

Kensington Leisure Centre
Walmer Road,
London, W11 4PQ

Tel: 020 7727 9747 Fax: 020 7229 8380
kensington.sales@cannons.co.uk

Bus route: 7, 23, 52, 295
Tube: Ladbroke Grove, Latimer Road, Holland Park



Other Courtneys Sites:

The Porchester Centre
London W2 5HS. Tel: 020 7792 2919

Paddington Recreation Ground
London W9 1PD. Tel: 020 7641 4819

Jubilee Sports Centre
London W10 4RR. Tel: 020 8960 9629

Queen Mother Sports Centre
London SW1V 1EL. Tel: 020 7630 5522

Seymour Leisure Centre
London W1H 5TJ. Tel: 020 7723 8019

Chelsea Sports Centre
London SW3 5PL. Tel: 020 7352 6985

Banstead Sports Centre
Tadworth, Surrey KT20 5JG. Tel: 01737 361 933

Donyngs Recreation Centre
Redhill, Surrey RH1 1DP. Tel: 01737 764 732

Horley Anderson Centre
Horley, Surrey RH6 8RJ. Tel: 01293 784 075

Water World
Leisure Park at Monks Cross, York YO32 9JS.
Tel: 01904 642 162

Courtneys.co.uk



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

The Royal Borough of Kensington and Chelsea working in Partnership
with Nuffield Health Wellbeing Ltd.

N.B. Some of the pictures shown in this
brochure show other sites managed by
Nuffield Health Wellbeing Ltd.



Everything you need to know...

October - December 2009



Welcome to Courtneys at Kensington Leisure Centre which is managed by Nuffield Health Wellbeing Ltd in partnership with The Royal Borough of Kensington & Chelsea to bring the best leisure facilities to your local community.



As a member at Kensington Leisure Centre you can get all the fantastic facilities you'd expect - a modern, well-equipped gym, a great pool, a wide range of group exercise classes plus a variety of other facilities to ensure there is something for everyone, with more space and the activities and timetable to match!

Courtneys is great for mums, dads, kids and school parties, too, with a great family atmosphere and a knowledgeable team on hand to help.

If you are exercising more than once a week you could be saving money by joining one of Courtneys great value-for-money memberships (*see below*), with no joining fee and a 'join-one-use-them-all' policy you won't be able to resist! So why not have a chat with a member of the Courtneys team. We're here to help and advise.

Memberships

You have a choice of 2 great memberships:

1. Ultimate: unlimited use of the gym, pool and fitness classes 7 days a week for just £48 a month.
2. Pool: unlimited swimming 7 days a week for just £28 a month
 - Join one Courtneys site use them all
 - No Joining fee
 - No long term contract

Contents

General Information	3
Courtneys for Kids	4-5
Gym	6
Fitness Class Descriptions	7
Timetable	8
Fitness Classes	9
Other Facilities	10
Swimming	11
Swimming Prices & Times	12
Swimming Timetable	13
Memberships	14-15

Disabled Access

Accessible toilets for the disabled	✓
Disabled changing facilities	✓
Disabled group activities	✓
Disabled parking facilities	✓
Centre adapted for wheelchair users	✓
Lift	✓
Pool hoist	✓
Ramp access	✓
Wheelchair access to poolside	✓



With a wide range of facilities and a great family atmosphere, Courtneys for Kids is fab for kids of all ages!

Courtneys Jungle Gym 1-8 years

(the maximum height is 4 ft)

In a safe area within the centre children can participate on a casual basis in the jungle. Climbing areas, fun slide, ball pool and soft play area are all part of the fun allowing their imagination to take flight! Please Note: Children must be supervised by an adult. Please call reception as the jungle may be closed for private parties or bookings.

Courtneys Crèche 3 months-4 years

(babies must have first 3 sets of injections)

The crèche is the perfect place for the kids while you enjoy time to yourself. There are limited spaces for babies aged 18 months and under, booking is advisable and can be done 5 days in advance. To book please call reception between 09.00-11.30 Monday to Friday.

Birthday Parties

“Save the mess, have no fuss, leave the party up to us.” Let us take all the hassle out of hosting your child’s party, so you can sit back and enjoy the party for a change. The children will enjoy 1 hour in the play area and 1 hour in the dining area. Choose from a Multi-activity (sports hall games), pool or jungle gym party. Email: kensington.bookings@cannons.co.uk

What’s On

Jungle Gym	1-8 years	Mon-Sun 9.00-6.00pm
Crèche	3 mths-4 yrs	Mon-Fri 9.30-10.30 10.35-11.30

Mini Football	5-11 Years.	
Wednesday	16.00-17.00	5-8yrs
Wednesday	17.00-18.00	8-11yrs
Friday	16.30-17.30	5-8yrs
Friday	17.30-18.30	8-11yrs

Parties:

Multi Activity	5-12 yrs	Sat & Sun
Pool	2-12 yrs	Sat & Sun
Jungle	2-8 yrs	Mon-Sun

Parties must be booked at least 2 weeks in advance. For more information please contact the bookings manager 020 7727 9747 (ext. 304). Packages available from £9.40 per head.

* For safety reasons there must be one adult in the water for every 2 children under 8, and those who are unable to swim. For those children who are able to swim there must be one adult in the water for every 10 children. An adult is classed as over 18.

Youth Sports Development

Under 19’s

Tuesday			
16.30-18.00	Under 19	Badminton	Free
18.00-19.00	Under 19	Disability Swimming*	
Wednesday			
17.30-19.00	Under 17	Girls Basketball	Free
Thursday			
17.00-18.30	Under 19	Squash	Free
Friday			
18.00-20.00	Under 14	Mixed Basketball	
20.00-22.00	Under 19	Boys Basketball	
Saturday			
14.00-16.00	11-19 Yrs	Swimming (Short Courses)*	

Telephone 020 7351 2346 to reserve a place. Places limited.

Courtneys Swimming Lessons

Classes for all ages. See pages 11 and 15.

Mini Football 5-11 years

Come along and enjoy keeping active with our sports coaches.

Under 16's go Free

Swimming is such a great activity for all ages and abilities. So why not bring the kids along. Children under 16 go swimming free at all times with an RBKC Swim Card (See P14 for more details)

Teddy Tennis

Sport, music and fun for the very young! An exciting new way for 3½ - 6½ year olds to play tennis. Please call 0845 643 1173 or visit www.teddytennis.com for more information.

Baby Nature Baby and toddler lessons. See page 11.

Aqua Babies - www.aquababies-uk.com

(babies must have first 3 sets of injections)

For more information please contact Aqua babies on 01273 833101 (office hours Mon-Fri 9-5pm).

Junior Gym

13-16 years Monday-Friday 5-6pm

£2.90 per session, 10 places available.

FREE to RBKC Junior Swim Card holders
(See P14 for more details)

Kids Jam

8-16 years Wednesday 5-6pm

£2.90 per session

Gymnastics

Gymnastics courses available for all ages and abilities with the City of London Gymnastics Club. To enrol please contact Paul Robinson on 020 7243 0398 or email cityoflondongymclub@hotmail.co.uk



Kensington Tae-Kwon-Do

For more information please contact Donato Nardizzi at Kensington Tae-Kwon-Do club on 020 8679 0526.

Ty-ga-Karate

For more information please contact Gary Wasiniewski on 020 8947 1038.

MEND program

Do you have children 8-12 years old?

Are you worried they might be unhealthy or even overweight?



The MEND program is a FREE fun program for kids to become fitter, healthier and happier. It gets kids healthy & fit in only 10 weeks (term time Jan, Apr & Sep) -& helps them stay that way! To find out more & join call the Kensington & Chelsea MEND team on 020 8962 7839* or email: mend@kc-pct.nhs.uk

*our office location will change with a new tel no. from Autumn 09 so please call 020 8969 2488 to be directed.



Whether you want to work off those pounds or tone your muscles, there's something for you in the gym. Great equipment and a great place to work out!

At a Courtneys gym we aim to provide the most welcoming and motivating environments to help you achieve your fitness goals.

Introductions are an essential one off session to ensure you understand and can operate the equipment properly and safely, resulting in the maximum benefits from your exercise programme. Please book your introduction session with reception or a Membership Advisor.

Individual programmes are available to ensure that your visit to the gym is specifically tailored to your needs, enabling you to get the most out of your workout. Please book with a fitness instructor in the gym.

As a new Courtneys Ultimate member you will receive a complimentary introduction and a free 30 minute consultation which includes a 12-week fitness diary when you first join. All members are entitled to free programmes and advice from our friendly gym team.

Personal Training is provided by Team Max. For more information please speak to a member of the gym team, email: rabeabadom@hotmail.com or call on 07788 985650/07749 792051.

GP Referral 12 week referral programmes are available. For more information please contact Keith Richardson at the centre or pick up one of our leaflets.

Junior Gym 13-16 years old
Please see P5 for more details.

Ladies Morning

Relax and re-energise at our ladies morning. Choose any two activities from; gym, swim, fitness classes or squash.

Wednesdays 09.00 - 12.00 £5.40

Abs

Muscular, Strength & Endurance Workout.

A class dedicated solely to intensive abdominal and back strengthening exercises to help achieve a firmer stronger body inside and out.

Monday	08.30, 10.30, 13.00, 16.00, 19.30
Tuesday	09.30, 11.30, 16.00, 19.45 (Maria)
Wednesday	08.30, 10.30, 16.00, 19.45
Thursday	08.00, 10.30, 16.00, 19.45 (Maria)
Friday	08.00, 13.00, 16.00
Saturday	13.00, 16.30
Sunday	13.00, 17.00

This class is held in the gym and is free to members or customers who have paid to use the gym.

The team of instructors are fully qualified professionals, all bringing different personalities and styles to their workout. They have one main goal which is to make your fitness class effective and enjoyable. They will advise you on the classes and variations on offer in the programme.

Body Training Systems

Body Pump: A group barbell programme that challenges every major muscle in your body, there are ten routines using weights and music, which will strengthen and tone in record time.

Calorie Burning

Aerobics: A cardiovascular workout combining hi and low impact moves using choreography of varying complexity.

Spin: A Cardiovascular and muscle toning workout on a stationary bike in a motivational group exercise format. The quickest way to burn calories in the shortest possible time. This workout is suitable for all, as there is no choreography to follow.

Step & Tone: An impact workout incorporating the step and body conditioning.

All Over Body Workout

Belly Dancing: Feel wonderful! Belly dancing slims the waist, tones the abdomen and hips and increases endorphins (the feel-good hormones). Belly dancing liberates the hips so that your walk originates in the hips as it should. Men too, should wake up to belly dancing: 'walking tall' will impress at work and socially. Astonish yourself and others with grace, poise and fun that belly dancing brings to life. Come and dance with us!

Aqua: A complete body workout using water as resistance.

Non-swimmers welcome.

Socaise: Come and enjoy a great dynamic choreographed workout to caribbean music whilst toning at the same time. Come along and give it a try.

Circuit: The ever popular circuit with an aerobic warm-up and various stations of weights or benches or abdominal exercise, giving the complete fitness challenge. For all levels.

The Ball: A fun workout combining aerobics and body conditioning using the Ball. Improves co-ordination, strength, posture and balance.

Street Dance: Is an addictive fusion of dance and aerobic moves, a fitness class that unlocks everyones rhythmic and dancing instincts.

Muscle Toning/Strengthening

Body Conditioning: Total body toning using tubes, bands, body bars etc. (equipment is optional).

Legs, Bums & Tums: Toning concentrating on the lower body using tubes, bands, body bars etc. (equipment optional).

Re-Energise & Relax

Pilates: A unique method of physical and mental conditioning. It dramatically improves strength, flexibility, balance, co-ordination and posture.

Stretch: Revitalize, rethink and relax in this session of body awareness, balance, flexibility and relaxation.

Yoga: Focusing on developing core strength, balance and co-ordination. Also improving total body strength, flexibility while fully exploring body and mind.



Monday	
09.30 10.30	Body Conditioning Studio Jane
10.30 11.30	Yoga Studio Elisa
12.15 13.00	Spin Gym Jon
13.30 15.00	Line Dancing** Studio Colin General
14.00 15.00	Aquamotion** Pool Eva General
15.30 16.30	Yoga** Crèche Caroline General
18.15 19.00	Legs, Bums & Tums Studio Caroline
19.00 19.45	Spin Gym Tania
19.00 20.00	Body Conditioning Studio Caroline
20.00 21.00	Aqua Pool Jacqui
20.00 21.30	Yoga Studio Ninon

Tuesday	
07.00 07.45	Spin Gym Jane
09.30 10.30	Aerobics Studio Caroline
10.30 11.15	NEW Step Studio Caroline Gen
14.00 15.00	Aerobics** Studio Ronnie
15.00 16.00	Pilates** Studio Ronnie
18.15 19.00	Legs, Bums & Tums Studio Caroline
18.30 19.15	Spin Gym Maria General
19.00 20.00	Step & Tone Studio Donna
20.00 21.00	Body Pump Studio Jon

Wednesday	
09.30 10.30	Body Conditioning Studio Caroline
10.30 11.30	Pilates Studio Sergio Adv
12.00 13.00	Pilates** Studio Catarina Beginners
17.00 18.00	NEW Kids Jam Studio Gen (8yrs up)
18.30 19.30	NEW Yoga Crèche Elisa
18.00 19.00	NEW Body Tone Studio Jane
19.00 19.45	Spin Gym Jon
19.00 20.00	The Ball Studio Rima
19.30 20.30	NEW Pilates Crèche Sergio General
20.00 21.00	Aqua Pool Mark

Thursday	
09.30 10.30	Step & Tone Studio Rima General
11.00 12.00	Ladies Only Post-Natal Get Back In Shape* Studio Sure Start
12.15 13.00	NEW Spin Gym Jane
12.30 13.30	Yoga Studio Elisa
14.00 15.00	Gym Class** Gym Ronnie
18.15 19.00	Step & Tone Studio Rima Int
18.30 19.15	Spin Gym Int/Adv Maria
19.00 20.00	Body Pump Studio Julia
20.00 21.00	Socacise Studio Justyna

Friday	
09.30 - 10.30	Body Conditioning Studio Rima
10.30 - 12.00	Yoga Studio Majurt
12.15 - 13.00	Spin Gym Jon
13.00 - 14.30	Salsa** Studio Paula General
15.00 - 16.00	Aquamotion** Pool Eva Basic
18.00 - 19.00	Pilates Crèche Sergio General
19.00 - 20.30	Yoga Crèche General Anita

Saturday	
09.00 - 10.00	Yoga Studio Elisa
10.15 - 11.15	Circuit Training Studio Caroline
11.15 - 12.15	Legs, Bums & Tums Studio Caroline
12.15 - 13.00	Spin Gym Khadija
14.00 - 15.00	NEW Class of the Month

Sunday	
11.00 - 12.00	Body Pump Studio Jon
12.15 - 13.00	Spin Gym Jon
18.30 - 19.30	Yoga Studio Elisa Gen

At Courtneys we aim to provide a programme suitable for all our customers, regardless of age or ability. To help you pursue a healthy and active lifestyle we offer a wide variety of fitness classes, which will appeal to both men and women.

Please Note

- * For more information please contact 020 7243 8237 Becky Kidd at Sure Start. Babies are welcome to join you in the 'get back in shape' class. Payment to be made at the class not reception. These classes are not part of the Ultimate membership or RBKC Active for Life programme.
- ** RBKC Active for Life Programme. Payment for these classes must be made on a pay- as-you-go basis at reception, they are not part of the ultimate membership.

Please note:

- All customers must collect a pass from reception prior to entering the class.
- For health and safety reasons no one is admitted into the class after the first 10 minutes. Late comers will not be admitted into yoga.
- Please consult the instructor at the start of the class if you are pregnant or have any medical conditions that you think could be of concern.
- Please wear training shoes in all classes other than yoga, Aqua and Pilates.
- Customers must be aged 16 and over to take part in our regular classes.
- The timetable is subject to change.
- The studio is available for hire please speak to reception for details.
- For health and safety reasons no buggies or children are permitted in the studio during classes (excluding sure start classes).
- Class of the Month - Keep a look out for our Class of the Month. Ask at reception for more details.



If the gym, pool or fitness classes aren't for you don't despair! At Courtney's we also offer a variety of other facilities that you might like to try...

Sports Activities

Five-A-side*, basketball, badminton, squash, and volleyball are all available.

Café

Take time to socialise with friends and family in our café on the ground floor. Come along and try our menu - vegetarians, children, groups and parties are all catered for. If you're in a rush take away is also available or simply take a minute and unwind with a drink. For opening times please see the prices and times page.

Health & Beauty Treatments

Kensington Skin and Nail Fitness offers a range of health and beauty treatments designed to pamper and revitalise you. Our Treatments include waxing, massage (including sports), facials, manicure, pedicure, Self-Tanning. For a full list of treatments please call in and see Hannah on the 1st floor or call her on 020 7727 9747 ext 309 or 07957 167318.

Monday-Friday 10-8pm Saturday 10-3pm closed Sundays and reduced hours on bank holidays.

Clubs

London progress table tennis club

Fridays 6-9.45pm • Saturday 2-4pm • Sunday 2.30-6pm

Contact: Jasper 020 8961 3900

Adults £2.15 Juniors £1.15

For other clubs details please contact the clubs below.

Sports Clubs

Wheelchair Basketball
07912 176 463

SM Basketball Association
020 7804 1791

Long Yang Badminton Club
please see reception

City of London Gym Club
020 7243 0398
cityoflondongymclub@hotmail.co.uk

Goslings Sports Club
020 7987 0194

Suchards Badminton Club
07738 214 985 (daytime)

Olympic Wrestling Club
Masoud - 07958 300222

Teddy Tennis
Richard Bean - 08456 431 173

RBKC Active for Life programme

The Royal Borough's Sports Development Team for Adults offers a variety of sporting opportunities in Kensington and Chelsea. We have recently published the 'Active For Life' booklet which provides ideas, inspiration and advice to help get active. The booklet contains a comprehensive list of physical activity sessions for adults. Many of these sessions take place here at Kensington Leisure Centre and include: gym training, line dancing, aqua, pilates, yoga, keep fit and salsa. Please see the fitness timetable (p8).

So whether you want to maintain your fitness levels or try something new, all levels and abilities are catered for and welcomed in our Active For Life programme.

If you would like a copy of this booklet please contact:

Arts and Leisure Services' Sports Development Team, The Stable Yard, Ilchester Place, Holland Park, London W8 6LU Tel: 020 7938 8170.

Do you want to lose weight?

Are you worried about your health?

Do you want a better lifestyle?

Do you live in Kensington and Chelsea?

If you answered 'yes' then the health and wellbeing programme is for you. To book your space on this FREE 10 week programme or for more information, contact us today!

Tel: 0208 962 7828

Visit: www.kc-pct.nhs.uk

email: health.wellbeing@kc-pct.nhs.uk

Please note: All telephone numbers correct at time of print.



Martial Arts

Kensington Ju-Jitsu
Lloyd Gordon 07979 293311

Kensington Tae-Kwon-Do Club
Donato Nardizzi 020 8679 0526
kensington@tkdimpact.com

Tyga Karate
Gary Wasiniewski 020 8947 1038

Zhuan Shu Kuan
Henry Kon 07853 316690

Swimming Clubs

Chelsea and Kensington
Swimming Club 020 7290 2795

MCWG Swimming Club
020 8969 7010

Emperors Swimming Club
020 8960 8888

Cosmos Subagua Club
Derek Perry - 020 8647 4912
Tuesdays 9-10pm

Is there a better form of all-round exercise? Whether you're a serious swimmer, a doggy paddler or just like to make a splash, the pool's the place for swimmers of all ages and abilities.

Swimming is a great way to relax or refresh yourself during a busy day. For the more serious swimmer, we have an extensive programme of A.S.A Standard courses available.

Courtneys Swim Courses

Early Learning practices taught on our junior courses give children experience in floating, sculling, underwater swimming and submerging, helping them progress through the National Swimming plan learning all the strokes and gaining new techniques and skills.

What's On

Courtneys Swim Course

- Group lessons, 1:1 and 3:1 lessons available from 6 months of age to adults, 50+ classes also available or request.
- Crash courses are available during school holidays for beginners and improvers.

For more information please see reception or our swim co-ordinator.

Swimming Nature and Baby Nature

Semi-private and Private Classes for children from the age of 3 up to Adults. Baby nature for babies and toddlers 6-36 Months. For further information, current availability or to book please call us on 08700 949597 or visit www.swimmingnature.co.uk.

Adult courses cater for all abilities from gaining water confidence for beginners, improving stroke technique and specialised skills for advanced swimmers.

All our courses follow the A.S.A national plan for teaching swimming to ensure quality and consistency and are taught by A.S.A qualified teachers, resulting in an A.S.A award. The swim co-ordinator is available to answer any questions you may have and qualified instructors and first aid staff are always available.



Swimming Lessons for all ages are available at this venue. Lessons are provided by Swimming Nature who have over 15 years experience in providing swimming tuition whilst educating students and parents how best to swim.

Tuition is in small groups and teachers work in the water to ensure that students clearly understand the how, why as well as what they should be doing.

Swimming Nature use no floatation aids or arm bands, don't teach doggy paddle and ensure that students learn to swim all four strokes correctly from the beginning, effortlessly and beautifully.

All bookings are made through their central office on 08700 94 95 97



General information

Centre Opening Times

Monday-Friday	06.30-22.00
Saturday	08.00-20.00
Sunday	08.00-22.00

Main Pool Opening Times

Monday-Wednesday	06.30-22.00
Thursday	06.30-14.00, 15.00-18.00, 20.15-22.00
Friday	06.30-18.45, 21.15-22.00
Saturday	08.00-20.00
Sunday	08.00-19.30

Due to pool lane change overs the pool will be closed for 15 minutes at the following times:

Monday-Friday	09.00
Monday, Wednesday & Friday	21.00
Thursday	20.00
Friday	18.45
Saturday	08.45

Teaching Pool Opening Times

Monday	06.30-08.00 (Adults only), 08.00-09.30, 12.00-14.00*, 15.00-16.00, 17.00-21.00*
Tuesday	06.30-09.30, 10.00-13.00*, 14.30-15.30*, 17.00-18.00, 19.00-21.00*
Wednesday	06.30-09.30, 09.30-10.00*, 12.00-12.30, 14.00-15.00, 15.00-16.00*, 18.30-21.00*
Thursday	06.30-09.30, 09.30-11.00*, 11.30-13.30*, 17.00-18.00, 20.00-21.00*
Friday	06.30-08.00 (Adults only), 08.00-09.30, 10.00-11.30*, 12.00-14.00, 14.30-15.00, 17.30-18.00*, 19.00-21.00*
Saturday	08.00-15.00*, 15.00-17.00 (Private Hire), 17.00-20.00*
Sunday	08.00-15.00, 15.00-17.00 (Private Hire), 17.00-19.30

**section of pool only*

Please note:

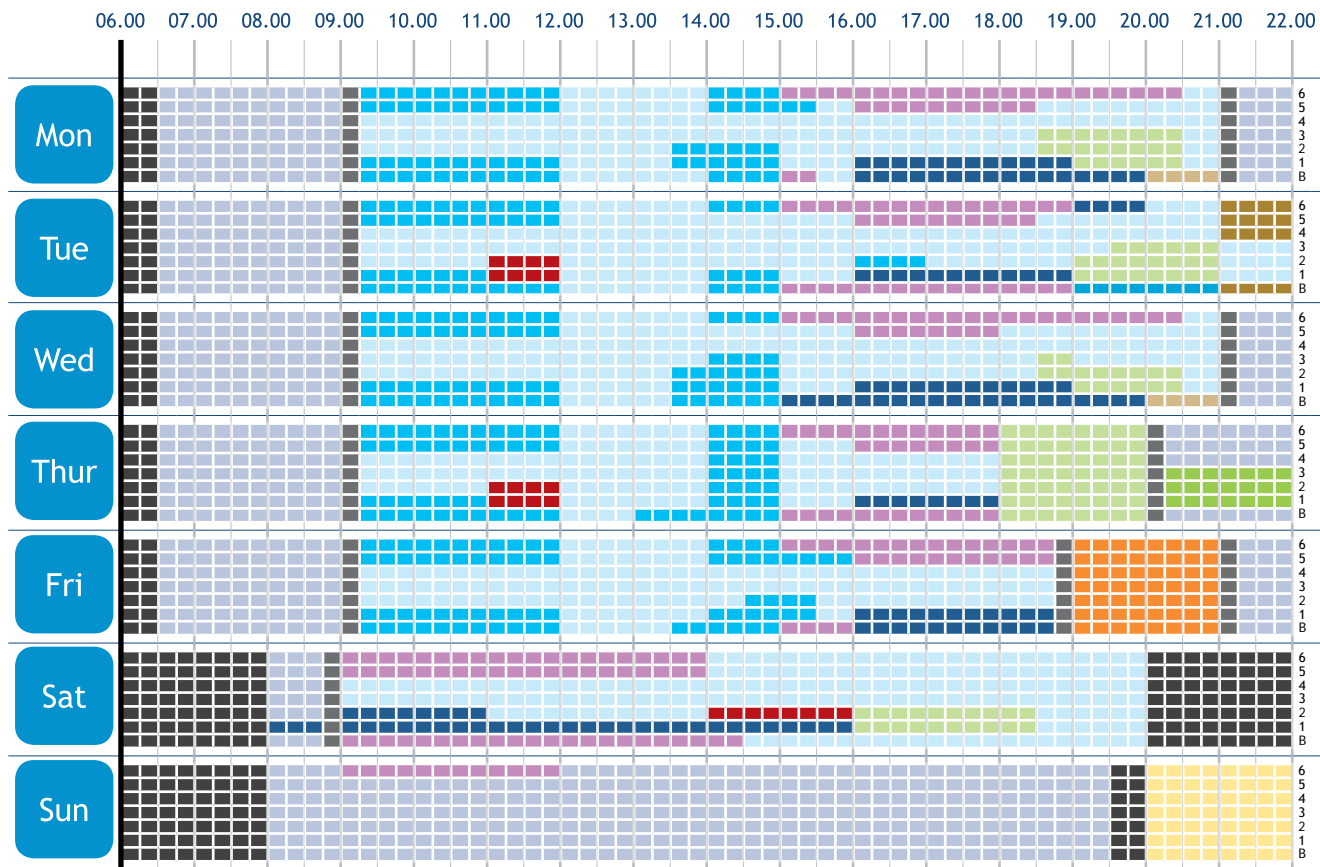
- For safety reasons there must be one adult in the water for every 2 children under 8, and those who are unable to swim. An adult is classed as over 18.
- The pool timetables are subject to change

Gym Opening Times

Monday-Friday	06.30-22.00
Saturday	08.00-20.00
Sunday	08.00-22.00

Café Opening Times

Monday-Friday	09.30-20.00
Saturday-Sunday	10.00-18.00



Please note:

- Children under the age of 8 years must be accompanied by a swimming adult (Over 18).
- All lockers operate on a £1 coin return basis.
- Children swim nappies are available to buy from reception.
- Please shower before entering the pool.
- Courtneys Swim membership detail available in Prices and Times Section.
- The pool is available for hire please see our bookings manager for more information.
- Diving will be permitted during public sessions where the depth of the pool (Boom Area) can be adjusted to a depth of more than 1.5 metres.
- Subject to change. Correct at time of print.

Pool Closed

Schools

General/Lane Swim

Lane Swim 33M

Swimming Nature

Swim Lessons

K&C Swim Club

Sub Aqua Club

Emperors

Swim 4-Tri Club

Private Hire

Lane Change over

Aqua Aerobics

RBKC-Active for Life

Memberships

Ultimate

Only £48 per month for unlimited use of the gym, pool, and fitness classes 7 days a week at all Courtneys centres (a list of Courtneys centres is printed on the back cover of this booklet).

Swimming

Only £28 per month for unlimited swimming 7 days a week, during all public swimming sessions and at all Courtneys pools (a list of Courtneys centres is printed on the back cover of this booklet) please note there is no swimming pool at Paddington Recreation Ground.

Courtneys Ultimate and Swimming memberships are available on the easy payment direct debit scheme or annual payment of 12 months for the price of 11 paid in full.

How to Join

To join the Ultimate or Swimming membership you need your bank details and your first month's payment (pro rata) in cash, cheque or credit card.

Corporate Membership

Do you work for a company that has 5 or more employees? You could benefit from corporate membership and reduce your monthly membership costs even further.

Sports Membership

This membership allows you to book over the phone up to 7 days in advance for all bookable activities.

12 month membership £11.00

GP Referral

Please see our separate booklet for more information or contact Keith Richardson at the centre.

12 week programme/registration £7.00

Leisure Pass

Leisure passes are available to Kensington and Chelsea residents who are receiving benefits.

The following times apply:

Swimming

During all public swimming sessions

Gym

Monday-Friday	09.30-15.30
Saturday	08.00-20.00
Sunday	18.00-22.00

6 month pass £6.00

12 month pass £12.00

6 month family pass £12.00

Please see leisure pass leaflet or reception for more details.

If you would like to know more about membership or would like to visit us for the day as our guest please call the membership team on 020 7727 9747 or email us at: kensington.sales@cannons.co.uk

This exciting new initiative by the Royal Borough of Kensington & Chelsea Council in partnership with Nuffield Health Wellbeing is to increase swimming participation for all adults who are 60 years and over and children 16 yrs and under. If you would like to know more about this new initiative please speak to a member of our team or complete an application form available from reception.

Please note. A valid RBKC swim membership card must be shown to gain free entry to the swimming pool.

*Terms and conditions apply

Fitness Classes

Fitness Classes	£4.75	Circuit Training	£5.80
Spinning	£5.80		

Gym

Adult	£6.00	Introduction	£20.00
Leisure Pass & GP Referral	£2.85	Leisure Pass Introduction	£12.00
		GP Referral registration	£7.00

Ladies' Morning

Relax and re energise at our ladies morning. Choose any two activities from the gym, fitness classes, swimming or squash.

Wednesdays 09.00-12.00 £5.40

Adult Activities

Sports	Casual	Leisure Pass
Squash (30 mins)	£4.85	£2.40
*Badminton (1 hour)	£9.70	£4.90
*Basketball one ring (1 hour)	£11.90	£11.90
*Basketball, Volleyball, Football per court (1 hour)	£37.30	£37.30
Outdoor Pitch (1 hour)	£28.40	£28.40
*Sports Hall full hall (1 hour)	£74.60	£74.60

*Available to book by the 1/2 hour.

Please note:

- All persons using the gym must have attended an Introduction session. A complimentary introduction is given when joining Courtneys Ultimate membership - see membership options for details.
- 5 minute setup time is required at the beginning of your booking.
- If you cancel within 24 hours you may be charged if we cannot re-sell your booking.
- Equipment is available for hire with a £10 deposit and at a cost of £1.25.
- Junior price apply up to 16 years of age.

Junior Activities

Outdoor Pitch (60 mins)	£14.20
Courtneys Jungle Gym under 2	£1.35
Courtneys Jungle Gym 2 and over	£2.75
Courtneys Jungle Gym leisure pass	£1.35
Mini Football	£2.90
Crèche	£1.30
Children's Parties from	£9.40 per head
Junior Gym (Supervised sessions Mon - Fri, 5-6pm)	£2.90*
Street Dance (8-16yrs)	£2.90

*Free to RBKC Junior Swim Card holders (See Page 14 for details)

Courtneys Swimming Lessons

Adult Course	(14 weeks)	£89.60
Junior Course	(14 weeks)	£50.40
Adult Crash Course	(5 consec days)**	£31.50
Junior Crash Course	(5 consec days)**	£18.00
1 Private	30mins Lessons	1:1 £20.20
6 Private	30mins Lessons	1:1 £109.00
12 Private	30mins Lessons	1:1 £218.00
1 Private	30mins Lessons	2:1 £25.60
6 Private	30mins Lessons	2:1 £143.50
12 Private	30mins Lessons	2:1 £287.00
1 Private	30mins Lessons	3:1 £34.30
6 Private	30mins Lessons	3:1 £187.00
12 Private	30mins Lessons	3:1 £374.00

*Terms and Conditions apply. **Crash course will be run on demand only.*

Swimming

Adult	£3.50	Child	£1.30
Shower	£1.25	Leisure Pass & GP referral	£1.20

Under 16's & Over 60's with RBKC Swim Card Free

RBKC Active for Life Programme (Adults)

Line Dancing	Mon 1.30-3.00	£2.00
Aqua	Mon 2.00-3.00	£2.00
Aerobics	Tues 2.00-3.00	£2.00
Gym Training*	Thurs 2.00-3.00	£2.00
Pilates	Tues 3.00-4.00	£2.00
Yoga	Mon 3.30-4.30	£2.00
Salsa	Fri 1.00-2.30	£2.00

Monday	15.00-16.00
Boccia for Adults with learning disabilities.	
Sports Hall***	
Tuesday	11.00-12.00pm
50+ swim starts 6/10/09	

These charges apply to classes on page 8 indicated with **

***Free of charge.

Wednesday	15.00-16.00	Outdoor Pitch***
Football for Mental Health Services Users (GP referred patients only)		
Thursday	11.00-12.00	50+ Swim
Friday	13.00-14.30	Sports Hall***
Multi sports session for adults with learning disabilities		