

MID SUFFOLK LEISURE CENTRE
Prices from 1st Jan 2011

Everyone Active Gym

A wide range of fitness membership options are available. Please contact a Membership Advisor on 01449 674980, to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Personal Training is also available for members, at prices which are set by the individual trainer.

Everyone Active Group Exercise Classes

Group Exercise classes are included in most of our membership options, which represents the best value if you are attending classes regularly. Please contact a Membership Advisor on 01449 674980, to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Or alternatively you can 'pay as you go', at the following prices:

Standard 1 hour class (peak or off peak)	£5.00
Circuit Training class	£5.00
45 minute class	£4.30
30 minute class	£3.15
Pilates class (paid as a course – pro rate price:	£6.00
Tai Chi class (1½ hrs)	£6.25
Concessionary 1 hour class (off peak only)	£3.50
50+ Keep Fit class	£5.00
Concessionary 50+ Keep Fit class	£3.50
Exercise to Music for Disabled	£3.50

Swimming

Swimming is included in most of our membership options, which represent the best value if you are swimming frequently. Please contact a Membership Advisor on 01449 674980, to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Or alternatively you can 'pay as you go', at the following prices:

Adult Swim	£3.50
Junior Swim (16 and under)	£1.75
Concessionary Swim	£1.75
50+ Swim	£3.50
50+ Concessionary Swim	£1.75
Senior Swim (60 and over)	£1.75
Ladies Only Swim	£3.50
Aquaerobics (Tues & Thurs)	£5.00
Aquaerobics Concession	£3.50
50+ Water Workout	£5.00
50+ Concessionary Water Workout	£3.50
Parent & Toddler Swim	£3.45
Adult 20 swim card	£58.65
Adult 10 swim card	£31.05
Junior/Concession 20 swim card	£29.75
Junior/Concession 10 swim card	£15.75

Everyone Active Swimming Lessons (Prices from 26th Nov 2010)

You can join our swimming lessons at any time. The prices shown below are the per week equivalent, and the actual amount you pay will depend upon the length of that particular payment period, typically 12 or 13 weeks.

Adult and child lessons 5-18 months	£3.70
Adult and child lessons 19 – 36 months	£3.70
Junior swim lessons standard price	£4.45
Junior swim lessons concession price	£3.00
Adult swim lessons standard price	£5.00
Adult swim lessons concessionary price	£3.40
Adult training standard price	£4.80
Adult Training concessionary price	£3.30
50+ swim lessons	£5.00
50+ concessionary swim lessons	£3.40
Ladies only Swim Lessons	£5.00
Ladies only Swim Lessons Concessionary	£3.40
Private Tuition (1 to 1)	£33.30 (2 x ½ hour lessons)
Private tuition (1 to 2)	£36.00 (2 x ½ hour lessons)

Playworld

Playworld is included in our Children's Activities Membership options, which represent the best value if you are using Playworld frequently. Please contact a Membership Advisor on 01449 674980 to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Or alternatively you can 'pay as you go', at the following prices:

Standard Admission	£4.20
Standard Admission with Summer Playworld	£5.30
2 year old admission with Summer Playworld	£4.80
Under 2 yrs Admission	£2.40
Under 2s admission with Summer Playworld	£2.90
Play 'n Swim (without Summer Playworld)	£4.90
Play 'n Swim (with Summer Playworld)	£6.00
5 session card (without Summer Playworld)	£18.90
5 session card (with Summer Playworld)	£23.85
10 session card (without Summer Playworld)	£35.70
10 session card (with Summer Playworld)	£43.05

Playworld Party (price per child including food) £8.95 (10% reduction on the activity segment of the party with a Children's Activities Membership)

Hot and cold food options available.

Special prices are available for groups bookings, and exclusive hire is also available.

Please ring 01449 674980 for further details.

Birthday Parties (price per child incl. food)

There is a 10% reduction on the activity segment of ALL parties if you take out a Children's Activities Membership. Please contact a Membership Advisor on 01449 674980 to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Playworld Party	£8.95
Pool Party with attendant	£8.95
Football Party	£8.95
Rollerskating Party (in public session)	£8.95
Fun & Games Party	£8.95

Trampolining Party (with instructor/equipment)	£11.50
Climbing Party (with instructor/equipment)	£11.50

Hot and cold food options available. Minimum numbers/minimum ages apply to some activities. Deposit required. Please ring 01449 674980 for further details.

Active Tots Creche

High quality child care for pre-school children, at affordable prices to help 'everyone be active'.

Active Tots creche is included in our Children's Activities Membership options, which represent the best value if you are using the creche frequently. Please contact a Membership Advisor on 01449 674980 to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Or alternatively you can 'pay as you go', at the following prices:

Price per ¼ hour	85p
Price per hour	£3.40

Climbing Wall

Our Climbing Membership options represent the best value if you are climbing frequently. Please contact a Membership Advisor on 01449 674980, to arrange a tour of the facilities and to discuss which membership option best suits your personal circumstances.

Or alternatively you can 'pay as you go', at the following prices:

Adult session (1½ hours)	£5.25
Concession or junior session (1½ hours)	£3.00
Adult 20 climb card	£89.25
Adult 10 climb card	£47.25
Junior/Concession 20 climb card	£51.00
Junior/Concession 10 climb card	£27.00

Equipment hire available to casual climbers at a small additional charge.

Private Tuition (1 to 1 for 1 hour)	£33.50
(1 to 2 for 1 hour)	£40.80
(1 to 3 for 1 hour)	£51.50

Group Tuition available for 4 or more people. Please ring 01449 674980 for further details. Tuition includes all necessary equipment.

Bowls (per hour for the public rink)

Peak Singles/Pairs per person	£3.55
Peak Triples/Fours per person	£3.05
Off peak Pairs/Triples/Fours per person	£2.60

The Bowls club offers considerably lower rink prices for members on the club rinks, which represents the best value if you are bowling regularly. For further details about membership please contact Judy Finbow on 01449 742813.

Badminton (per 1 hour court)

Adult Doubles	£8.60
Adult Singles	£7.40
Junior/Concession	£3.70

Squash (per 45 mins court)

Adult	£7.00
Junior/Concession	£3.50

Tennis (per 1 hour court)

Adult Singles or Doubles	£5.80
Junior/Concession	£2.90
Tennis floodlights	£1.90

Table Tennis (per 1 hour)

Adult Singles or Doubles	£5.60
Junior/Concession	£2.80

Outdoor Facilities (per hour)

Astroturf for 5 a side football	£17.20
Astroturf floodlights	£3.50
Netball court	£9.30
Netball Floodlights	£1.90
Ball hire available at a small additional charge	

Activity Spaces

Main hall hire	£41.00
Studio hire (peak)	£23.75
Studio hire (off peak)	£19.70

Meeting Rooms (per hour)

Family Room	£13.40
Bowls Committee Room	£13.40

- **Off Peak time = Sessions which start before 5.00pm Monday – Friday and anytime on Saturday.**
- **Peak time = Sessions which start at 5.00pm or later Monday – Friday and anytime on Sunday.**
- **Note: Prices normally change annually, normally on 1st April each year**

