

Harborough Leisure Centre & Lutterworth Sports Centre



Harborough Leisure Centre & Lutterworth Sports Centre

Welcome

We offer a wide range of facilities across both Harborough and Lutterworth Centres. Please call or visit our website for full details – there really is something for everyone, you can choose from:

- Swimming Pool
- Swimming Lessons
- Fitness Suite
- Healthsuite*
- Workout classes
- Badminton
- Sports Hall
- 5-A-Side Football
- Creche
- Conference and Meeting Room
- Parties
- Childrens Activities
- Tennis
- Table Tennis
- Cafe
- Bowls*

*Harborough Only

Special Rates and Discounts

For Corporate Rates and Discounts please contact the Centre.

Casual Swimming Concessions available at all times. Proof of eligibility may be required.

Casual Concession Rates are available for 60+, Students in full-time education and those on some income related benefits. Proof of eligibility may be required.

Membership feels great...

isospa membership includes unlimited use of:

- Fitness Suite
- Swimming Pool
- Workout Classes

H₂O membership includes unlimited use of:

- Swimming Pool (excluding aqua aerobics)

Discounted memberships are available for:

- Companies, groups and organisations
- Individuals in receipt of state benefits
- Students
- Juniors

Contact your Customer Advisor for details of the membership most suitable for you or pick up a membership leaflet at reception.

Harborough Leisure Centre

Northampton Road, Market Harborough, Leicestershire LE16 9HF

Telephone: 01858 410115

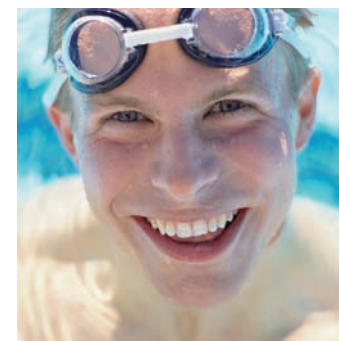
Web: www.harboroughleisurecentre.com

Lutterworth Sports Centre

Coventry Road, Lutterworth LE17 4RB

Telephone: 01455 200800

Web: www.lutterworthsportcentre.com



Opening Times
Monday - Friday
 06.30 - 22.30
Saturday
 07.00 - 22.00
Sunday
 06.45 - 22.00



Centre Information 2010/2011

all part of
feeling
great



Activity	Day	Time	Price
Isospa Fitness and Workout Casual Gym/Concession Gym	Contact Reception		£5.75/£4.05
Gym Induction/ Concession Gym Induction	Contact Reception		£8.50/£5.35
Personal Programme	Contact Reception		£13.25
Personal Training Session	Contact Reception		£26.00
Workout Class	Contact Reception		from £4.30
Workout Class Concession	Contact Reception		from £3.30
Junior Gym (11 to 15 yr) Term time only			
Gym Induction	Monday – Sunday	09.00 – 20.00	£5.35
Casual Gym without Adult	Monday – Friday	15.30 – 17.30	£4.05
	Saturday & Sunday	14.00 – 16.00	
Casual Gym with Adult	Friday	From 15.30	£4.05
	Saturday & Sunday	All Day	
GP Referral Scheme Please Gym Team	Please Contact Reception		£2.35
Swimming Pool Adult Swim	See Pool Timetable		£3.50/£2.30
Junior Swim	See Pool Timetable		£2.30
Concession Swim	See Pool Timetable		£2.30
Family Swim	See Pool Timetable		£9.30
50+ Lifestyle Swim	See Pool Timetable		£2.05
Aqua Fit			£4.30
Swimming Lessons 30 minute lessons	Monday – Sunday	Contact Swim Co-ordinator	
Adult Lessons	Tuesday, Saturday	Contact Swim Co-ordinator	
& Sunday			
Crash Courses	See Holiday Timetable		
Health Suite – only available at Harborough Off-Peak	Monday – Friday	08.00 – 17.00	£4.25
Peak	Monday – Friday	17.00 – 22.00	£4.80
	Saturday	09.00 – 21.00	
	Sunday	09.00 – 18.00	
	Jacuzzi will close close 1 hour before Health Suite closure		
Ladies' Leisure – Harborough A specific daytime programme of activities including: Swim, Gym, Health Suite 1 Workout Class	Monday, Wednesday & Friday Tuesday & Thursday	12.00 – 15.00 18.00 – 19.00 09.00 – 12.00	£3.85 £3.85
	See Harborough Workout Timetable.		

Activity	Day	Time	Price
Ladies' Leisure – Lutterworth A specific daytime programme of activities including: Swim, Gym 1 Workout Class	Tuesday See Lutterworth Workout Timetable. Thursday. From 6/9/10	09.00 – 12.30 09.00 – 12.30	£3.85
Active Lifestyle Activities for those over the age of 50 only, including: Swim, Gym, Workout Class, Badminton. With Health Suite	Monday, Wednesday & Friday	09.00 – 12.30	£3.00
			£3.45
Sports 5-A-Side (sports hall) 5-A-Side dome (Harborough Only) Badminton Off Peak	Monday – Friday	07.00 – 16.00	£37.50 £40.50 £5.20
Badminton Junior	Monday – Friday	07.00 – 16.00	£5.20
Badminton Peak	Monday – Friday Saturday & Sunday	17.00 – 22.00 07.00 – 10.00	£8.00
Basketball (half hall)			£16.00
Table Tennis			£4.30
Tennis Off Peak (Harborough Only)	Monday – Friday	07.00 – 16.00	£5.20
Tennis Peak (Harborough Only)	Monday – Friday Saturday & Sunday	17.00 – 22.00 07.00 – 22.00	£8.00
Bowls Member	(Harborough only)		£3.00
Bowls Non Member	(Harborough only)		£4.10
Racket Hire (charged per court £10 refundable deposit required on rackets)			£1.40
Courses Please Contact Reception			
Room Hire – Harborough Meeting Room			£12.00p/h
Dance Studio			£26.50p/h
Mind & Body Studio			£23.00p/h
Sports Hall – Whole Day			From £512.50
Creche			£22.60p/h
Room Hire – Lutterworth Meeting Room			£20.50p/h
Meeting Room after 4 hours			£15.50
Dance Studio			£26.50p/h
Sports Hall – Whole Day			From £512.50
Creche			£22.60p/h
To hire the room facilities please speak to the dryside Duty Manager at the appropriate site.			

Activity	Day	Time	Price
Children's Parties – Harborough H2O Pool Party	Saturday Sunday	17.00 – 21.00 17.00 – 20.00	£92.25
Roller Disco	Saturday Sunday	13.00 – 21.00 13.00 – 18.00	£78.00
Children's Parties – Lutterworth H2O Pool Party	Saturday Sunday	15.00 – 16.00 14.30 – 16.30	£92.25
Roller Disco	Saturday Sunday	14.15 – 17.45 15.30 – 19.30	£78.00

Food is available at request. Please contact the Cafe Supervisor at the appropriate site for details.

Additional Information

Hints and Tips

- Use the changing facilities and lockers provided for all personal belongings
- A £1 coin (refundable) is required for the lockers
- Don't forget your workout towel
- Appropriate clothing and footwear for the activity must be worn
- Consult a doctor before participating in any activity
- Make your instructor aware of pregnancy or any medical conditions
- If you feel dizzy, or unwell, then stop the activity and seek advice from your instructor
- It is a good idea to try and book your classes in advance to guarantee your place.

Bookings

- Member Bookings can be made 7 days in advance from 08.00. It is payment upon booking for non members.
- Member bookings can be made 7 days in advance via phone or online via www.harboroughleisurecentre.com or www.lutterworthsportcentre.com using their

membership number.

- Members will need their membership number to make a booking.
- Full Membership Plus Members get their racket sport free as part of their membership, but all other players must pay the other 50% of the court fee. If a Full Membership Plus Member plays against another Full Plus Member the court in then free. Full Membership Plus Members can only book one court for one hour per day.

Cancellation Policy

- 2 hours notice must be given to cancel a booking.
- All customers giving less than 2 hours notice, or failing to attend a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payments outstanding will NOT be permitted to book/attend activities until the outstanding payment has been cleared.
- Cancellations can be made by phone or in person.

Special Rates and Discounts

To view our facilities and book online visit – www.harboroughleisurecentre.com or www.lutterworthsportcentre.com. Concessionary Rates are available for 60+, Students in full time education and those on some income-related benefits. Proof of eligibility may be required. Facilities will vary at each Centre – please call or visit our web site for details – www.harboroughleisurecentre.com or www.lutterworthsportcentre.com