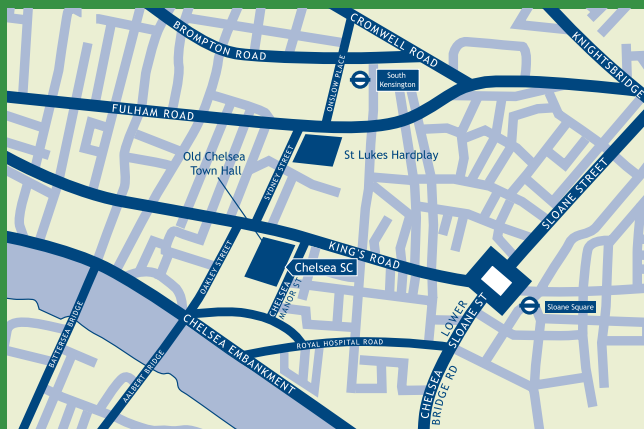


Chelsea Sports Centre  
Chelsea Manor Street,  
London SW3 5PL

Tel: 020 7352 6985 Fax: 020 7351 5382  
chelsea.membership@cannons.co.uk



## Courtneys.co.uk

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



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

### Other Courtneys Sites:

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

Kensington Leisure Centre  
London W11 4PQ. Tel: 020 7727 9747

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

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

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

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

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

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

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



# Everything you need to know...

April - June 2009



Chelsea Sports Centre

Welcome to Courtneys  
at Chelsea Sports 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 Chelsea Sports Centre you can get all the fantastic facilities you would expect - a 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.

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 or contract 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.

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## 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





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

Bringing adventure fun and fitness to your kids. You can bring your children along on a casual basis or why not save the fuss and mess of a party at home by choosing our superb birthday party options.

## What's On

### Clubs

We have a number of clubs taking place. Please see our notice boards for details - these include: Football, Karate, Taekwondo and Kung Fu.



**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 operate the equipment properly and safely, resulting in 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

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 (Fabio) or email: [info@integrated-training.co.uk](mailto:info@integrated-training.co.uk)





Monday	
10.00 11.00	Hatha Yoga General
13.00 13.45	Total Body Conditioning General
17.45 18.00	Body Pump Technique Beginners
18.00 19.00	Body Pump General
19.00 19.45	Body Combat General
20.00 21.00	Yoga SwaSthya Basic

Tuesday	
10.00 11.00	Total Body Conditioning General
13.00 13.45	Body Pump General
16.30 17.30	Pilates Basic
17.30 18.15	Legs, Bums & Tums General
18.15 19.00	Dance Fit General
19.00 20.00	Body Combat General

Wednesday	
10.00 11.00	Body Pump General
11.15 12.15	Pilates General
13.00 13.45	Legs, Bums & Tums General
17.45 18.45	Body Pump General
18.45 19.30	Dance Fit General
19.30 20.15	Step 'n' Groove General

Thursday	
09.15 10.15	Pilates General
13.00 14.00	Hatha Flow General
14.30 16.00	Line Dancing* General
17.30 18.15	Legs, Bums & Tums General
19.15 20.15	Chen Tai Chi General

Friday	
10.00 11.00	Body Tone General
11.15 12.15	Yoga General
13.00 13.45	Pilates Basic

Saturday	
10.30 11.30	Body Pump General
11.30 12.30	Body Combat General

Sunday	
10.30 11.30	Total Body Conditioning General
11.30 12.30	Flow Yoga Beginners
12.30 13.30	Dynamic Yoga Intermediate

\*Payment for this class must be made on a pay as you go basis at reception. It is not part of the Ultimate Membership.

At Courtenys 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 health and safety reasons no one is admitted into a class after the first 5 mins.
- Late comers will not be admitted to yoga classes.

Please see overleaf for class descriptions.

## Classes designed for seniors.

Thursday 10.30-12.00 Fitness & Conditioning

## Class Entry Procedures

- IF YOU ARE UNABLE TO ATTEND A CLASS YOU HAVE BOOKED INTO PLEASE ENSURE YOU CANCEL YOUR SPACE AT RECEPTION (EITHER IN PERSON OR OVER THE PHONE) 24 HOURS BEFORE THE CLASS OTHERWISE CHARGES MAY BE INCURRED.
- All customers must have a receipt or pass to enter a class (even Direct Debit members).
- Customers must sign in on arrival for booked classes five minutes prior to their commencement.
- After this time their class space will be resold.
- Non-bookable classes will be available on a first come first served basis. Capacity levels will be set.
- Customers will not be allowed to enter the studio after the 5 minutes of the class starting.
- Please wear training shoes in all classes other than Aqua and Yoga.
- Customers must be aged sixteen and over to take part in our regular classes.

Studio available for hire - please ask workout co-ordinator for details



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 Combat** A combination of power house moves and stances developed from a range of self defence disciplines including karate kickboxing tai chi and taekwondo, into an adrenaline pumping routine. Body combat is an innovative athletic workout for all fitness levels. Technique development will be included in every body combat class.

**Body Pump** Is the number 1 weighted workout class, recognised throughout the world. It is a non-impact class designed to give you an effective and challenging workout with the use of barbells and weights. It's fun and it will change your body shape. Once the music has started there will be no admittance due to body pumps specific warm up.

**Body Pump Technique** Essential introduction to body pump which will demonstrate the techniques needed for this new and exciting class. Please note: if you have not attended a body pump class before it is imperative that you attend a technique class. Please check timetable for these classes. If you are unable to attend please contact reception and an alternative will be made.

**Body Tone** A short warm-up followed by a series of strengthening exercises for toning legs, buttocks, arms, stomach and back. Resistance equipment may be used.

**Chen Tai Chi** Is one of the exquisite works of Chinese Martial Arts and is loved for its positive effect in health preservation and self defence.

**Core & Ultimate Tone** A body conditioning class incorporating the deeper core muscles.

**Dance Fit** A cardio-vascular workout encompassing sensational dance moves, to make fitness fun.

**Legs, Bums & Tums** Muscle toning and shaping of the lower body. Resistance equipment such as weights, bands and body bars may be used.

**Line Dancing** A fun 'cowboy' style of dancing, no partners needed.

**Pilates** Focusing on core stability, but also incorporating breathing, body mechanics, balance, co-ordination, strength and flexibility.

**Step 'n' Groove** A low impact, high intensity class, stepping on and off a platform of varying heights, complemented by optional arm actions.

**Total Body Conditioning** This class consists of cardio-vascular training, muscle tone and shaping to give a complete body workout. Resistance equipment such as weights bands and body bars may be used.

**Yoga** A dynamic and fluid style of yoga, synchronising breath with postures to create a flow of movement which assists to build flexibility, strength, concentration and stamina.

**Yoga Dynamic** A dynamic session. Is a talk through primary series of classic ashtanga yoga asana.

**Yoga Hatha** Invigorating, stimulating, spiritually awakening yoga to transform your mind and body. This type of yoga incorporates most physical postural aspects.

**Yoga Hatha Flow** This type of yoga incorporates most physical postural aspects in a flowing form. Hatha is invigorating, stimulating yoga designed to awaken mind and body. Suitable for all levels.

**Yoga Satyagraha** Dynamic flowing asana practice to music (nade yogi) involves chanting, bhakti and redic philosophy.

**Yoga Flow** An complete practice in 8 parts, general rules of execution and choreography. It is extremely technical and powerful.

**If the gym, pool or fitness classes aren't for you don't despair!**

**At Courtneys we also offer a variety of other facilities that you might like to try...**

#### **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 and football.

#### **Basketball Clubs**

We have two adult basketball clubs, which anyone can come along to. Monday 9-10pm, and Wednesday 8.30-10pm. Both sessions are run by a fully qualified coach.

#### **St Lukes**

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

#### **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. 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](http://www.chelseacomplementarytherapy.co.uk)

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.

#### **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**

Fully equipped Pilates Studio available for personalised tuition. Please contact reception for more details, or to book.

#### **RBKC Mental Health Service Users Multi Sports Session**

A range of activities including football, basketball, badminton and table tennis, suitable for adult mental health service users, to improve co-ordination, cv fitness as well as social benefits.

Wednesday mornings.



# 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.

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.

## Swim Courses

We aim to provide a structured program to suit all abilities and a continually developing program. Our instructors are qualified to the highest standards, enabling us to provide quality instruction at a reasonable price.

### What's On

#### Group Lessons

Available for adults and children, we strictly follow the ASA National Teaching Plan, to give structured, quality lessons.

#### Individual Tuition

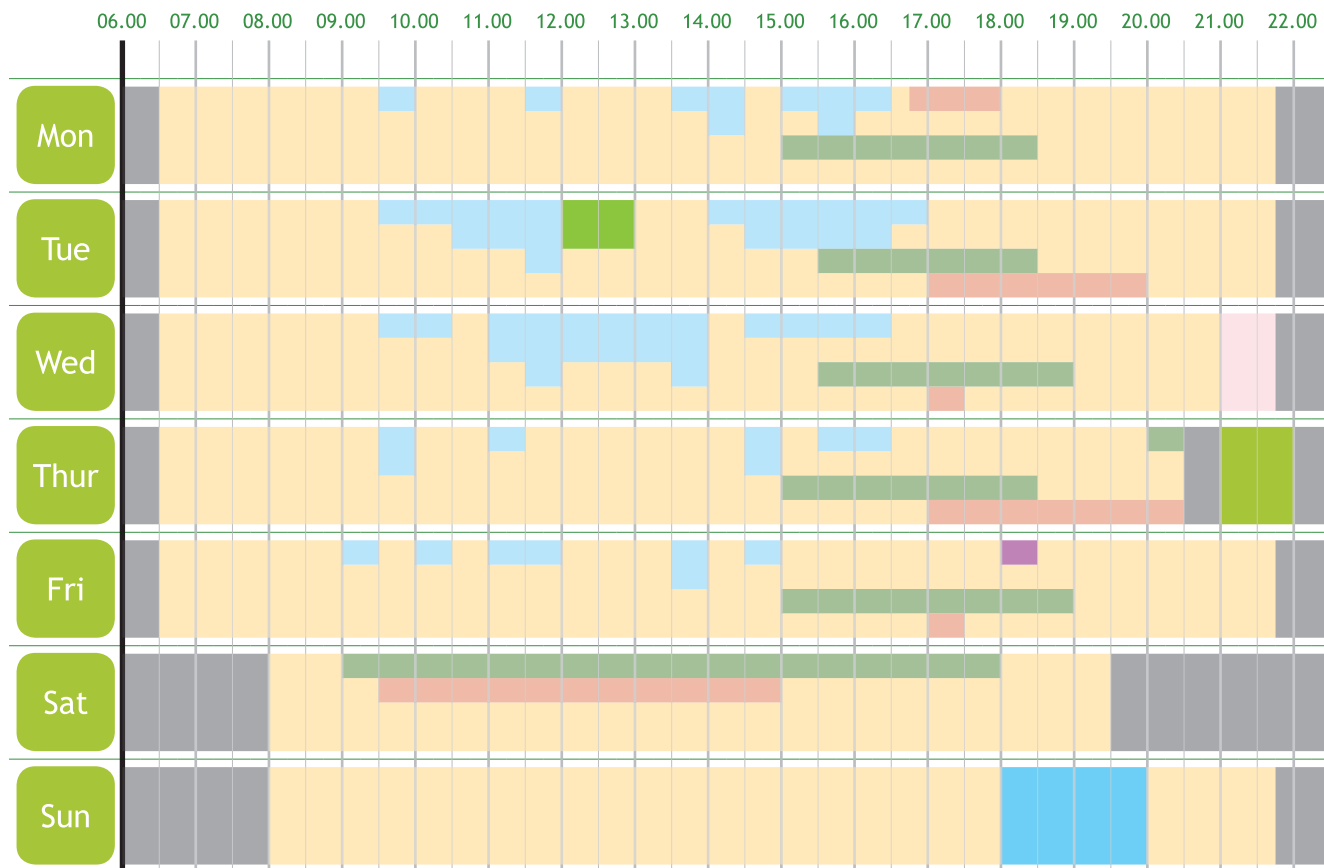
Available on request

#### Crash Courses

Look out for these in the mornings during school holidays.



# Pool Timetable



## Please Note

Children under the age of 8 years must be accompanied by a swimming adult.

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.

- Pool Closed
- Schools
- Public Swim
- Swimming Nature
- Swim Lessons
- Swimming Club
- Aquamotion
- Sports Development
- Ladies Only
- Scuba Diving

## General information

### Opening Times

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

### Leisure Pass

Available to Royal Borough of Kensington and Chelsea residents claiming the relevant benefits as detailed in the leisure pass leaflet. Please ask at reception for a membership form. Leisure card prices are available 9am-4pm Monday to Friday, and all day Saturday and Sunday.

NB: Swimming rate available at all times.

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	✓

## Adult Activities

### Sports

Five-a-Side	£53.50	(1 hour)
Basketball (Full Court)	£53.50	(1 hour)
Basketball (1/3 Court)	£18.00	(1 hour)
Badminton (Large Court)	£9.40	(1 hour)
Leisure Pass	£4.70	
Badminton (Small Court)	£6.80	(1 hour)
Table Tennis	£6.80	(1 hour)
Leisure Pass	£4.40	
St. Lukes Outdoor Pitch	£28.40	(1 hour)
Basketball Club	£4.75	(per session)

### 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. £1 per item and a £10 deposit.

### 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:  
Arts and Leisure Services' Sports Development Team,  
The Stable Yard, Ilchester Place, Holland Park, London W8 6LU  
Tel: 020 7471 9816

## Prices & Times

Adult	£3.50
Junior (5-15yrs)	£1.30
Under 5	Free
Leisure Pass	£1.20

Please note: Schools do use the swimming pool at various times throughout the week for lessons. Lanes are always available for public swimming during these sessions.

### Swimming Courses

Available for adult and children throughout the year.

14 week group lessons	
Adult	£89.60
Junior	£50.40

### Individual Tuition

Prices available on request

### Workout Classes

Please see our timetable for a full list of classes

Workout Classes (45mins/1hr)	£4.75
Yoga, Tai Chi, Pilates (1hr/1.5hrs)	£5.90
Healthy Lifestyles (Over 50's)	£2.00

## Gym Opening Hours

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

## Prices

### Introduction

Non-Members	£20.00
Leisure Pass	£12.00
GP Referral	£7.00

### Session

Non-Member	£6.00
Leisure Pass	£2.85
GP Referral	£2.85

## Pilates Studio

1:1 training with an instructor	£44.00
2:1 for couples/friends	£59.00

## Courtneys for Kids parties

Please contact our party co-ordinator to book a party, on 020 7352 6985. Sports hall parties available 3.30-6pm Saturday and 3-6pm on Sunday.

Parties	£85.00 per hour
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## 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	09.00-16.00
Saturday	08.00-20.00
Sunday	08.00-22.00

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 7352 9006 or email us at: [chelsea.membership@cannons.co.uk](mailto:chelsea.membership@cannons.co.uk)

## NEW FOR 2009

### RBKC Free Swimming Initiative for Adults 60+ and children 16yrs & under\*

This exciting new initiative by the Royal Borough of Kensington & Chelsea Council in partnership with Nuffield Health Wellbeing Ltd is to increase swimming participation for all adults who are 60 years and over and children 16 years 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 & conditions apply.



