

Welcome

We offer a wide range of facilities and activities. There really is something for everyone, you can choose from:

- Swimming Pool
- Swimming Lessons
- Fitness Suite
- Health Suite
- Workout Classes
- Badminton
- Sports Hall
- 5-A-Side Football
- Crèche
- Conference and Meeting Room
- Active Parties
- Children's Activities
- Tennis
- Table Tennis
- Bistro
- Bowls

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.



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

Harborough Leisure Centre
Northampton Road, Market Harborough, Leicestershire LE16 9HF

Telephone: 01858 410115

Web: www.harboroughleisurecentre.com

Centre Information 2009



all part of
feeling
great

| Activity | Day | Time | Price |
|---|----------------------------|-------------------|--------------|
| Isospa Fitness and Workout | | | |
| Gym Induction | | | £8.30 |
| Casual Gym | Monday-Friday | 06.30-22.30 | £5.60 |
| | Saturday & Sunday | 07.00-22.00 | £5.60 |
| Junior Gym | | | |
| Gym Induction | | | £5.20 |
| Casual Gym | Tuesday & Thursday | 16.00-17.30 | £3.85 |
| | Saturday & Sunday | 14.00-16.00 | £3.85 |
| Swimming Pool | | | |
| Adult Swim | See Pool Timetable | | £2.95 |
| Junior Swim | See Pool Timetable | | FREE |
| Over 50s Lifestyle | See Pool Timetable | | £2.00 |
| Aqua Fit | See Pool Timetable | | £4.20 |
| Swimming Lessons | | | |
| Junior Lessons | Monday – Sunday | Contact Reception | |
| Adult Lessons | Tuesday & Sunday | Contact Reception | |
| Crash Courses | See Holiday Timetable | | |
| Health Suite | | | |
| Mixed | Monday – Sunday | 08.00-22.00 | £4.50 |
| Off Peak | Monday – Friday | 14.00-17.00 | £3.50 |
| Sun Beds | | From | £4.00 |
| Ladies' Leisure | | | |
| | Tuesday & Thursday | 09.00-12.00 | £3.75 |
| | Monday, Wednesday & Friday | 12.00-15.00 | £3.75 |
| Active Lifestyle | | | |
| A specific programme of activities for those over the age of 50 only, including: Swim, Gym, Health Suite, Workout Classes and Badminton | Monday, Wednesday & Friday | 09.00-12.00 | £2.95 |

| Activity | Day | Time | Price |
|--|---------------|---------------------------|-------------------|
| Sports | | | |
| 5-A-Side (Dome) | | | £36.60 |
| 5-A-Side (Sports Hall) | | | £30.50 |
| Badminton Off Peak | | | £4.60 |
| Badminton Peak | | | £6.30 |
| Basketball (One Rink) | | | £6.30 |
| Table Tennis | | | £3.20 |
| Tennis Off Peak | | | £4.80 |
| Tennis Peak | | | £7.10 |
| Bowls (Member) | | | £2.30 |
| Bowls (Non Member) | | | £3.15 |
| Courses | | | |
| Contact Reception | | | |
| GP Referral Scheme | | | |
| Contact reception | | | |
| Room Hire | | | |
| Meeting Room | | | £12.00 p/h |
| Dance Studio | | | £25.85 p/h |
| Bar | | | £15.50 p/h |
| Mind & Body Studio | | | £23.00 p/h |
| Sports Hall (Whole Day) | | | £500 |
| Crèche | | | £15.50 p/h |
| To hire the room facilities please contact the dry side Duty Manager | | | |
| Children's Parties | | | |
| H2O Pool Party | Saturday | 17.00-21.00 | £90.00 |
| H2O Pool Party | Sunday | 17.00-18.00 & 19.00-20.00 | |
| Roller Disco Party | Saturday | 13.00-21.00 | £75.00 |
| Roller Disco Party | Sunday | 13.00-18.00 | |
| Football Party | Saturday | 13.00-21.00 | £75.00 |
| Football Party | Sunday | 13.00-18.00 | |
| Crèche | Monday-Friday | 09.00-15.30 | from £1.90 |

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
- Non member bookings can be made 7 days in advance (payment must be made at time of booking)
- Bookings can be made in person, by phone or at leisurebookings.net
- Members will need their membership number to make a booking

Cancellation Policy

- Workout classes may be cancelled up to 2 hours before the commencement of the class.
- All other booked activities must be cancelled up to 24 hours before the commencement of the activity.
- All customers failing to attend or provide the correct cancellation notice period for 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.
- Booking members that choose to cancel their activity booking on line with the cancellation policy will receive a credit to their account which can be applied to the next booking.
- Cancellations can be made by phone or in person.