**  
find out if the courts are playable by calling our hotline **01202 436870**.  
Updated on League evenings.



# Tennis Courts

Want to improve your tennis? The centre can provide a full range of tennis opportunities for all ages and abilities on a 'pay as you go' basis.

## Tennis Prices

		Adults	Juniors
Weekdays	9.00am – 5.00pm	£4.90	£4.90
Weekdays	5.00pm – 10.00pm	£5.90	£5.90
Saturdays	9.00am – 5.00pm	£5.90	£5.90
Sundays			
(Sept-April)	9.00am – 5.00pm	£5.90	£5.90
(May-Aug)	9.00am – 5.00pm	£5.90	£5.90

Bookings are 55 minutes and can be made up to 7 days in advance. Payment required on Booking.

**Block Bookings Available.**

Call customer service on **01202 437800** to book a court.

# Weekly indoor Pay & Play activities

Get fit and active with Open Fridays in conjunction with the hubclub.



**OPEN FRIDAYS**  
Trampoline & Badminton

Sociable open sessions focusing on specific sports without the commitment to signing up to a course.



**Trampoline** A structured session working towards British Gymnastics levels, providing an excellent form of aerobic exercise & improved body tone.  
**6.00pm – 7.00pm £5.80**  
**14 years +**  
*Booking advisable, one week in advance at Customer Service*

## Kids Activities Term Time

### 6 week Junior Trampoline Courses

**Age 5-15 years Price £36.50**

Tuesday: 5.30 – 6.25pm

6.30 – 7.25pm

Friday: 5.00 – 5.55pm

Structured courses which works towards British Gymnastics levels, all individuals work at their own standard. Course taken by qualified BG coach. Courses booked on a half term basis please see Customer Service or contact 01202 437800 Socks must be worn for all sessions. No jewellery or jeans.



### Adult Badminton

Open to people of all abilities to help build strength, speed and stamina while developing your technique with a qualified coach, the opportunity to play matches available.

**Friday 7.30pm – 9.30pm**  
**£5.00 15 years +**



## Holiday Activities at Sir David English Centre are run by



PlanetSport allows children the opportunity to explore and develop a positive, confident and fun experience within sport.



### MULTISPORT

to thrive in a number of different sports. Ages 4-14 yrs.



### FOOTBALL

Mini Socs. Ages 4-6 yrs  
Advanced football. Ages 7-14 yrs



### STREET DANCE

in association with BEAT



Contact info: Website: [www.planetsport.co.uk](http://www.planetsport.co.uk) Email: [james.wilson@planetsport.co.uk](mailto:james.wilson@planetsport.co.uk)  
Tel: 07875 235080

# Hire the Hub Daily & Hourly Rates Available

The Hub is a 120sq metre multi purpose facility with TeraFlex sports flooring. Video analysis equipment can be hired for an hourly or daily charge. With a triple aspect and adjustable lighting, The Hub is a great place for exercise classes, martial arts and dance groups. The Hub can also be set up to meet individual requirements whether it's a presentation or board meeting, with air conditioning and an interactive white board.



## It's time to try a Club

A wide variety of clubs are based at Sir David English Sports Centre, please contact the club contact direct for full details.

Activity Club	Contact Name	Contact	Day/Time	Age /Group
Badminton	Helen Troke	Helen Troke 07904 993208	Various sessions	Juniors
Basketball	Bournemouth Basketball	Eric Bosence 01202 744733	Various sessions	Adults
Dancing	Belly Dancing	Nelida Evans 07837 176043	Monday 7.00-7.55pm	Adults Women Only
Dancing	Kickbox Dancing	Nelida Evans 07837 176043	Thursday 7.00-8.00pm	Adults Women Only
Dancing	All Elements	Angela Reece 07708 154165	Wed & Thur 9.00-10.00pm	Adults
Football	AFC Bournemouth	Steve Cuss 01202 726342	Various sessions	Juniors
Football	Arsenal Soccer School	Steve Manning 07530 639414	Thur 5.00-6.00pm & Sat 10.00-11am	Juniors
Football	Champion Soccer	League Secretary 0113 2535800	Tuesday, 7.00-10.00pm	Adults
Football	Planetsport	James Wilson 07875 235080	Thursday 5.00-6.00pm	Juniors
Football	Soccer Solutions	Bob Kitley 07970 983318	Monday & Thursday	Adult
Football	Soccer Sixes	Tim Stafford 0845 300 8886	Wednesday	Adult
Football	Southampton FC	Christopher Welman 07976 772861	Tuesday 5.00-6.30pm	Junior
Football	Xcel Football Academy	Kieran Scott 07807 371687	Friday 6-9pm	Juniors
Martial Art	Bournemouth Karate Academy	Ernie Molyneux 07909 956940	Various sessions	Senior/Adult/ Junior
Martial Art	MA Network Taekwondo	Luke Lashmar 07985 317289	Friday 3.45-5pm & 6-7pm	Juniors
Martial Art	Nokemono Judokwai	Pete Anderson 07773 218529	Various sessions	Adults/ Juniors
Martial Art	Phoenix Karate	Lorraine Box 07796 952570	Various sessions	Adults/ Juniors
Martial Art	Shaolin Kung Fu	Graham Everingham 01202 428825	Various sessions	Adults/ Juniors
Netball	Back to Netball	Jackie Berry 01202 422090	Monday, 7.00-9.00pm	Adults
Netball	Bournemouth Junior Netball	Jackie Berry 01202 422090	Monday 4.30-7.00pm	Juniors
Netball	East Dorset Netball	Jean Lockyear 01202 269161	Various sessions	Adults/ Juniors
Pilates	Pilates	Debbie Whittle 01202 301773	Monday, 8.00-9.00pm	Adults
Tennis	St Sebastian Tennis Academy	Krzysztof Koziol 07786 722744	Sessions on demand	Adults/ Juniors
Volleyball	Parrs Volleyball	Roland Mogg 07745 942077	Various sessions	Adults
Volleyball	Sandbanks Volleyball	Alun Knowles alun.knowles@yahoo.co.uk	Sunday, 7.00-9.00pm	Adults
Volleyball	Spike Monkeys	www.spikemonkeys.com	Various sessions	Adults
Volleyball	Wessex Volleyball	Geoff Allen 01202 740021	Various sessions	Adults/Juniors
Volleyball	Sigma Volleyball	Lindsay White 07887 782005	Wednesday 8.30-10.00pm	Adults

# What's on offer

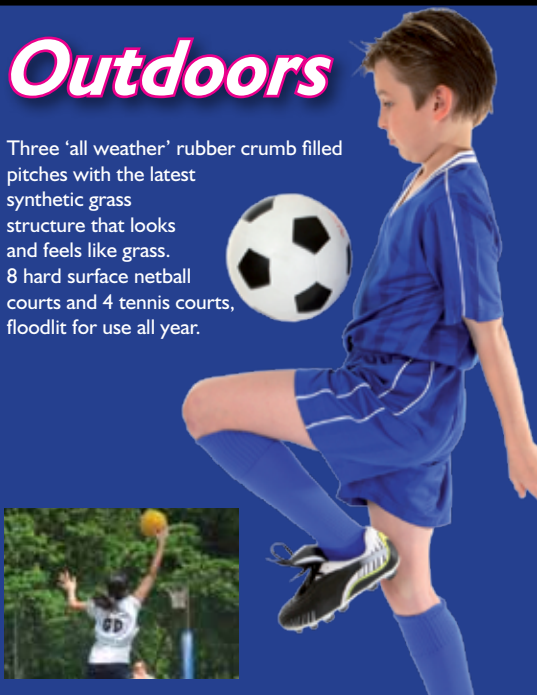
## Sports Hall

A multi-use hall available to hire for various sporting activities or events. Pay & Play activities and Block Bookings available.



## Outdoors

Three 'all weather' rubber crumb filled pitches with the latest synthetic grass structure that looks and feels like grass. 8 hard surface netball courts and 4 tennis courts, floodlit for use all year.



## Gym & Sauna

With a fantastic panoramic view and the latest equipment, enjoy a custom made fitness regime designed by one of our qualified Fitness Instructors. Afterwards relax in the Sauna and Steam Room.



## Hub Room

A multi-purpose studio with cushioned flooring available for meetings, individual or sports associations/groups to hire for a one off or block booking. It's also home to over 25 clubs, see page 11 for contact details.

