

Stokewood
LEISURE CENTRE

SPRING PROGRAMME

Tuesday 3rd January - Sunday 1st April 2012



FRIENDLY GYM STAFF



SWIMMING LESSONS FOR ALL AGES



OVER 60 CLASSES EVERY WEEK



01202 437840

www.stokewoodleisurecentre.co.uk

 BHLive

www.bhlive.co.uk

Welcome

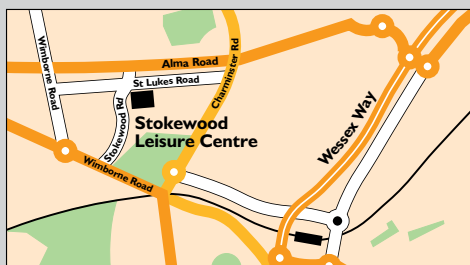
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Opening Times

Monday to Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 8.00pm
Bank Holidays	9.00am – 5.00pm
Bank Holiday Saturdays & Sundays	9.00am – 5.00pm

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

Address: Stokewood Road, Winton,
Bournemouth, Dorset BH3 7ND
Phone: 01202 437840
Text: 07537 404697
Email: stokewoodleisurecentre@bhlive.co.uk
Website: www.stokewoodleisurecentre.co.uk



Yellow Buses service to Stokewood: 4a, 4b, 5a, 5b, 6a, 6b, 6c, 25, 26 & 27

Yellow Buses Information Hotline: 01202 636060 or www.bybus.co.uk

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

Our Customer Service team of helpful, trained and experienced staff can assist you with a range of enquiries, swimming lessons, children's parties, class bookings, membership information, etc.

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**
(Not required for Membership customers who already have a Stokewood Card)

To book an exercise class please see page 7

We value your comments

It's easy, you can :

- Talk to a member of staff
- Fill in a comments form
- Email us, stokewoodleisurecentre@bhlive.co.uk

A selection of swimming goggles and swim nappies are available from our **Customer Service** situated in the Main Foyer.

Child Protection Safeguarding Policy

STOKWOOD LEISURE CENTRE IS COMMITTED TO CREATING AND MAINTAINING THE SAFEST POSSIBLE ENVIRONMENT FOR CHILDREN WHILST THEY ARE ENGAGED IN ACTIVITIES WITHIN THE CENTRE.

(Full child protection policy is available on request)



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

Excellent

All major Debit/Credit Cards accepted



Check out our Special Offers on Facebook

Fun in the Pool



Free Children's Swimming Assessment

We offer a free assessment to any children thinking of joining us for swimming lessons.

It is a great way for you and your child to see how the swimming lessons operate and for us to understand your requirements.

At the end of the assessment the swimming coach will advise you what National ASA Swimming Stage your child is at and recommend the best way to help them learn to swim.

Upon joining, your child will become a Bournemouth Swimming Academy member and can enjoy **FREE swimming** in both public and Wet & Wacky sessions. An accompanying parent can have a discounted price swim. A Parent will also get a **FREE GYM INDUCTION** or can try one of our exercise classes.



For more details about the Swimming Academy please see page 12.

To book your free assessment simply call or email us today.

NEW Wet & Wacky

Have fun in the pool with inflatable swimming toys, party music and lots of fun

Normal pool rules and regulations apply.

No lane swimming available during these sessions.

These sessions are great for birthday parties. You can pre-book places for your party guests and hire a party room for afterwards.

Wet & Wacky Sessions are included in the free swimming package for Swimming Academy Members

Saturday 3.00 – 4.00pm & 4.00 – 5.00pm

Sunday 3.00 – 4.00pm & 4.00 – 5.00pm

Under Fives FREE

Juniors £2.75

Adults £3.90

Family £10.55

max 2 adults/max 3 children (5-15 yrs.)



Extra
Wet & Wacky
Sessions run in the
school holidays see
page 14



The Gym - great equipm

In our 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 the team 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, Smith Machine
All of which will help you tone and strengthen your muscles.



Cardiovascular Equipment

**Cross Trainers
Treadmills
Cycles
Rowers**
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**



If you have any comments or suggestions about our Gym please email Sarah Ashby, (Senior Health & Fitness Advisor) sarah.ashby@bhlive.co.uk

Lets get moving

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

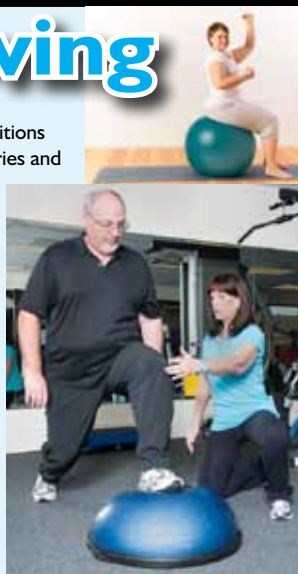
OPTION ONE:

Attend the new Reactive Fitness class on Monday 11.30 – 12.25pm, a gentle exercise class for those starting at a lower level.

OPTION TWO:

Join our 12 week discount support programme. For only **£7.50** you will receive an induction and a personal programme and be entitled to 12 weeks of discounted prices on the Reactive Fitness Class, Swimming and the Gym.

To get involved, please ask your GP for further details or contact the centre on 01202 437840



ent and friendly staff

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

Gym Induction (1hour)

Following a short health screening, one of our friendly and professional fitness instructors will show you how to use the gym equipment safely and effectively.

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).

Personal Programmes

Available, free of charge, at any time if you require assistance. One of our 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.

Gym Induction

Adults	£5.80
Juniors	£3.50 (up to 15 years)
Students/60+	£3.50 Mon-Fri 6.30am-4pm & weekends
Students/60+	£5.80 Mon-Fri 4pm onwards

Gym Opening Times

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 8.00pm
Bank Holidays	9.00am – 5.00pm
Bank Holiday Sat & Sun	9.00am – 5.00pm

(Last entry 30 minutes before closing time)

Price List (per 1½ hrs)

Adults	£5.80
Exercise Referral	£3.50
Juniors	£3.50
Students/60+	£3.50 Mon-Fri 6.30am-4pm & Weekends
Students/60+	£5.80 Mon-Fri 4pm onwards

Sports Massage by Sarah Ashby

(Please book at Customer Service)

- Improve your training and performance.
- Release muscle tension and restoring balance to the musculo-skeletal system.
- Prevent injuries, which might otherwise be caused by over use.
- The skilled massage therapist will be able to detect variations in the soft tissues and by using the correct techniques, help the sports person maintain a much healthier physical state.

New Year, New You!

Boost your fitness with
a Personal Trainer

One hour **£25.00**

Special Offer
6 sessions for the
price of 5!





Price List

Classes	£5.25
14-15 year olds	£4.20
Spinning (30 mins)	£4.20
Spinning (45 mins)	£4.85
Kettle Bell Blast	£4.20
Just Abs	£4.20
Reactive Fitness	£4.60

Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for Kettle Bells)
- Please allow adequate time to obtain your ticket
- Ticket must be given to instructor before class
- Late arrival may result in your space being re-booked. 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 at all classes
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than 4 customers attend
- Please bring a water bottle and a sweat towel

Contact Kerry



If you have any comments or suggestions about our Class Timetable please email: Kerry Manton (Class Co-ordinator) kerry.manton@bhlive.co.uk

Welcome to our range 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. Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can work out 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.

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

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

Introductory Low Impact Classes.
Ideal for those needing to start at a lower level

Reactive Fitness - A low level session that allows you to work at a safe and enjoyable pace to improve core stability, stamina, strength and flexibility.

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

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

Kettle Bell & Abs – A class concentrating on core strength by using kettle bell weights and abdominal exercises, working your whole body as well as focusing on your mid section.

Kettle Bell Blast – One kettle bell, 30 minute complete body work out.

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



25
SPINNING
CLASSES
PER WEEK



OVER 60
CLASSES
PER WEEK

Get active

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

Re-Energise & Relax Classes.
Mind & body workout focusing on core stability, balance & flexibility.

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.

Fitness Pilates – Introducing the techniques of Pilates, a mind and body class, challenging the core muscles. *(Not suitable for pregnant participants due to prolonged ab work).*

Flexible Fitness – A class focusing on flexibility, core stability and strength through Pilates and Yoga influences.

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

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

Water Workout Classes
Exercise in the water to maximise fun and intensity.

Aqua Fit – A dynamic low impact class using the resistance of water for maximum fitness improvements.

Aqua Zumba – Join the pool party!! Integrating the Zumba formula with traditional aqua fitness, Aqua Zumba brings it all together to give you a safe, challenging water based workout.

Deep Water Aqua – Taught in the deep end of the pool using buoyancy belts – great fun – and you don't even have to be a swimmer!



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

Beginners Circuits – Moving from station to station for an all round fitness workout. Suitable for newcomers and the more experienced!

Body Conditioning – Complete body toning, using weights, bands and yourself!

Circuits – Power stations! Move station to station performing a variety of cardio and resistance exercises. The ULTIMATE workout!

Total Body – An aerobic workout followed by conditioning exercises, floor work, and stretching.

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

Booking a class

All classes can be booked in advance at Customer Service either in person or on **01202 437840**.

You may come along without a booking but we cannot guarantee a space.

Members can book 14 days in advance

Non Members can book 7 days in advance with payment required at the time of booking.

Bookings are not refundable but are transferable up to 2 clear days prior to the class date.

Members - Class Cancellation Service

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:

- In person at Customer Service
- By telephoning (01202) 437823 and leaving a message
- Email using the members only online class cancellation form, accessible from the front page of our website: www.stokewoodleisurecentre.co.uk
- Text us on 07537 404697 with your full name, membership number, date, time and name of class you are cancelling.
Text messages are charged at your carriers standard rate.

Specialist Classes.
Themed classes focusing on current fitness industry trends.

Combat Conditioning – Bring your fighting spirit to this challenging class. No gimmicks! Just hard work for real results!

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



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

Tuesday 3rd January - Sunday 1st April

Designed for people of all ages, abilities and interests, there is something for everyone. Why not try a class today!

Monday	Tuesday	Wednesday	Thursday
Spinning 9.30–10.00am Becky (SS)	Spinning 9.30–10.00am Karen (SS)	Spinning 9.30–10.15am Kerry (SS)	Spinning 9.30–10.00am
Total Body 9.30–10.25am Cat (S)	Legs, Bums & Tums 9.30–10.25am Cat (S)	20/20/20 9.30–10.25am Becky (S)	Body Core 9.30–10.25am
Spinning 10.05–10.35am Becky (SS)	Deep Water Aqua 10.05–11.00am Clive (P)	Aqua Zumba 10.05–11.00am Cat (P)	Spinning 10.05–10.35am
Flexible Fitness 10.30–11.25am Cat (S)	Spinning 10.05–10.35am Karen (SS)	Hatha Yoga 10.30–11.25am Pippa (S)	Ashtanga Yoga NEW 10.45–11.40am
NEW Reactive Fitness 11.30–12.25pm Kerry (S)	Fitness Pilates 10.30–11.25am Cat (S)		
	Aqua Fit 11.05–12.00pm Clive (P)		
Spinning 5.25–5.55pm Lucy (SS)	Spinning 5.25–5.55pm Kerry (SS)	Athletic Conditioning 5.30–6.25pm Jill (S)	Just 5.30–5.55pm
Total Body 6.00–6.55pm Lucy (S)	Legs, Bums & Tums 6.00–6.55pm Kerry (S)	Spinning 5.45–6.15pm Cat (SS)	20/20/20 6.00–6.55pm
Spinning 6.00–6.30pm Chris (SS)	Spinning 6.15–6.45pm Charlotte (SS)	Spinning 6.30–7.00pm Jill (SS)	Spinning 6.00–6.30pm
Spinning 6.35–7.05pm Chris (SS)	Spinning 6.50–7.20pm Charlotte (SS)	Zumba 6.30–7.25pm Cat (S)	Spinning 6.35–7.05pm
Legs, Bums & Tums 7.00–7.55pm Cat (S)	Zumba 7.00–7.55pm Kelly (S)	Spinning 7.05–7.35pm Jill (SS)	Kettle Bells 7.00–7.55pm
Functional Pilates 7.15–8.00pm Chris (SS)	Just Abs 7.30–7.55pm Charlotte (SS)	Legs, Bums & Tums 7.30–8.25pm Nicky (S)	
Hatha Yoga 8.00–8.55pm Amba (SS)	Combat Conditioning 8.00–8.55pm Stevie (S)	Hatha Yoga 8.30–9.25pm Pippa (S)	



you-go or membership options

remember

**Calorie Burning
Classes**

**Muscle Toning &
Endurance Classes**

**All Over Body
Workout Classes**

**Re-Energise &
Relax Classes**

Specialist Classes

**Water Workout
Classes**

class locations

(S) studio
(SS) spin studio
(P) pool

Thursday	Friday	Saturday	Sunday
Spinning 9am Lucy (SS)	Spinning 9.30-10.00am Charlie (SS)	Hatha Yoga 9.00-9.55am Pippa (S)	
Conditioning 9am Tony (S)	Kettle Bell Blast 9.30-10.00am Cat (S)	Spinning 9.30-10.00am Kat (SS)	Spinning 9.25-9.55am Jill/Kat (SS)
Spinning 9am Lucy (SS)	Zumba 10.00-10.55am Cat (S)	Beginners Circuits 10.00-10.55am Paula (S)	Total Body 10.05-11.00am Jill/Kat (S)
Yoga (starts 19 Jan) 10am Zoe (S)	Deep Water Aqua 10.05-11.00am Naomi (P)	Spinning 10.05-10.35am Kat (SS)	Zumba 11.05-12.00pm Kelly (S)
	Spinning 10.05-10.35am Charlie (SS)	Legs, Bums & Tums 11.00-11.55am Kat (S)	
	Hatha Yoga 11.00-11.55am Pippa (S)		
Abs 11am Kerry (S)			
10/20 11am Kerry (S)	Spinning 5.25-5.55pm Jen (SS)		
Spinning 12pm Amy (SS)	Circuits 6.00-6.55pm Julian (S)		Hatha Yoga 7.00-7.55pm Kamini (S)
Spinning 12pm Amy (SS)	Spinning 6.00-6.30pm Jen (SS)		
Well & Abs 1pm Jill (S)			



Like us on
Facebook

The above timetable is correct at time of printing but maybe subject to change.



Swimming - Fun & fit

WEEKLY ACTIVITIES

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

Adults Only

Monday – Friday 7.00- 8.30am (Term time)
Monday – Friday 7.00- 9.00am (School holidays)
Monday 2.30- 3.45pm
Thursday 8.30-10.00pm

Ladies Only

Wednesday 2.30-3.45pm
(Female Lifeguard if available)

Over 50's

Open swim session for those over 50. Great social keep fit sessions.
Friday 2.30-3.45pm

Laned Swimming

2/3 lanes will be available during public swimming times unless there is a shared pool space with another activity.

Swim & Chill

A night of soft relaxing music while you swim and chill.
Thursday 8.30-10.00pm

NEW Wet & Wacky

Have fun in the pool with inflatable swimming toys, party music and lots of fun.

Saturday 3.00 – 4.00pm and 4.00pm– 5.00pm
Sunday 3.00 – 4.00pm and 4.00pm– 5.00pm

No lane swimming available during these sessions
These sessions are great for birthday parties. You can pre-book places for your party guests and hire a party room for afterwards.

Wet & Wacky Sessions are included in the free swimming package for Swimming Academy Members
Extra Wet & Wacky Sessions run in the school holidays see page 14

Pool Parties

Hire the pool for your own Wet & Wacky swimming party, Saturdays 6.30-7.30pm.
(See page 15)



Go on - take the plunge

Safety Notice

Children aged under 8 years must be accompanied in the water by an adult (16+ yrs).

Adult to child ratio:

Children under 5 years - 1 adult to 1 child

Children aged 5 - 7 years - 1 adult to 2 children

Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be purchased at Customer Service.

Changing Rooms

Children aged 8 years and over need to change in the appropriate changing room.

Forgotten Something?

Essential swimwear, goggles etc available for purchase at Customer Service

SAUNA

The sauna is situated off the deep end of the pool, please use the swimming changing rooms.
Minimum age

16 years.



ness for all the family

Swimming Prices (per hour)

Under Fives	FREE
Junior (5-15yrs) / Student / 60+	£2.75
Adult Swim	£3.90
Family Ticket* max 2 adults / max 3 children (5 – 15 years old)	£10.55
BH Live Access Card	£2.30
Adult Sauna & Swim	£5.85
Student/60+ Sauna & Swim	£5.00

Saver Cards (6 swims for the price of 5)

Adult Saver Card	£19.50
Junior / Student / 60+ Saver Card	£13.75

Swimming Session Prices

Wet & Wacky Under Fives	FREE
Wet & Wacky Juniors	£2.75
Wet & Wacky Adults	£3.90
Wet & Wacky Family (max 2 adults/max 3 children 5-15 yrs)	£10.55
Over 50's (50-59yrs)	£3.90
Over 50's (60+yrs)	£2.75



Pool Term Time Timetable

Monday	7-8.30am Public Swim (Adults Only)	8.30-11am Local School		11-2.30pm Public Swim		2.30-3.45pm Public Swim (Adults Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Swim Bournemouth	9-10pm Zoom Triathlon Club	
Tuesday	7-8.30am Public Swim (Adults Only)	9-10am Local School	10.05-11am Deep Water Aqua Fit	11.05-12noon Aqua Fit	10-2.30pm Public Swim		2.30-3.30pm Local School	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Bournemouth Swimming Club	9-10pm Water Polo
Wednesday	7-8.30am Public Swim (Adults Only)	8.45-9.15 Local School	9.15-10am Staff Training	10.05-11am Aqua Zumba	11-12noon Swimming Academy	10-2.30pm Public Swim		2.30-3.45pm Public Swim (Ladies Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9.30pm Swim Bournemouth
Thursday	7-8.30am Public Swim (Adults Only)	8.30-10am Public Swim		10-12noon Local School		12-1.30pm Public Swim	1.30-3.30pm Local School	3.45-5.45pm Swimming Academy	5.45-8.30pm Public Swim	8.30-10pm Public Swim Swim & Chill (Adults Only)	
Friday	7-8.30am Public Swim (Adults Only)	8.45-10am Local School		10.05-11am Deep Water Aqua Fit	10-1.30pm Public Swim		1.30-2.30pm Local School	2.30-3.45pm Public Swim (Over 50's)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-10pm Bournemouth Lifeguards
Saturday		7.45-9am Swim Bournemouth	9-11.30am Swimming Academy		11.30am-3pm Public Swim			3-4pm Wet & Wacky	4-5pm Wet & Wacky	5.15-6.30pm Disabled Swim Club	6.30-7.30pm Hire our Pool (Parties & Groups)
Sunday		8am-3pm Public Swim					3-4pm Wet & Wacky	4-5pm Wet & Wacky	5-8pm Public Swim		

Key:	 Public Swim	 Special Swim Sessions	 Aqua Classes	 Wet & Wacky
	 Swimming Academy	 Club Hire	 Hire our Pool	 School Use

We reserve the right to change the timetable, alterations will be advertised in advance within the Centre

Junior Swimming Lessons



At the Swimming Academy we aim to provide swimmers with a high level of water confidence, swimming techniques and general water skills. All lessons are designed to mix education and safety with the fun side of swimming.

WHAT WE OFFER:

- High quality teaching from fully qualified, CRB checked staff
- Lessons 50 weeks of the year
- FREE swimming in open sessions whilst you are enrolled in the Swimming Academy (*subject to availability*)
- An ability to join at any time
- Easy start up and enrolment process
- Continuous assessment and movement to next stage
- Check your swimming lesson progress online and move up to the next level when prompted by the Bournemouth Swimming Academy Team.

Visit www.checkmyprogress.co.uk

**Easy
Payment Scheme**
Direct Debit payment
of £21 a month
includes FREE
swimming in public
sessions



The Junior Swimming Lesson Programme runs in stages allowing your child to become competent, confident and safe in the water. At each of the stages, children will be working to achieve the ASA National Plan Awards and progress through onto the next stage.

The following courses are for children aged 4 and above.

- | | |
|-----------------------|---|
| Stage 2 | For school aged children unable to swim on both their fronts and backs without aids |
| Stage 3 | For children who can swim 10 metres on their front and back and are water confident |
| Stage 4 | For children who can swim 15 metres showing basic skills in front crawl, backstroke and breaststroke |
| Stage 5 | For children who can swim 20 metres basic front crawl, backstroke and breaststroke |
| Stage 6 | For children who can swim one length in front crawl, backstroke and breaststroke and basic skills in butterfly |
| Stage 7 | For children who can swim 2 lengths showing good technique in front crawl, backstroke and breaststroke and basic skills in butterfly |
| Stage 8 | For children who can swim 4 lengths in all three strokes and show good technique in butterfly |
| Stage 9 | For children who can swim 8 lengths in all three strokes confidently and consistently |
| Rookies | For 50 metre swimmers, the award covers water safety and rescuer skills |
| Intro Swim Fit | For children who have completed Stage 7 and who wish to build stamina (stroke correction included) |
| Swim Fit | For children who are aged 9+ yrs and have completed stage 8 of the new National Teaching Plan Awards or Level 10 of the previous National Swim Awards |



Private Swimming Lessons
 One pupil to one teacher
 £18.25 for 30mins
 Two pupils to one teacher
 £26.75 for 30 mins
 Book and pay for a block of 5 private lessons in advance and get the sixth lesson FREE

Please contact Customer Services for details

Monday

Stage 2	3.45 – 4.15 pm	Liz	Stage 3	4.15 – 4.45 pm	Annette	Stage 6	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Jeanette	Stage 5	4.15 – 4.45 pm	Liz	Stage 7	5.15 – 5.45 pm	Liz
Stage 4	3.45 – 4.15 pm	Annette	Stage 2	4.45 – 5.15 pm	Annette	Stage 8	5.15 – 5.45 pm	Annette
Stage 2	4.15 – 4.45 pm	Jeanette	Stage 3	4.45 – 5.15 pm	Liz	Stage 9	5.15 – 5.45 pm	Jeanette

Tuesday

Stage 2	3.45 – 4.15 pm	Lisa	Stage 3	4.15 – 4.45 pm	Sadie	Rookies	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Sadie	Stage 5	4.15 – 4.45 pm	Jeanette	Stage 4	5.15 – 5.45 pm	Lisa
Stage 4	3.45 – 4.15 pm	Jeanette	Stage 2	4.45 – 5.15 pm	Sadie	Stage 6	5.15 – 5.45 pm	Sadie
Stage 2	4.15 – 4.45 pm	Lisa	Stage 3	4.45 – 5.15 pm	Lisa	Stage 3	5.15 – 5.45 pm	Jeanette

Wednesday

Stage 2	3.45 – 4.15 pm	Jeanette	Stage 4	4.15 – 4.45 pm	Malcolm	Stage 7	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Tara	Stage 6	4.15 – 4.45 pm	Tara	Stage 2	5.15 – 5.45 pm	Malcolm
Stage 5	3.45 – 4.15 pm	Malcolm	Stage 2	4.45 – 5.15 pm	Tara	Stage 3	5.15 – 5.45 pm	Tara
Stage 2	4.15 – 4.45 pm	Jeanette	Stage 3	4.45 – 5.15 pm	Malcolm	Stage 8	5.15 – 5.45 pm	Jeanette

Thursday

Stage 2	3.45 – 4.15 pm	Lisa	Stage 4	4.15 – 4.45 pm	Jeanette	Stage 2	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Jeanette	Stage 6	4.15 – 4.45 pm	Sally	Stage 2	5.15 – 5.45 pm	Lisa
Stage 5	3.45 – 4.15 pm	Sally	Stage 4	4.45 – 5.15 pm	Sally	Stage 3	5.15 – 5.45 pm	Sally
Stage 2	4.15 – 4.45 pm	Lisa	Stage 3	4.45 – 5.15 pm	Lisa	Stage 4	5.15 – 5.45 pm	Jeanette

Friday

Stage 2	3.45 – 4.15 pm	Sharon	Stage 3	4.15 – 4.45 pm	Kirsty	Stage 5	4.45 – 5.15 pm	Jeanette
Stage 2	3.45 – 4.15 pm	Kirsty	Stage 4	4.15 – 4.45 pm	Jeanette	Stage 2	5.15 – 5.45 pm	Jeanette
Stage 4	3.45 – 4.15 pm	Jeanette	Stage 3	4.45 – 5.15 pm	Sharon	Stage 4	5.15 – 5.45 pm	Sharon
Stage 2	4.15 – 4.45 pm	Sharon	Stage 3	4.45 – 5.15 pm	Kirsty	Stage 7	5.15 – 5.45 pm	Kirsty

Saturday

Stage 2	9.30 – 10.00 am	Annie	Stage 2	10.00 – 10.30 am	Sarah	Stage 8	10.30 – 11.00 am	Annie
Stage 3	9.30 – 10.00 am	Sarah	Stage 3	10.00 – 10.30 am	Jeanette	Junior Swim Fit	10.30 – 11.30 am	Jeanette/Sarah
Stage 5	9.30 – 10.00 am	Jeanette	Stage 7	10.00 – 10.30 am	Annie	Stage 2	11.00 – 11.30 am	Annie

The Swimming Academy timetable is subject to change, please check www.stokewoodleisurecentre.co.uk for the latest version

Adult Swimming Lessons



For adults and children over 14 years



Non Swimmer

For adults unable to swim on both their fronts and backs without aids

Beginner

For adults who can swim 10 metres on their front and back and are water confident

Improver

For adults who can swim 25 metres showing basic skills in front crawl, backstroke and breaststroke

Wednesday

Non-swimmer 11.00-11.30am Sarah

Beginner/Improver 11.30-12 noon Jeanette

Saturday

Non-swimmer 9.00-9.30am Sarah

Beginner 9.00- 9.30am Jeanette

Improver 9.00- 9.30am Annie

Swimming Pool Half Term Timetable

Monday 13th - Sunday 19th February

Monday	7-9am Public Swim (Adults Only)	9-11am Public Swim	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Adults Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Swim Bournemouth	9-10pm Zoom Triathlon Club
Tuesday	7-9am Public Swim (Adults Only)	10.05-11am Deep Water Aqua Fit	11.05-12noon Aqua Fit	9-2.30pm Public Swim	2.30-3.45pm Club Booking	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9pm Bournemouth Swimming Club	9-10pm Water Polo
Wednesday	7-9am Public Swim (Adults Only)	9-10am Staff Training	10.05-11am Aqua Zumba 10-11am Public Swim	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Ladies Only)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-9.30pm Swim Bournemouth
Thursday	7-9am Public Swim (Adults Only)	9-11am Public Swim	11-12.30pm Wet & Wacky	12.30-3.45pm Public Swim	3.45-5.45pm Swimming Academy	5.45-8.30pm Public Swim	8.30-10pm Public Swim Swim & Chill (Adults Only)	7.30-8.30pm Bmth Swim Club	
Friday	7-9am Public Swim (Adults Only)	9-11am Public Swim	10.05-11am Deep Water Aqua Fit	11-12.30pm Wet & Wacky	12.30-2.30pm Public Swim	2.30-3.45pm Public Swim (Over 50's)	3.45-5.45pm Swimming Academy	5.45-7.30pm Public Swim	7.30-10pm Bournemouth Lifeguards
Saturday	7.45-9am Swim B'mouth	9-11.30am Swimming Academy	11.30-3pm Public Swim	3-4pm Wet & Wacky	4-5pm Wet & Wacky	5.15-6.30pm Disabled Swim Club	6.30-7.30pm Hire our Pool (Parties & Groups)		
Sunday		8-3pm Public Swim	3-4pm Wet & Wacky	4-5pm Wet & Wacky	5-8pm Public Swim				

Key: Public Swim Special Swim Sessions Aqua Classes Wet & Wacky
Swimming Academy Club Hire Hire our Pool

The timetable is correct at time of printing but maybe subject to change.



Table Tennis

Members £4.60 Non Members £5.60

55 minutes, bats and balls can be hired

£3.00 deposit.

Check with Customer Service for availability.

Party Time



Celebrate a birthday or special occasion with a party to remember.



Exclusive use of the pool

Available on Saturdays 6.30 - 7.30pm for groups (schools, scouts etc) or birthday parties.

Pool parties have exclusive use of the pool with the Wet & Wacky pool toys and dedicated lifeguards. Sauna available for hire.



Try a club

A number of clubs are based at Stokewood. Get taught by qualified and experienced instructors with a vast knowledge of their specialist sports. Meet up with your mates or make new friends. Please contact the club secretary direct for full details.



Bournemouth Kanku Shotokan Karate Club

(w) www.kanku.org
(e) gerry@kanku.net
(t) 01202 519138



Bournemouth Lifeguards

(w) www.bournemouthlifeguards.org.uk
(e) Rookies@BournemouthLifeguards.org.uk



Swim Bournemouth

(w) www.swimbournemouth.co.uk
(e) em.hirst@yahoo.co.uk
(t) 07702 783276



Zoom Triathlon Club

(w) www.zoomtri.com
(e) timbotri@hotmail.co.uk
(t) 01202 833103



Bournemouth Water Polo Club

(w) www.bournemouth-waterpolo.co.uk
(e) Bournemouth.waterpolo@gmail.com
(t) 01202 527997



Bournemouth Swimming Club

(t) 01202 527997
Open to all interested in joining a swimming club



Disabled Swimming Club

(t) 01202 425834
Open to all ages with disabilities

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

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

MEMBERSHIP INCLUDES:

• Swimming • Gym • Sauna • Class Timetable with
over 60 Aerobics, Yoga, Aquafit and Spinning classes weekly

UNLIMITED MEMBERSHIP

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

PER MONTH

£37.50

SENIOR UNLIMITED

Monday - Sunday

£30.99

DAYTIME & WEEKEND

£29.99

STUDENT UNLIMITED

Monday - Sunday

£29.99

NEW

SENIOR DAYTIME & WEEKEND

£26.99

SWIMMING & SAUNA

£25.99

TEENAGERS 14-17 years

Sauna not included in Teenage Membership

Proof of full time education required.

£20.99



**FREE
CAR
PARKING**

**Special Offer
STUDENT MEMBERSHIP**

Unlimited membership until 30th June 2012

Price will reduce pro-rata each month

**ONLY
£140**



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