



Chesterton Sports Centre



**“Bringing health, fitness and
enjoyment of sport to the
whole community”**

September 2008 - April 2009

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Cambridge CB4 3NY
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sportscentre@chesterton.cambs.sch.uk

www.chestertonsportscentre.org.uk

A Warm Welcome Awaits

Chesterton Sports Centre opened in the Summer of 2004 and has become a firm favourite with residents in and around the Cambridge area.

Chesterton Sports Centre is a community sports facility within the grounds of Chesterton Community College and operates on a casual 'pay as you play' basis as well as offering a variety of membership packages. These are a popular option, especially with regular users as they represent excellent value for money and customers can enjoy unlimited use of many of the facilities.

We look forward to seeing you soon

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Our Facilities

Swimming Pool

Our 17m indoor swimming pool is ideal for bathing; lane training and other water based activities and is attached to spacious locker rooms and showering facilities.

Reception

You'll find our open plan reception light and welcoming. Sign up for a course, membership or pay for your activity or simply find out more about the centre and the activities you can get involved in.

The Box Café and Viewing Gallery

Relax and unwind, watch some activities from our viewing gallery or simply meet friends in our relaxing catering facility.

Sports Hall

Our 4 badminton court sports hall with it's beech wood sprung floor hosts a variety of activities including badminton, 5-a-side football & basketball. It is available for casual use or block booking. All bookings are for 55 minutes.

Aerobics Studio and Function Room

An ideal space for board meetings, training courses and conferences. Link this area to the catering viewing area for the ideal venue for weddings and birthday parties. This area is also used for aerobics and dance classes.

Fitness Suite

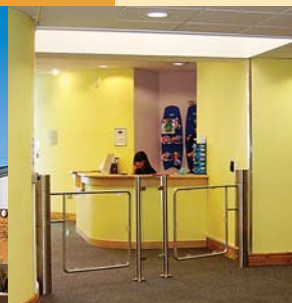
Our 56 piece air conditioned Fitness Suite is equipped with brand new level three Precor resistance and cardiovascular machines as well as a designated free weights area. Each CV machine includes it's own personal viewing or WI-FI system.

Gymnasium

This 2 badminton court sized gymnasium complements the larger sports hall allowing for martial arts and smaller group activities.

Tennis Courts

Four top quality outdoor floodlit tennis courts are available all year round to members and casual players.



Membership options

We offer a variety of memberships to suite all needs and budgets. Here we have outlined each membership and what it includes.

Vision Plus Membership

		Adult	Senior 60+/Student
◆ Unlimited Fitness Suite Usage	Monthly *	£48.50	£33.00
◆ Fitness Classes	Monthly Joint *	£72.50	-
◆ Unlimited Swimming	Monthly GP Referral *	£32.00	-
◆ 50% off Badminton Bookings (subject to availability)	Annual	£485.00	£330.00
	Annual Joint	£725.00	-
	Annual GP Referral	£320.00	-

Gym Membership

		Adult	Senior 60+/Student
◆ Unlimited Fitness Suite Usage	Monthly *	£30.50	£23.50
	Annual	£305.00	£235.00

Swimming Membership

		Adult	Senior 60+/Student
◆ Unlimited Swimming (Subject to timetable availability)	Monthly *	£23.00	£16.00
	Annual	£230.00	£160.00

Gym & Swim Membership

		Adult	Senior 60+/Student
◆ Unlimited Fitness Suite Usage	Monthly *	£35.00	£28.00
◆ Unlimited Swimming (Subject to timetable availability)	Annual	£350.00	£280.00

Gym & Aerobics Membership

		Adult	Senior 60+/Student
◆ Unlimited Fitness Suite Usage	Monthly *	£38.00	£31.00
◆ Unlimited Fitness Classes	Annual	£380.00	£310.00

Notes

- ◆ All memberships are subject to a one off £10 admin fee.
- ◆ Student and Senior memberships require proof of entitlement.
- ◆ Joint members require proof of same residence if surnames are different.
- ◆ Corporate Memberships are available on request. Please see page 6 for more details.

Aerobics & Swim Membership

		Adult	Senior 60+/Student
◆ Unlimited Fitness Classes	Monthly *	£35.00	£28.00
◆ Unlimited Swimming (Subject to timetable availability)	Annual	£350.00	£280.00

Tennis Membership

		Junior	Adult	Family
◆ Unlimited Tennis (Subject to timetable availability)	Monthly *	-	£8.00	£12.00
	Annual	£40.00	£80.00	£120.00

Kidz Membership

		Junior
◆ 50% off Swimming Lessons	Monthly *	£15.00
◆ Unlimited Fitkidz sessions	Annual	£150.00
◆ Unlimited Swimming		

Family Membership

		Family
◆ For two adults and two children	Monthly *	£85.00
◆ Parents: Vision Plus Membership	Annual	£850.00
◆ Children: Kidz Membership		

* **Please note:** Monthly membership fees shown are per month. These can be paid either up front each month or by Direct Debit. All Direct Debit memberships are locked for three months after which they can be cancelled by giving one month's notice in writing.



Joining the Gym

So you have decided you want to join, what do you do next?

Inductions

All new members need to book an induction before they can use the Gym. Inductions are available throughout the day and can be booked in advance at Reception or over the phone. When you book you will need to pay a £10 admin fee to secure your booking. If you want to join with family and friends, up to three people can attend the induction together.

During the induction you will be shown how the equipment works. You will be required to complete a medical questionnaire prior to the induction.

Fitness Assessments

Once you have joined you may wish to have a Fitness Assessment. This will create a personal programme for you that can help you to achieve your goals – whether that's toning, weight loss or simply feeling fitter.

An initial assessment, carried out by one of our qualified Fitness Consultants, is free for all members. Update assessments and revised programme cards cost £5 each or book your 8 week review (2 fitness assessments and 2 programmes) for £15.

Personal Training

Our Fitness Team can also offer personal training – for more information please ask one of the team.

Corporate Memberships

If your company has 5 or more employees and/or spouses who would like to take advantage of the fantastic facilities at Chesterton Sports Centre, then why not take out a Corporate Membership?

Our corporate package offers fitness, swimming and classes at a great price and with only 5 people needed to get this amazing price, what's stopping you?

Casual Prices

You can use many of our facilities on a pay and play basis without needing to take out a membership.

Swimming Pool

	Adult	Junior (0-16)	Senior (60+)/Student
Swim (under 5's go free)	£3.15	£1.75	£2.00
12 Swim Block	£31.50	£17.50	£20.00
Fun Splash	£3.70	£2.10	£2.10
Aqua Aerobics	£4.75	£3.70	£3.70

Fitness

	Adult	Junior (0-16)	Senior (60+)/Student
Fitness Suite	£6.00	-	£3.90
Fitness Class	£4.75	-	£3.70
Block 12 Fitness Classes	£47.50	-	£37.00
Fitkidz	-	£3.90	-

Sports Activities

	Adult	Junior (0-16)	Senior (60+)/Student
Badminton Court	£10.00	£6.00	-
Table Tennis	£10.00	£6.00	-
Football etc (Sports Hall)	£43.20	£26.00	-
Football etc (Gymnasium)	£21.00	12.60	-
Outdoor Tennis	£6.50	£4.00	-
Outdoor Tennis - floodlit (per hour)	£9.00	£7.00	-
Outdoor Netball	£10.00	£8.00	-
Outdoor Pitch (& Changing)	£43.20	£21.00	-
Outdoor Pitch for the season	£500.00	-	-

Please note: There is a hire charge for the use of sports centre equipment such as badminton rackets and indoor footballs. Please see reception for further details.

All casual bookings and Fitness Classes must be paid for at time of booking.

Please see separate leaflet for Fitness Class Timetable.



Swimming Pool Timetable – Term Time

	7am	8am	9am	10am	11am	12 noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm		
Monday	Early Birds		Parents and Tots	50+		Lunchtime Swim		Exercise Referral Aqua Aerobics	Hire		Swimming Lessons		Public Swim	Aqua		Private Hire		
Tuesday	Early Birds		Chesterton Community College				Disabled Swim		Chesterton Community College		Swimming Lessons		Activity Session	Lifeguard Training		Public Swim		
Wednesday	Early Birds		50+	Toddler Swimming Lessons			Lunchtime Swim		Forever Active Aqua Aerobics		Swimming Lessons			Aqua Natal	Adult Swimming Lessons	Lanes		
Thursday	Early Birds			Toddler Swimming Lessons			Lunchtime Swim		Toddler Swimming Lessons	Parkinson's Group Swim		Swimming Lessons		Public Swim	Sub-Aqua Club	Public Swim		
Friday	Early Birds		Chesterton Community College				Lunchtime Swim		Chesterton Community College		Triathlon Club		Swimming Lessons		Public Swim	Adults Only		
Saturday	7am	8am	Early Birds	Swimming Lessons			Fun Splash		Public Swim		Party Booking	Ladies Only		6pm	7pm	8pm	9pm	10pm
Sunday			Early Birds	Fun Splash	Public Swim						Party Booking	CDKSC						

Pool Rules

- 1 Don't practice acrobatics or gymnastics
- 2 No diving below 1.5m
- 3 Don't duck/bob people under the water
- 4 Respect others by not shouting
- 5 No bombing
- 6 Please do not run on poolside
- 7 Don't push
- 8 Look before you dive
- 9 Please shower before you swim
- 10 No armbands in the deep end
- 11 Bags are not permitted on poolside
- 12 Toys are only permitted during Fun Splash

Please obey these important rules for your own safety, and respect other pool users.

Holiday timetables

will be released no later than two weeks before each holiday. Please see reception or our website for these timetables.



Please note

- ◆ Under 8's must be accompanied by a parent or a guardian over 18 years.
- ◆ Only two children under 8 per adult.
- ◆ Chesterton Sports Centre reserve the right to alter this programme at any time.



Children's Activities

Fitkidz

Fitkidz sessions are designed to allow 10 - 15 year olds access to the Fitness Suite. All sessions are supervised by a qualified member of staff.

Sessions run Monday - Friday 4pm-5pm and Saturdays from 1pm -2pm. Pre-booking is recommended.

Play Scheme

Our Play Scheme offers maximum flexibility, affordable childcare and most importantly; fun packed activity filled days for your child.

The Play Scheme runs from 8.30am - 5.30pm each weekday during the holidays and is open to 5 - 12 year olds. You can book your child on to a morning session; from 8.30am - 12.30pm, an afternoon session; from 1.30 - 5.30 or all day.

Each day your child is guaranteed to enjoy a mixture of sports, games, swimming and crafts. A full programme of activities is produced before each holiday and is available from reception and on our website.

Youth Programme

The youth programme runs over 10 weeks during each term and offers a range of sporting activities for children between the ages of 4 and 15 years old. Basketball, tennis, roller-skating, judo and trampolining are just a few of the great activities on offer, along with daily Fitkidz sessions for 10 – 15 year olds in the fitness suite.

Prices and dates of the programme can be obtained on the Youth Programme Notice Board or in separated leaflets displayed in the Sports Centre.



Birthday Parties

No mess, no fuss, leave it to us!

Let us take the hassle out of your child's party. Choose one of the following:

Bouncy Fun Party

(recommended for children aged 3 – 7 years)

Enjoy an exciting one-hour on the bouncy castle with soft play shapes, hoops and balls.

Cost: up to 10 children £47.50, up to 20 children £65.00

Includes: Invitations, Activity Leader/s and Party Bags

Times: Sat or Sun, 11.30am – 12.30pm or 1.30pm – 2.30pm

Extras: Face painting £15.00

Football/Multi-sport Party

(recommended for children aged 5 - 12 years)

Enjoy one-hour of a variety of sporting activities including football, basketball and cricket. Let us know in advance what sporting activities you would like included

Cost: up to 10 children £47.50, up to 20 children £65.00

Includes: Invitations, Activity Leader/s and Party Bags

Times: Sat or Sun, 11.30am – 12.30pm or 1.30pm – 2.30pm

Pool Party

(recommended for children aged 8+ years)

Have a fun packed hour in our swimming pool exclusively for your party. We supply a range of floats, woggles and balls to keep you entertained. As an extra you can hire the inflatable slide.

Cost: up to 10 children £57.50, up to 20 children £75.00

Includes: Invitations, Lifeguard and Party Bags

Times: Sat 3.30pm – 4.30pm or Sun 3.00pm – 4.00pm

Extras: Inflatable and extra lifeguard £10.00

Please Note: All under 8's must be accompanied by a parent or an adult 18 years old. No more than two children under 8 per adult.

Party Bags

Each contain
A selection of toys
A balloon

If you wish to bring extra items to add to the bags you are welcome to do so.

Party Food

If you would like food after your activity, then the **Box Café** can fulfil your every need. For more details please contact the Box Café on 01223 576110 ext. 162 or email info@theboxcafe.co.uk

Party Games

If you decide to purchase food from the Box Café you may wish to organise your own party games after the children have eaten. We can supply a CD player and CDs (but not prizes).

How to book

To book a party please contact reception where we can tell you about available dates and times. The full payment of the party has to be made at the time of booking.

Swimming Lessons

Our swimming lessons have been carefully designed to offer the highest standards of swimming teaching. Working in partnership with the ASA, swimming lessons adhere to the national plan for teaching swimming.

Professional teachers

Our teachers are all ASA qualified and attend required training courses as part of continued professional development to keep them up to date with latest information and teaching techniques.

ASA National swimming Awards

Once your child has completed their level a badge and certificate can be purchased at a small cost.

The Levels

We run classes ranging from Ducklings 5 to Level 9. See opposite for details.

Ducklings 5, Level 1 & Level 2: Shallow End

Level 3 – Level 5: Deep End

Level 6 – Level 9: Lengths

How to enrol

Each term current participants on swimming lessons have priority to re-enrol on to the next course. New enrolments take place through an enrolment day where spaces are allocated on a first come first served basis subject to spaces being available at that level required. Ask at reception for the next enrolment day.

If you require any further information about our lesson programme or about adult lessons, please ask at reception or view our lessons notice board.

Swimming lesson check list

1. Your child needs to be ready, in their swimwear promptly for the start of their lesson, no sooner than 5 minutes before the lesson commences.
2. Children must not enter poolside unless there is an instructor/ lifeguard present.
3. Children must sit quietly away from poolside in the area their lesson takes place, while they are waiting for their lesson to commence.
4. Entry to and from poolside must be made via the changing rooms.
5. Parents are only allowed on poolside to drop off and collect children from the swimming lesson. You may watch from the balcony.
6. Please do not coach your child from this area, it distracts their concentration from the teacher.
7. All children must wear a swimming hat.
8. Please ensure your children are closely supervised at all times in the changing rooms and spectator area.

Ducklings 5

Primarily water confidence skills. Parent not in the water.

Level 1

Development of water skills. Travelling in the water with the use of floats or suitable aids.

Level 2

Introduction and development of a range of basic skills. Travelling 5m using a variety of stroke kicking actions without aids.

Level 4

Development of new skills including sculling and retrieving objects from the pool floor.

Level 3

Further skills including jumping into water and submerging. Introduction of correct breathing technique and breaststroke leg action.

Level 5

New skills including treading water and pushing from the side with correct technique. Development of front crawl, breaststroke and backstroke technique.

Level 6

New skills include surface dives and swimming underwater. Swimming full stroke front crawl, backstroke and breast stroke.

Level 8

Skills already learned are further developed with rotation skills being introduced.

Level 7

New skills include straddle jump entry into water and forward somersault (in water). Swimming lengths using correct technique.

Level 9 +

Advanced skills and completion of a circuit. Introduction to competitive strokes and turns. Preparing pupils for entry into a swimming club or rookie lifeguard.

Adult Lessons

We offer beginner and improver lessons to suite any adult wishing to build water confidence or improve their stroke and stamina. Lessons run on Wednesday evening during the term.

The Box Café

01223 576110 ext162
www.theboxcafe.co.uk

Why not unwind at The Box Café. Relax and enjoy the food and drink we offer. You can watch some activities from our viewing gallery or simply meet with friends.



Our menu includes a variety of healthy options such as baguettes, panini and jacket potatoes.

For more information contact
Carrie Holbrook on 01223 457538

start-up

exercise referral scheme

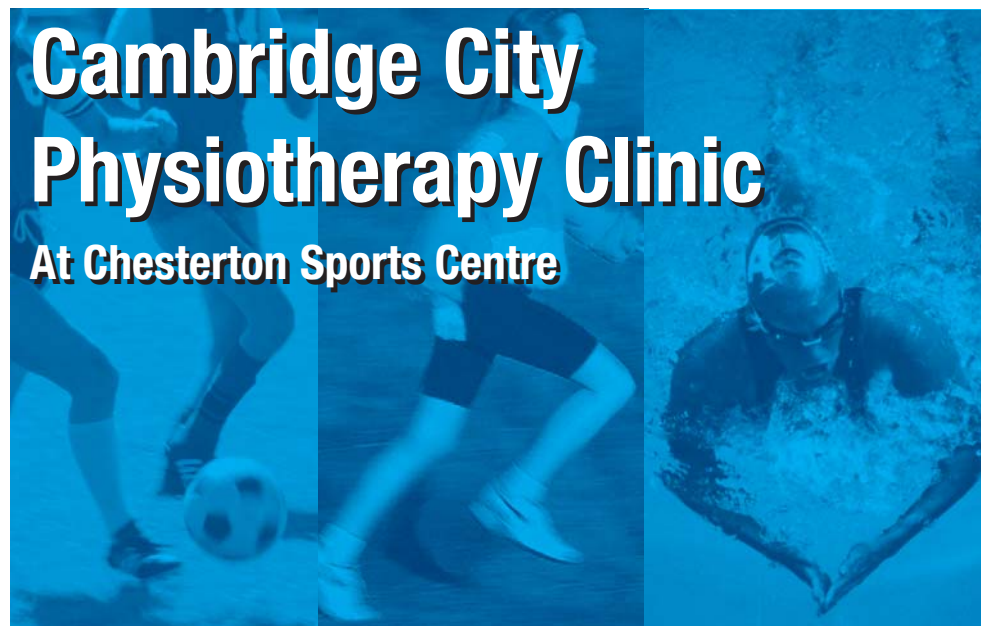
If you have a medical reason for being more active, you may benefit from a more specialist, one-to-one exercise programme. In that case the Start-up exercise referral scheme may be able to help you...

Start-Up is Cambridge City Council's exercise referral scheme for people living in the City. The scheme provides carefully structured, monitored and tailor-made activities for clients who suffer from medical conditions, diseases or disabilities such as arthritis, osteoporosis, back pain, diabetes or coronary heart disease.

To access the scheme you must be referred by a health professional; this could be your GP, practice nurse, physiotherapist, occupational therapist or dietician. Ask your health professional for a referral.

Cambridge City Physiotherapy Clinic

At Chesterton Sports Centre



by appointment only: 01223 368886 or enquiries@cambridgephysio.co.uk

Headstart Massage

Sports and Therapeutic Massage

New Clinic Opening September 2008
at Chesterton Sports Centre

www.headstartmassage.com
07900 001740

Welcome
Offer: 10% off
first appointment for
new clients
valid until Dec 08

SIS
SCIENCE IN SPORT
leaders in sports nutrition

**SPORTS MASSAGE
ASSOCIATION**

How to find us

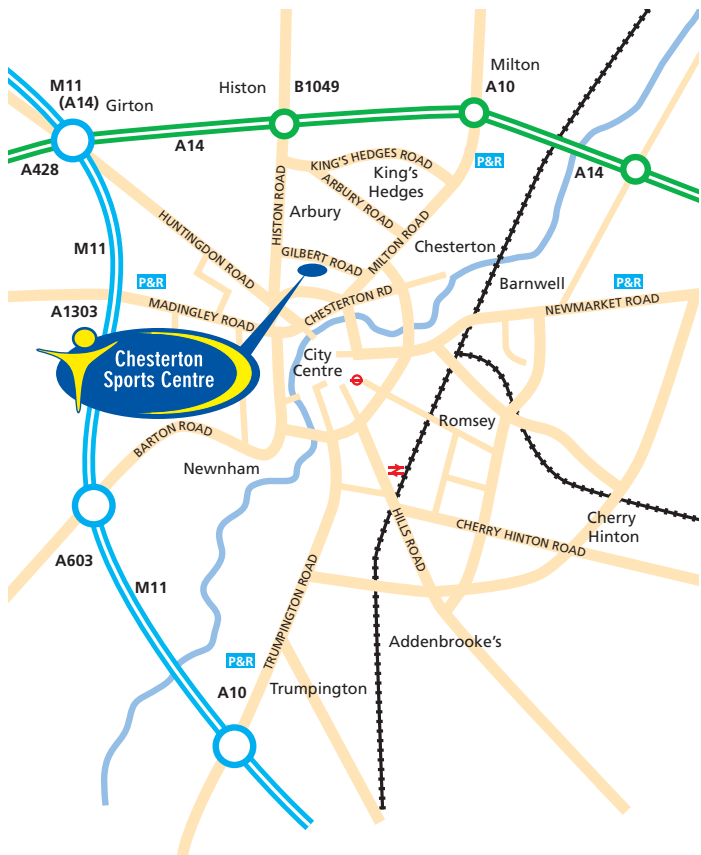
Chesterton Sports Centre
Chesterton Community College
Gilbert Road
Cambridge CB4 3NY
Tel: 01223 576110

By car or cycle

Turn from Gilbert Road into Chesterton Community College. Once in the school grounds, take the 1st left into the car park. Parking is free and there is plenty of cycle parking.

By bus/on foot

There is a bus stop opposite the school, served by routes 14 & C1. Enter the college through the gates & turn 1st left. Take care to avoid cars!



Opening times

Monday	7 am - 10 pm
Tuesday	7 am - 10 pm
Wednesday	7 am - 10 pm
Thursday	7 am - 10 pm
Friday	7 am - 10 pm
Saturday	8 am - 6 pm
Sunday	8 am - 6 pm

Pool times vary: please see pages 8-9 for details