

A photograph of two women in a gym setting. The woman in the foreground is a Black woman with her hair pulled back, wearing a purple tank top, smiling as she lifts a purple dumbbell. Behind her, a white woman in a pink tank top is also lifting a blue dumbbell. The background shows a gym environment with a white brick wall and a door.

*Welcome to your local
Community Fitness Centre.*

Chelsea Sports Centre

2011

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Welcome to Chelsea Sports Centre. Everything you need under one roof.

Whatever you're looking for, you'll find it at your local Community Fitness Centre. Working in partnership with The Royal Borough of Kensington & Chelsea Council, you'll find a great range of facilities and services, at a price you can afford. With so much going on, we're sure you'll find something to enjoy.

At Chelsea Sports 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 with our flexible payment methods including annual memberships, monthly memberships and Pay As You Go (PAYG) prices you are sure to find an option to suit you.

For further information take a look through this brochure or come in and see us, we will be happy to show you around. We look forward to welcoming you to a healthier lifestyle.

Swimming

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.



Main Pool Opening Times & Prices

Monday - Friday	06.30-22.30
Saturday	08.00-19.30
Sunday	08.00-18.00 & 20.00-22.30

(*last admission 1/2 hour before closing)

Ladies only swimming available

Wednesday	21.00-22.00
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Teaching Pool Opening Times

Monday	06.30-09.00, 18.30-21.00
Tuesday	06.30-09.00, 14.30-15.30, 18.30-21.00
Wednesday	06.30-09.00, 18.30-21.00
Thursday	06.30-09.00, 12.00-14.00, 20.00-21.00
Friday	06.30-09.00, 12.00-13.00, 18.30-21.00
Saturday	13.00-19.00
Sunday	13.00-21.00

Last tickets 30 mins before closing.

Price per session	Casual member	Leisure Pass/ GP Referral	Concession card
Adult	£3.85	£1.35	free
Junior	£1.45	-	free
Do you swim more than twice a week? See details of our swim memberships on p20 and save money.			
Shower	£2.50	-	-

Swimming Nature



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

All bookings are made through their central office on 0870 494 597

Turn over for our pool timetable.

Access to swimming can either be as a Swim member, an Ultimate member, or on a pay as you go basis.

Swimming Lessons

All our courses follow the ASA* National Plan for Teaching Swimming (NPTS) to ensure quality and consistency and are taught by ASA-qualified teachers, resulting in an ASA Award.

The Swim Co-ordinator is available to answer any questions you may have and qualified lifeguards and first aid staff are always available.

Programme Content

Our courses include the following aspects:

- Skill & Stroke Development
- Awareness & Understanding
- Practice
- Games
- Assessment
- Progression
- Reward
- A Safe & Fun Environment

Courses Dates

The summer course will start on the 2nd May 2011 to the 18th July 2011.

Fast Track courses will be for 2 week in April 11th to the 15th April, and 18th to the 22nd for further details and bookings please contact reception on 020 7352 6985.

In the interests of hygiene and safety please ensure that your children go to the toilet and shower before entering the pool. Swimming nappies for babies available for purchase at reception.

Please note that outdoor shoes are not permitted on the poolside - please use the blue over-shoes provided.

*ASA - Amateur Swimming Association

Please Note

The Fast Track courses will run on demand only. Outdoor shoes are not permitted on the pool side - please use the blue over-shoes provided.

Terms & Conditions

Full payment is required at the time of booking. Refunds will only be considered on medical grounds and where proof is provided.

Credits will only be considered if the Centre fails to provide a qualified Teacher or if a pool is closed for maintenance.

The Centre Manager's decision is final on these matters.

Parent & Child Lessons

Introduce your child to the fun of swimming. Lessons with a parent or guardian based around play and interaction. Water confidence is achieved for 6 month to 4 year olds.

Private Lessons - Swim School

One-to-one, one-to-two or one-to-three tuition for children or adults.

Ideal for the nervous swimmer, or specific stroke or technique improvement.

Look out for Holiday Fast Track Courses

For details of our 5-Day Fast Track Courses in the school holidays please see our Swim Co-ordinator or ask at reception.

For more information or to book a course please ask a team member or call us on: **020 7352 6985** or email on **chelsea.enquiries@gll.org**

Lesson Prices	Duration		Price
Adult group	12 weeks	-	£83.40
Child group	12 weeks	-	£47.40
Adult fast track course	5 days	-	£35.00
Junior fast track course	5 days	-	£20.00
Baby Aqua	6 weeks	-	£38.00

Adult Courses	Duration		Price
1 Private lesson	30 Mins	1:1	£30.00
6 Private lessons	30 Mins	1:1	£175.00
12 Private lessons	30 Mins	1:1	£330.00
1 Private lesson	30 Mins	2:1	£29.00
6 Private lessons	30 Mins	2:1	£160.00
12 Private lessons	30 Mins	2:1	£316.00
1 Private lesson	30 Mins	3:1	£37.00
6 Private lessons	30 Mins	3:1	£210.00
12 Private lessons	30 Mins	3:1	£390.00

Junior Courses	Duration		Price
1 Private lesson	30 Mins	1:1	£25.00
6 Private lessons	30 Mins	1:1	£130.00
12 Private lessons	30 Mins	1:1	£260.00
1 Private lesson	30 Mins	2:1	£29.00
6 Private lessons	30 Mins	2:1	£160.00
12 Private lessons	30 Mins	2:1	£320.00
1 Private lesson	30 Mins	3:1	£38.00
6 Private lessons	30 Mins	3:1	£210.00
12 Private lessons	30 Mins	3:1	£400.00

*(Fast track courses will be run on a demand only and is for 5 consecutive days)
 Want to save money! Why not book 6 or 12 lessons at a time...



Gym

Whatever your fitness goals, our gym has all the facilities you need to help you get there.

As a new 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. 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.

Gym Opening Times

Monday-Friday	06.30-22.00
Saturday	08.00-19.30
Sunday	08.00-22.00

Gym prices	Casual	Leisure Pass	GP Referral
Per session	£6.60	£3.00	£3.00
Introduction*	£21.45	£12.55	£7.30

Junior gym

Sessions are also available
Monday - Friday 17.00 - 18.00

Gym prices	Casual	GP Referral
Per session	£3.00	£3.00

GP Referral

12 week referral programmes are available. For more information please contact Keith Richardson at the centre on Thursdays or pick up one of our leaflets. For more information contact Keith on 020 7727 9747 ext 306

Personal Training

Integrated training can show you how to train for maximum benefit rather than maximum fatigue.

By analysing your lifestyle, our highly qualified trainers will incorporate a degree of functionality into your programme, training you not only for a specific goal but also to greatly improve all aspects of your life.

Trial sessions available with a 25% discount.

Please feel welcome to contact us with any enquiries on 07795 065321 / 020 7221 9871(Fabio) or email: info@integrated-training.co.uk

www.integrated-training.co.uk

Integrated
PERSONAL
TRAINING

Access to the gym can either be as an Ultimate member or on a pay as you go basis.

**Non-members are also expected to undertake the introduction, to ensure that they are able to use the gym equipment safely.*

Pilates & Courses

Pilates

We offer a fully equipped studio where you can work exclusively with a Pilates teacher. Enjoy the benefits of a private session incorporating mat and studio equipment. Your personal Pilates training session will be tailored to suit your needs. You will receive continuous feedback, direction and motivation. Working on a one on one basis allows for greater progression from session to session.

Significant training effects can be achieved by performing the exercises developed by Joseph Pilates on the machines he invented.

The Pilates method is highly recommended in terms of ongoing rehabilitation by medical practitioners across a wide spectrum of injuries and physical conditions. The method is also highly acclaimed by athletes such as rowers, footballers and cricketers.

Many artists and artistes practice the method in preparation for their performances on stage and screen.

One hour private sessions are available by appointment only.

Please leave your contact details at reception or call **020 7352 6985**. To book an appointment directly with The Pilates Studio please call **07905 953 300**.

Price Per Session

Pilates 1:1 training with instructor	£49.00
Pilates 2:1 for couples / friends	£64.00

Intensive Pilates Courses

Intensive courses composed of one hour sessions over 5 weeks to master the basic principles of the Pilates method.

Course Prices	Member	Non-member
Pilates course (5 weeks)	£39.00	£45.00

Course Timings

Monday	16.45 - 17.45
Wednesday	18.30 - 19.30
Saturday	13.30 - 14.30

Places are limited to 12 per course. Please see reception for dates and/or to reserve and pay for a place.

Yoga & Courses

Benefit from a private workout in the tranquil and positive environment of the main studio. The hourly session will be tailored to meet your individual needs. These sessions will serve those who are thinking of starting or improving their practise, those who have just started or those who wish to go back over the basics. Please contact reception for more details or to book.

Price Per Session

1:1 Training with instructor	£61.00
2:1 for couples / freinds	£76.00

Pre-Natal Yoga Courses (14 weeks to birth)

The course consist of 1 hour sessions over 5 weeks. It consist of carefully adapted classic yoga postures and breathing exercises to promote fitness during pregnancy.

Course Prices	Member	Non-member
Pre-Natal (5 weeks)	£45.00	£50.00
Course Timings	Monday 14.00 - 15.00	

Places are limited to 12 per course. Please see reception for dates and/or to reserve and pay for a place.

Medical Advice

Before starting or continuing with any exercise sessions it is advisable to consult with your doctor or midwife prior to exercising. Please consult with our fitness team for further information.

Prices Per Session	Casual	Leisure Pass
Five-a-side (60 mins)	£56.60	-
Basketball - full court (60 mins)	£58.60	-
Basketball - third court (60 mins)	£19.55	-
Badminton - large court (60 mins)	£10.55	£5.10
Badminton - small court (60 mins)	£8.50	-
Table tennis (60 mins)	£7.45	£5.10
St. Lukes outdoor pitch (60 mins)	£31.10	-
Basketball Adult (PAYG)	£5.41	-
Basketball Child (PAYG)	£4.90	-

Activity	Time	Price
Aqua	Tuesday 12.00-13.00	£2.10
Line dancing	Thursday 14.30-16.00	£2.10

Please note

- All sports hall bookings are for 55 minutes, 5 minutes at the beginning of your booking is for setting up and change overs.
- If you cancel your booking within 24 hours you may be charged if we cannot re-sell your booking.
- Equipment is available for hire. £3.00 per item and a £10 deposit.

Relaxation

Pilates Courses

5 week intensive courses, to teach the basic principles of the Pilates method, please see reception for details of the next course.

Pilates Studio

Benefit from a one to one workout in the tranquil environment of a private fully equipped studio. The hourly session will be tailored to meet your individual using the lengthening and stretching exercises of Pilates method. We would recommend one evaluation session followed by 5 further sessions as a minimum to feel and see the results. Please contact reception for more details or to book.

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. Some of these sessions take place at Chelsea Sports Centre and include: Line Dancing and Aqua Motion. 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: Leisure Services' Sports Development Team, The Stable Yard, Ilchester Place, Holland Park, London W8 6LU
Tel: **020 7938 8179**

More activities

We've got a great range of activities to get involved in, or if you just want to relax, we have a fantastic health suite to help re-energise you.

Fun for kids

With a wide range of facilities and a great family atmosphere, Chelsea Sports Centre is fab for kids of all ages!

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Kid's Birthday Parties

'Save the mess, have no fuss, leave the party up to us' let us take the hassle out of hosting your child's party, so you can sit back and enjoy the party for a change. Sports hall parties are available 15.30-18.00 Saturdays and 15.00-18.00 Sundays. Please contact our party co-ordinator on **020 7352 6985**.

Clubs

We have a number of clubs taking place. Please see our notice boards for details - these include: Football, Karate, Taekwondo and Kung Fu, tennis and football junior programmes coming soon!

Parties

Go Kart	4-9yrs	Sat - Sun
5-a-side Football	5-12yrs	Sat - Sun
Sports Hall	3-14yrs	Sat - Sun
Perform Parties	4-8yrs	Sat - Sun
Dance Parties	4-16yrs	Sat - Sun

Kid's Exercise Sessions

Yoga Totes coming soon!

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.

For those children who are able to swim there must be one adult in the water for every 8 children. An adult is classed as over 18 years of age.

Swimming Lessons at Chelsea Sports Centre

The team at Chelsea Sports Centre understand the importance of how and where your family learns to swim, and are dedicated to making this a positive and rewarding experience for swimmers of all ages and abilities.

Early learning practices taught on our junior courses give children experience in relaxed floating, sculling, underwater swimming and submerging games.

They will progress through the National Swimming Plan Levels learning all the strokes, gaining new techniques and skills.

Please look out for our swimming fast track programmes through the school holidays.

Bookings & Enquiries: 020 7352 6985

Fax: 020 7351 5382

Swim Team: chelsea.enquiries@gll.org

Party Team: chelsea.enquiries@gll.org

Fitness classes.

Whether you're a hesitant first-timer or a seasoned class-goer, our range of exercise classes have something for all fitness levels. Our 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 enjoyable and effective

Sports Hall

Our sports hall is available for a variety of activities and can be booked up to 7 days in advance for badminton, table tennis, basketball, event hire, parties and football.

St Lukes Outdoor Pitch

The refurbishment of St Luke's is complete. We have 2 new flood-lit outdoor AstroTurf pitches available for a 5-a-side football, Tennis and netball.

Therapy Room

Here you will find a wide range of complementary therapies to help with various health conditions, stress management and relaxation. Choose from Acupuncture & Tui Na, Emotional Freedom Technique (EFT), Holistic and Deep Tissue Massage, Homeopathy, Kinesiology, NAET (Allergy Elimination Technique) Nutritional Therapy, Polarity Therapy (Energy Healing), Reiki, Reflexology or Natural Face Lift Massage and life coaching.

If you want help in deciding what is right for you, then visit the Therapy Room and talk to one of our qualified practitioners. Advice sessions are advertised outside the Therapy Room on the first floor, or visit:

www.chelseacomplementarytherapy.co.uk

Also at Chelsea Sports Centre

Membership of Chelsea Sports Centre entitles you to up to 10% discount on all individual treatments, on presentation of your membership card. To make a booking please contact the therapists directly. You will find details in reception, and in your membership pack, and on the website.

Clubs

Basketball -

Ladies session Monday 20.30-22.00

Mens session Wednesday 20.30-22.00

Run by a fully qualified coach, come along and join in.

Swimming - Chelsea & Westminster Swimming Club. Call **020 7290 2795** for more information. Sunday 18.00-20.00.

Personal Training

Call **Fabio - 07795 065321** for an informal chat and to see what he can do for you.



Class entry guidelines

- Customers must be in possession of a valid ticket or pass to ensure entry into the class.
- Customers will be declined entry to the class 5 minutes after its scheduled commencement time.
- Please wear training shoes in all classes other than Aqua, Yoga and Body Balance.
- Customers must be aged sixteen and over to take part in our regular classes.
- Please note that all our one hour class times consist of a 55 minute exercise component.
- Non-bookable classes will be available on a first come first served basis. Capacity levels will be set.
- Please try to arrive at least 5mins before class start time.
- Please try to give at least 24 hours notice if wanting to cancel a booked class.
- Please note members can only book classes for themselves, and not for other members.

Chelsea Sports Centre is also the home to a number of other services which we're sure will be of interest to you.

Membership

If you are exercising more than once a week you could be saving money by joining one of our great value-for-money memberships, with no joining fee or contract and a 'join one use them all' policy you won't be able to resist!

**Price based on Adult membership. Junior and Family memberships also available, please ask for details.*

Ultimate Membership

This membership entitles you to unlimited use of the gym, swimming pool, fitness classes at any Community Fitness Centre (apart from Porchester), 7 days a week. It also gives you advance booking privileges and discounts on sports activities. All for just £49.99 per month.

Swimming Membership

This membership entitles you to unlimited swimming at any Community Fitness Centre, 7 days a week. It also gives you advance booking privileges and discounts on sports activities. All for £31.00 per month. Please note there is no swimming pool at Paddington Recreation Ground.

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 £32.00

GP Referral

Please see our separate booklet for more information or contact Keith Richardson on 020 7727 9747 ext 306. 12 week programme/registration £7.30

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 7352 9006** or email us at: chelsea.enquiries@gll.org

General Information

Opening times

Monday-Friday	06.30–22.30
Saturday	08.00–20.00
Sunday	08.00–22.30

Booking Procedures

Member bookings

Community Fitness and Chelsea Sports Centre members are able to book up to seven days in advance either in person or over the phone (calls commence at 19.30 for 7 days advance). Bookings in person will not be taken before 08.00.

Non-member bookings

Non-members may book six days in advance. Full payment is required at the time of booking.

Block-bookings

Block-bookings are only permitted during off-peak times (not 12.00–14.00 or 18.00–21.00 week days).

Interested clubs or individuals should call reception on 020 7352 6985 to check for available timeslots. For further information email: chelsea.enquiries@gll.org

Cancellations

We require at least 24 hours notice for cancellations. Peak time bookings in the Sports Hall between 12.00–14.00 and 18.00–21.00 Monday-Friday, once booked, will incur a 100% cancellation fee.

Disabled access

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

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	09.00-16.00
Saturday	08.00-20.00
Sunday	08.00-22.30

6 month pass	£6.25
12 month pass	£12.55
6 month family pass	£12.55

Please see leisure pass leaflet or reception for more details.

Opening times and booking

We're open early until late and it's so easy to book - just speak to one of our helpful staff.

Other centres

Here's a brief summary of the facilities and services available at each of our five sites in the area. Please remember that you don't have to be a member, as the centres can be used on a pay as you go basis, and are available to the whole community. The centres offer great value and there are excellent discounts for residents, concession groups and members.

Banstead Sports Centre

Merland Rise, Tadworth, Surrey KT20 5JG

Tel: 01737 361933

Donyngs Recreation Centre

Linkfield Lane, Redhill RH1 1DP

Tel: 01737 764 732

Horley Anderson Centre

Thornton Close, Horley, Surrey RH6 8RJ

Tel: 01293 784 075

The Porchester Centre

Queensway, Bayswater W2 5HS

Tel: 020 7792 2919

Paddington Recreation Ground

Randolph Avenue, Maida Vale W9 1PD

Tel: 020 7641 4819

Jubilee Sports Centre

Caird Street, London W10 4RR

Tel: 020 8960 9629

Queen Mother Sports Centre

223 Vauxhall Bridge Road SW1V 1EL

Tel: 020 7630 5522

Seymour Leisure Centre

Seymour Place W1H 5TJ

Tel: 020 7723 8019

Kensington Leisure Centre

Walmer Road, London W11 4PQ

Tel: 020 7727 9747

Chelsea Sports Centre

Chelsea Manor Street, London SW3 5PL

Tel: 020 7352 6985

Community Fitness Centre

Leisure Park at Monks Cross, York YO32 9JS

Tel: 01904 642 162

Contact details

To get in-touch, first dial the main reception desk. Sometimes, our lines get very busy so if you find it easier, please feel free to email us with your enquiries.

Chelsea Sports Centre: 020 7352 6985

chelsea.enquiries@gll.org

Membership info: 020 7352 9006

Booking info: 020 7352 6985

Fitness/studio manager: 020 7352 6985

Administration: 020 7351 7980

Operations manager: 020 7351 6980

Swimming Coordinator: 020 7352 6985

If you need more information, here are some contact details you may find helpful.





Chelsea Sports Centre

How to find us

Chelsea Manor Street, London SW3 5PL

Contact details

Bookings & Enquiries: 020 7352 6985

Fax: 020 7351 5382

Email: chelsea.enquiries@gll.org

Opening times

Monday-Friday	06.30-22.30
Saturday	08.00-20.00
Sunday	08.00-22.30



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA