



Activity Price Tariff

as of 1st November 2011

	Members and PAYG	Platinum & Platinum Plus
Public swimming	£3.50	Free
Swimming fun session	£3.00	Free
Tennis/Squash/Badminton/Table Tennis	£5.00	Free
Aquafit 30 min	£3.00	Free
Aquafit 1 hour	£4.00	Free
Traditional keep fit	£4.00	Free
ABS-olute fitness	£3.00	Free
Studio Classes- Stretch n Flex, Pilates, Pump & Tone, Boxercise & Kick Boxing, Body Conditioning, LBT	£4.00	Free
Aerobiking	£5.00	Free to Plat Plus
GP referral gym	£3.00	Free
GP referral swim	£1.50	Free
Swimming Lessons (per lesson) * <i>(15% discount with sports centre membership)</i>	£4.50*	Varies termly
1 to 1 swim lesson (30 mins)	£12.50	£12.50
Single gym session	£5.50	Free

For further information,
or for an application form,
call us on 01935 810548.