

Price List

	Standard	Active Card	Active Access
Badminton (Per court, per hour)			
18 yrs +	£10.60	£9.40	£4.80
Under 18 yrs, Student, 60 yrs +	£10.60	£4.80	£2.40
Coaching Sessions (Trampolining, Gymnastics etc. per session)			
18 yrs +	£6.00	£5.00	£2.50
Under 18 yrs, Student, 60 yrs +	£6.00	£4.00	£2.00
Crèche	£4.00	£3.00	£1.60
Fitness Classes			
18 yrs +	£5.30	£4.20	£2.10
14 – 17 yrs, Student, 60 yrs +	£5.30	£2.65	£1.30
GO Membership (Prices per month payable by monthly direct debit, includes induction fee and Active Card)			
18 yrs +	N/A	£28.50	N/A
14 – 17 yrs, Student, 60 yrs +	N/A	£19.00	N/A
Joint membership*	N/A	£50.00	N/A
*available for 2 people living at the same address			
Gym			
18 yrs +	£6.00	£5.00	£1.20
14 – 17 yrs, Student, 60 yrs +	£6.00	£3.00	80p
Sauna & Steam Room			
18 yrs +	£6.30	£5.25	£1.05
16 – 17 yrs, Student, 60 yrs +	£6.30	£3.15	75p
Sports Hall Activities (Netball, 5-a-side etc. per hour)			
18 yrs +	£45.00	£40.00	£20.00
Under 18 yrs, Student, 60 yrs +	£45.00	£20.00	£10.00
Squash (Per court, per 45 minutes)			
18 yrs +	£8.00	£6.10	£3.20
Under 18 yrs, Student, 60 yrs +	£8.00	£4.20	£2.10
Swimming			
18 yrs +	£4.30	£3.10	£1.10
4 – 17 yrs, Student, 60 yrs +	£4.30	£1.40	75p
Under 4 yrs	FREE	FREE	FREE
Swimming Lessons (Per 10 lesson course)			
18 yrs +	£63.00	£61.00	£35.00
Under 18 yrs, Student, 60 yrs +	£63.00	£37.00	£19.00

Gateshead Leisure Centre

Alexandra Road, Gateshead, NE8 4JA

Tel: 0191 433 5733 Fax: 0191 433 5726

Email: gatesheadleisurecentre@gateshead.gov.uk

Online bookings: www.gateshead.gov.uk/leisurebookings

Manager - Brian Hewitson



activities

Gateshead Leisure Centre
May - August 2012



Enjoy unlimited access to our gyms, swimming pools, fitness classes, sauna and steam rooms, and track with your GO membership

From only

£19 per month

 **Gateshead**
Council
www.gateshead.gov.uk

Join at Reception today
Excludes Birtley Leisure Centre Gym

Joint Membership available - ask at Reception for details

hello

and welcome to Gateshead Leisure Centre's Activity Guide. Inside you'll find everything you need to know about what's going on at the centre from fitness classes to basketball coaching, squash to swimming, all in this handy guide.

Shape up with one of the many fitness classes taking place in our three fitness studios or check out the variety of activities on offer from football to gymnastics in the Sports Halls. If the gym's more your thing then you'll love our new 650sqm space with state of the art equipment, just plug in your iPod and off you GO! And don't forget you can drop off the kids in the crèche before you workout.

Why not cool down in one of the three pools or relax in the sauna and steam rooms which are available both poolside and by the gym. At the end of a fun packed session, end it all with a relaxing drink or a bite to eat with friends in the café.

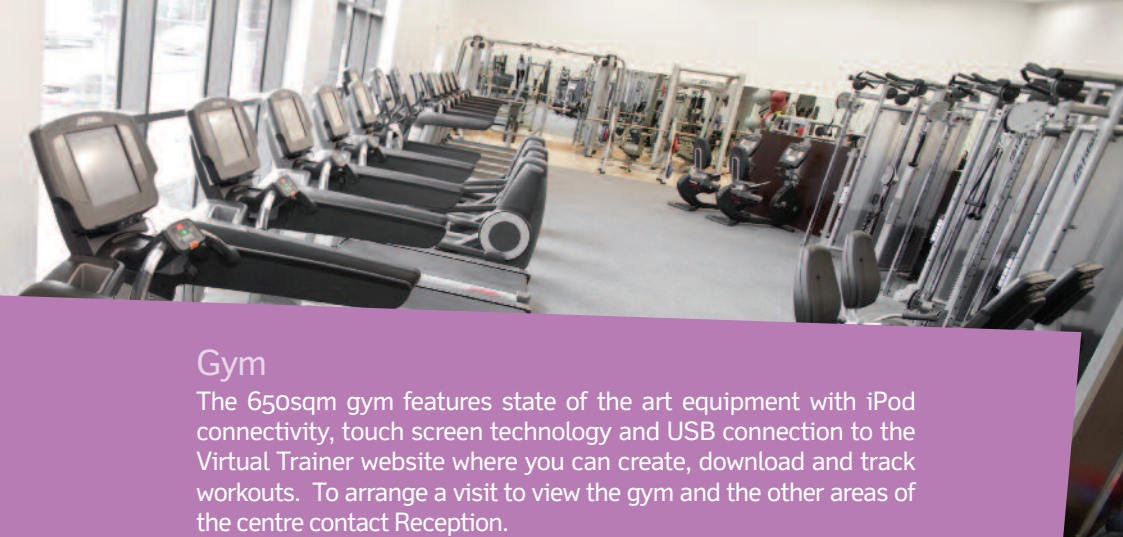
On pages 10-14 you'll also find Going for Gold Team Challenge Taster Sessions which you can get involved in. For further information on Gateshead's journey to the London 2012 Olympic and Paralympic Games visit www.gateshead.gov.uk/goingforgold

For further information on leisure activities at Gateshead Leisure Centre contact Reception or visit www.gateshead.gov.uk

Opening times

Monday to Friday	07.00 - 22.00
Saturday	08.00 - 18.00
Sunday	08.00 - 22.00

Correct at time of print, subject to change.



Gym

The 650sqm gym features state of the art equipment with iPod connectivity, touch screen technology and USB connection to the Virtual Trainer website where you can create, download and track workouts. To arrange a visit to view the gym and the other areas of the centre contact Reception.

Crèche

Why not drop off the kids at the crèche whilst you enjoy one of the many activities on offer at Gateshead Leisure Centre.

Opening Times

Monday - Friday 09.15 - 13.45

Café

Relax and enjoy a bite to eat. Offering a wide range of refreshments including deli sandwiches, paninis, jacket potatoes, pizza, homemade cakes, speciality coffees and so much more.

Opening Times:

Monday - Friday 08.00 - 20.30
Saturday & Sunday 09.00 - 17.00

Sauna & Steamrooms

Relax and unwind following your workout in the sauna or steamroom available poolside or by the gym. Ask at Reception for details.

Squash Court

Available daily 07.00 - 21.45.

Activities/Courses

Monday

11.00 - 13.00	Soft Play	Under 9 yrs
18.00 - 22.00	Football Leagues	

Tuesday

10.00 - 15.00**	Jumping Gyms	under 5 yrs
16.00 - 17.00	Gymnastics*	under 7 yrs
16.00 - 17.00	Trampolining*	4 - 8 yrs

Wednesday

10.00 - 11.00	Little Movers* (6 week course starts 13 June)	18 mths - 5 yrs
16.00 - 17.30	Basketball Coaching*	under 12 yrs
17.30 - 19.00	Basketball Coaching*	under 16 yrs
18.30 - 19.30	Judo*	6 yrs+
18.00 - 22.00	Football Leagues*	
19.30 - 21.00	Judo*	10 -18 yrs

Thursday

12.00 - 14.00	Soft Play	Under 9 yrs
16.00 - 17.00	Trampolining*	4 - 8 yrs
16.00 - 17.00	Gymnastics*	under 7 yrs
17.00 - 18.00	Gymnastics*	7 yrs+
17.00 - 18.00	Trampolining*	8 yrs+
16.00 - 17.00	Soccer Skills*	5 - 6 yrs

Friday

13.00 - 14.00	Little Movers* (6 week course starts 15 June)	18 mths - 5 yrs
16.00 - 17.00	Soccer Skills*	9 - 11 yrs

Saturday

09.00 - 10.00	Soccer Skills*	5 - 6 yrs
10.00 - 11.00	Soccer Skills*	7 - 8 yrs
10.00 - 12.00**	Jumping Gyms	under 5 yrs
11.00 - 12.00	Soccer Skills*	4 yrs

Sunday

09.30 - 11.30**	Trampolining*	4 - 8 yrs
10.00 - 14.00	Soft Play	Under 9 yrs
11.30 - 12.30	Trampolining*	8 yrs+

* To book/enrol or for further details contact Reception ** Hourly Sessions

Holiday Activities

Rafts & Rings

School holidays, daily

10.00 - 11.45

Main Pool

Have fun in the pool with inflatable rafts & rings.

Tots & Toys

School holidays, daily

10.00 - 15.30

Small Pool 1

A selection of fun toys suitable for younger children.

Aquarun*

School holidays, daily

13.15 - 15.30

Main Pool

Conquer our inflatable obstacle course.

Swimming Lessons Crash Course

30 minute stage 1 swimming lessons over 2 weeks

Monday 23 July - Friday 3 August (10 sessions)

Monday 20 - Friday 31 August (9 sessions, excludes bank holiday)

Sessions start at 09.00 & 09.30

Please Note:

- * Must be able to swim 100 metres.
- Public Swimming is still available, see pages 8 & 9 for details.
- Children under 8 yrs (maximum of 2) must be accompanied in the water by a responsible person over 16 yrs of age who must remain with the children at all times.
- Swimmers, who in the opinion of the lifeguard, are tired and would benefit from a rest, may be asked to leave the pool.

Ask at Reception for costs and opening hours over bank holiday weekends and additional activities taking place.

Multi Sport Summer Camps

Monday - Friday

09.00 - 16.00

Available weekly throughout the summer holidays this 5 day camp offers kids a range of sports to get involved with including football, swimming, athletics, netball and more.

8 - 14 yrs

£50 for a 5 day course - bring a packed lunch. Book in advance

Jumping Gyms Drop-in Sessions

Thursday 2 & 9 August -

10.00 - 11.00 & 11.00 - 12.00

A fun activity teaching basic skills of movement, sound and touch, guided by qualified coaches for parent and child.

1 - 5 yrs

Gymnastics Course

Saturday 4 & 11 August - 13.00 & 14.00

4 yrs+

Trampoline Drop-in Sessions

Tuesdays 7, 14, 21 & 28 and Thursdays 9, 16, 23 & 30 August

13.00 - 14.00 & 14.00 - 15.00

5 - 16 yrs



Swimming Pool Timetable - Term Time Only

	07.00 - 08.00	08.00 - 09.00	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00	21.00 - 22.00
Mon															
Main Pool		Public Swimming										Ladies Only		Men Only	
Small Pool 1		School Swimming	S. Lessons	School Swimming	Public Swimming	School Swimming	Swimming Lessons					Ladies Only		Men Only	
Small Pool 2		Public Swimming													
Tues															
Main Pool	Public Swimming		School Swimming			Lane Swimming	School Swimming			Swimming Club				Adults Only	
Small Pool 1		School Swimming	Public Swimming			School Swimming	Public Swimming	Swimming Lessons	Swimming Club				Adults Only		
Small Pool 2		Public Swimming	School Swimming	Public Swimming	Swimming Club							Aquafit	Adults		
Wed															
Main Pool	Public and Lane Swimming	Ladies Only	Public Swimming					Public Swimming					Lane Swimming		
Small Pool 1		Ladies Only	School Swimming		Public Swimming	School Swimming	Public Swimming	Swimming Lessons							
Small Pool 2		Ladies Only	Aquafit	Swimming Club	Public Swimming										
Thur															
Main Pool	Public and Lane Swimming		Public Swimming				Swimming Lessons				Swimming Club	Ladies Only			
Small Pool 1		School Swimming	Swimming Lessons	School Swimming	Swimming Club	School Swimming	Public Swimming	Swimming Lessons				Swimming Club	Ladies Only		
Small Pool 2		Public Swimming	School Swimming	Aquafit	Public Swimming	Public Swimming			Swimming Lessons			Swimming Club	Aquafit		
Fri															
Main Pool	Swimming Club	Public Swimming					Public Swimming			Lane Swimming	Swimming Club				
Small Pool 1		Swimming Club		School Swimming		Public Swimming	School Swimming		Public Swimming				Swimming Club		
Small Pool 2		Public Swimming													
Sat															
Main Pool	Swimming Club	Public and Lane Swimming	Raft and Rings Fun Session	Public Swimming	Aquarun Fun Session	Public Swimming									
Small Pool 1		Public Swimming													
Small Pool 2		Public Swimming													
Sun															
Main Pool		Public and Lane Swimming	Public Swimming	Raft and Rings Fun Session			Public Swimming	Swimming Clubs						Ladies Only	
Small Pool 1		Public Swimming					Swimming Clubs					Ladies Only			
Small Pool 2		Public Swimming													

Up to two Children under 8 yrs must be accompanied in the water at all times by a responsible person over 16 yrs

Fitness Classes

At Gateshead Leisure Centre a full range of fitness classes are available for all levels and abilities. Whether you're looking for high impact exercise to burn off calories or a more gentle class to strengthen and tone we have something for you...

300 Workout	High intensity workout to shape up, tone and lose body fat
Active Mums Circuits	Keep fit through your pregnancy and beyond. Suitable from 12 week scan onwards or new mums up to 1 year following birth
Aerobics	High/low intensity aerobics for all fitness levels
Aquafit	A great workout in the water, ideal for non-swimmers
Ballet Fit	A graceful workout to improve strength, control and flexibility
Body Sculpt	A muscular strength and body workout using free weights
Boxercise	Cardio workout with boxing moves
Cardio Blast	Cardio workout with 20 min sessions in step, aerobics & strength
Core Workout	A full body workout to develop a strong core
Cycle-cise	High energy indoor cycling workout
Cycle Circuit	Low intensity indoor cycling workout and circuits
Cycle Tone	High energy indoor cycling and toning workout using resistance bands
Exercise to Music	Low impact aerobics for all abilities
Fast Fat Burner	High intensity cardio workout to tone and shape
Fit Friday Circuits	Low intensity workout at your pace, for the over 50's
Fit Friday Extra	Activity taster session for the over 50's

Legs Bums & Tums	Low impact movements focusing on lower body
Light Circuits	Low intensity multiple exercise workout, go at your own pace
Musical Theatre Workout	Broadway and West End choreography and dance workout
Pilates	Helps promote core strength, flexibility and posture
Power Exbox	Power Plate session with boxing moves to increase muscle strength, improve flexibility and reduce body fat
Rugby Workout	High intensity rugby based workout including drills with strength and conditioning training to develop, improve and sustain performance
Russian Kettlebell Workout	High intensity multi muscle and cardio workout using weighted kettlebells
Set it to Vibrate	Power Plate session to increase muscle strength, improve flexibility and reduce body fat
Stability Ball	Helps improve core stability and increase inner strength
Step & Abs	High intensity cardio and core workout
Step & Tone	High/low intensity cardio workout including strength and endurance exercise
Stretch & Tone	Low impact workout using resistance bands
Strictly Dance Workout	Ballroom and Latin dance moves workout
Zumba [®]	Dance based cardio workout with Latin American inspired music
Zumba [®] Gold	Low impact Zumba [®] ideal for beginners



All fitness classes are counted as part of the Going for Gold Team Challenge taster sessions.

Fitness Class Timetable



All fitness classes are counted as part of the Going for Gold Team Challenge taster sessions.

Monday

07.00 - 08.00	Cycle-cise	Studio 2
09.30 - 10.30	Boxercise	Sports Hall 1
10.00 - 11.00	Light Circuits	Studio 3
10.30 - 11.30	Legs, Bums & Tums	Studio 1
11.00 - 12.00	Cycle Circuit	Studio 2
12.00 - 13.00	Cycle-cise	Studio 2
16.30 - 17.30	Cycle-cise	Studio 2
17.30 - 18.30	Cycle-cise	Studio 2
17.30 - 18.30	Legs Bums & Tums (Beginners)	Studio 3
18.30 - 19.00	Set it to Vibrate	Studio 2
18.30 - 19.30	Pilates	Studio 1
18.30 - 19.30	Body Sculpt	Studio 3
19.00 - 19.30	Set it to Vibrate	Studio 2
19.30 - 20.00	Set it to Vibrate	Studio 2
19.30 - 20.30	Boxercise	Sports Hall 1
19.30 - 20.30	Aquafit	Small Pool 2
20.00 - 20.30	Set it to Vibrate	Studio 2
20.00 - 21.30	Rugby Workout	Studio 3
20.30 - 21.30	Cycle-cise	Studio 2

Tuesday

07.00 - 08.00	Cycle-cise	Studio 2
09.30 - 10.30	Cardio Blast	Studio 1
10.30 - 11.30	Stability Ball	Studio 1
10.30 - 11.30	Light Circuits	Studio 3
12.00 - 13.00	Cycle-cise	Studio 2
12.00 - 13.00	Zumba®	Sports Hall 1
13.30 - 14.30	Zumba® Gold	Studio 1
16.30 - 17.30	Cycle-cise	Studio 2
17.30 - 18.30	Boxercise	Sports Hall 1
18.30 - 19.00	Set it to Vibrate	Studio 2
18.30 - 19.30	Aerobics	Studio 1
19.00 - 20.00	Power Exbox	Studio 2
19.30 - 20.30	Legs Bums & Tums	Studio 3
19.30 - 20.30	Exercise to Music	Studio 1
20.00 - 20.30	Set it to Vibrate	Studio 2
20.00 - 21.00	Aquafit	Small Pool 2
20.30 - 22.00	Strictly Dance Workout	Studio 1

Wednesday

07.00 - 08.00	300 Workout	Studio 3
09.30 - 10.30	Body Sculpt	Studio 3
10.00 - 11.00	Aquafit	Small Pool 2
10.30 - 11.30	Light Circuits	Studio 3
10.30 - 11.30	Cycle-cise	Studio 2
12.00 - 13.00	Zumba®	Studio 3
16.30 - 17.30	Cycle-cise	Studio 2
17.30 - 18.30	Cycle-cise	Studio 2
17.30 - 18.30	Stretch & Tone	Studio 3
18.30 - 19.30	Cycle-cise	Studio 2
18.30 - 19.30	Legs Bums & Tums	Studio 3
19.30 - 20.00	Set it to Vibrate	Studio 2
19.30 - 20.30	Zumba®	Studio 3
20.00 - 20.30	Set it to Vibrate	Studio 2
20.30 - 21.30	Pilates	Studio 3

Thursday

09.30 - 10.30	Boxercise	Sports Hall 1
10.00 - 11.00	Cycle Circuit	Studio 2
10.00 - 12.00	Active Mums Circuits	Studio 1
10.30 - 11.30	Legs Bums & Tums	Studio 3
11.00 - 12.00	Cycle-cise	Studio 2
11.00 - 12.00	Aquafit	Small Pool 2
12.00 - 12.30	Set it to Vibrate	Studio 2
12.30 - 13.00	Set it to Vibrate	Studio 2
17.30 - 18.30	Pilates (Beginners)	Studio 1
17.30 - 18.30	Body Sculpt	Studio 3
18.30 - 19.00	Set it to Vibrate	Studio 2
18.30 - 19.30	Zumba®	Studio 1
18.30 - 19.30	Boxercise	Sports Hall 1
19.00 - 19.30	Set it to Vibrate	Studio 2
19.30 - 20.30	Cycle Tone	Studio 2
19.30 - 20.30	Step & Abs	Studio 3
20.30 - 21.30	Cycle Tone	Studio 2
20.30 - 21.30	Aquafit (Ladies Only)	Small Pool 2



All fitness classes are counted as part of the Going for Gold Team Challenge taster sessions.

Friday

07.00 - 08.00	Fast Fat Burner	Studio 3
09.30 - 10.30	Fit Friday Circuits	Sports Hall 2
09.30 - 10.30	Legs Bums & Tums	Studio 3
10.30 - 11.30	Cycle-cise	Studio 2
10.30 - 11.30	Pilates	Studio 3
10.30 - 12.00	Fit Friday Extra	Sports Hall 2
12.00 - 13.00	Power Exbox	Studio 2
17.30 - 18.30	Cycle-cise	Studio 2
17.30 - 18.30	Step & Tone	Studio 1
18.30 - 19.00	Set it to Vibrate	Studio 2
18.30 - 19.30	Legs Bums & Tums / Body Sculpt	Studio 1
18.30 - 19.30	Russian Kettlebell Workout	Studio 3
19.00 - 19.30	Set it to Vibrate	Studio 2
19.30 - 20.00	Set it to Vibrate	Studio 2
19.30 - 20.30	Zumba®	Sports Hall 1
20.00 - 20.30	Set it to Vibrate	Studio 2

Saturday

08.30 - 09.30	Cycle-cise	Studio 2
09.30 - 10.30	Cycle-cise	Studio 2
10.30 - 11.30	Body Sculpt	Studio 3
10.30 - 11.30	Cycle-cise	Studio 2
11.30 - 12.30	Power Exbox	Studio 2
11.30 - 12.30	Russian Kettlebell Workout	Studio 3
12.30 - 13.00	Set it to Vibrate	Studio 2

Sunday

16.00 - 17.00	Cardio Blast	Studio 1
16.30 - 17.30	Zumba®	Studio 3
17.00 - 18.00	Musical Theatre Workout	Studio 1
17.30 - 18.30	Legs Bums & Tums	Studio 3
18.00 - 19.00	Ballet Fit	Studio 1
18.30 - 19.30	Cycle-cise	Studio 2
19.00 - 20.00	Core Workout	Studio 1
19.30 - 20.00	Set it to Vibrate	Studio 2
20.00 - 20.30	Set it to Vibrate	Studio 2



Want to try something new

Then why not enrol on one of our sports courses from soccer skills to gymnastics to trampolining.