

# Leatherhead Leisure Centre

## Autumn Courses 2010



**Autumn term 2010 - Dry courses**

<b>Class name</b>	<b>Date</b>	<b>Cost per course Member</b>	<b>Cost per course Non-member</b>
<b>Pilates</b>			
<b>Pilates</b> 4 week course	<b>Tuesday 10.30-11.30</b> 28 September - 19 October	£21.20	£23.60
<b>Pilates</b> 7 week course	<b>Tuesday 10.30-11.30</b> 2 November - 14 December	£37.10	£41.30
<b>Pilates</b> 4 week course	<b>Wednesday 09.30-10.30</b> 29 September - 20 October	£21.20	£23.60
<b>Pilates</b> 7 week course	<b>Wednesday 09.30-10.30</b> 3 November - 15 December	£37.10	£41.30
<b>Pilates</b> 4 week course	<b>Monday 19.00-20.00</b> 27 September - 18 October	£21.20	£23.60
<b>Pilates</b> 7 week course	<b>Monday 19.00-20.00</b> 1 November - 13 December	£37.10	£41.30
<b>Yoga</b>			
<b>Yoga</b> 6 week course	<b>Wednesday 18.00-19.30</b> 15 September - 20 October	£47.70	£53.10
<b>Yoga</b> 6 week course	<b>Wednesday 18.00-19.30</b> 3 November - 8 December	£47.70	£53.10
<b>Badminton</b>			
<b>Badminton</b> 11 week course	<b>Wednesday 09.30-10.30</b> 29 September - 15 December - Excluding 27 October	£60.50	£68.75
<b>Trampolineing</b>			
<b>Junior trampolining</b> Lvls 1-2	<b>Monday 16.00-17.00</b> 6 September - 13 December - Excluding 25 October	£79.80	£87.50
<b>Junior trampolining</b> Lvls 2-3	<b>Monday 17.00-18.00</b> 6 September - 13 December - Excluding 25 October	£79.80	£87.50
<b>Junior trampolining</b> Lvls 3-4	<b>Monday 18.00-19.00</b> 6 September - 13 December - Excluding 25 October	£79.80	£87.50
<b>Junior trampolining</b> Lvls 1-2	<b>Thursday 16.00-17.00</b> 9 September - 16 December - Excluding 28 October	£79.80	£87.50
<b>Junior trampolining</b> Lvls 3-4	<b>Thursday 17.00-18.00</b> 9 September - 16 December - Excluding 28 October	£79.80	£87.50
<b>Junior trampolining</b> Lvls 3-4	<b>Thursday 18.00-19.00</b> 9 September - 16 December - Excluding 28 October	£79.80	£87.50
<b>Adult trampolining</b>	<b>Monday 19.00-20.00</b> 6 September - 13 December - Excluding 25 October	£86.80	£95.90
<b>Squash</b>			
<b>Adult squash</b> Beginners & improvers	<b>Monday 20.00-21.00</b> 13 September - 18 October	£36.00	£42.00
<b>Adult squash</b> Beginners & improvers	<b>Monday 20.00-21.00</b> 1 November - 6 December	£36.00	£42.00
<b>Adult squash</b> Intermediates	<b>Monday 21.00-22.00</b> 13 September - 18 October	£36.00	£42.00
<b>Adult squash</b> Intermediates	<b>Monday 21.00-22.00</b> 1 November - 6 December	£36.00	£42.00
<b>Junior squash</b> All age groups	<b>Sunday 10.00-11.00</b> 19 September - 24 October	£30.00	£36.00
<b>Junior squash</b> All age groups	<b>Sunday 10.00-11.00</b> 7 November - 12 December	£30.00	£36.00

## Autumn term 2010 - Dry courses

Class name	Date	
<b>Enter Stage Right</b>		
<b>Baby dance</b> 3-5 years	<b>Saturday 09.00-09.30</b> 18 September - 4 December - Excluding Saturday 30 October	£30.00 per person per term
<b>Junior drama</b> 4-8 years	<b>Saturday 09.30-10.30</b> 18 September - 4 December - Excluding Saturday 30 October	£60.00 per person per term
<b>Middle dance</b> 8-12 years	<b>Saturday 09.30-10.30</b> 18 September - 4 December - Excluding Saturday 30 October	£60.00 per person per term
<b>Middle drama</b> 8-12 years	<b>Saturday 10.30-11.30</b> 18 September - 4 December - Excluding Saturday 30 October	£60.00 per person per term
<b>Junior dance</b> 4-8 years	<b>Saturday 10.30-11.30</b> 18 September - 4 December - Excluding Saturday 30 October	£60.00 per person per term
<b>Junior/middle singing</b> 4-12 years	<b>Saturday 11.30-12.00</b> 18 September - 4 December - Excluding Saturday 30 October	£30.00 per person per term
<b>PA senior drama, sing &amp; dance</b> 13 years+	<b>Saturday 11.30-13.30</b> 18 September - 4 December - Excluding Saturday 30 October	£120.00 per person per term

### Description of dry courses and equipment required

#### SQUASH

Equipment can be provided. Non marking sports shoes are required.

#### BADMINTON

Equipment required: Non marking sports shoes and racquet. Some racquets may be hired from main reception though numbers may be restricted.

#### PILATES

This highly recommended fitness discipline lengthens muscles, improves posture, flattens your abs and strengthens your back – tones your body to its optimum. Suitable for any age or fitness level. Not suitable for pregnant women.

#### TRAMPOLINING

Level 1 for Awards 1-5 | Level 2 for Awards 6-7 | Trampoline Level 3 for Awards 8-10 and level 4 for Awards 11+.  
Please note you must complete the awards in consecutive order. Age 7 years and upwards (under 8's must be accompanied by an adult). Equipment required: Trampolining shoes or cotton socks and tracksuits.

#### YOGA

Iyengar Yoga, a form of Hatha Yoga originating from India. Postures include standing, sitting and recuperative. Creates a feeling of well-being, with benefits such as improved stamina, flexibility, concentration and stillness, and is good for sufferers of stress. **Not suitable for pregnant ladies new to yoga. Wear comfortable loose clothing.**

#### ENTER STAGE RIGHT

Enter Stage Right likes to 'Bring out the Best' in your child. Every member of the Enter Stage Right team shares the philosophy of fun learning and positive encouragement. Dance classes include warm ups, street dance, pop and musical theatre. Drama classes include warm ups, games, improvisation and scripts/plays. Singing classes include warm ups and songs from the charts and musical shows.

# Autumn Term Application Form

Name of applicant: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Membership number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home telephone: \_\_\_\_\_ Work telephone: \_\_\_\_\_

Course	Day/Time	No. of places	Cost	Allocation <i>(Office use only)</i>

Signature of applicant: \_\_\_\_\_

Payment method (please tick relevant box)

Cash Receipt number: \_\_\_\_\_

Cheque Cheque number: \_\_\_\_\_

Credit Card Card number: \_\_\_\_\_

Valid from: \_\_\_\_\_ Expiry date: \_\_\_\_\_ Issue number: \_\_\_\_\_

DATA PROTECTION ACT: \_\_\_\_\_

Information contained in this form will be processed by computer as required by the authority for operational, managerial and associated purposes.

Please make cheques payable to: Fusion Lifestyle LTD.

Customers will be advised of exclusion dates/alterations upon booking.

Telephone: 01372 377674 Fax: 01372 386749

Leatherhead Leisure Centre, Guildford Road, Leatherhead, Surrey KT22 9BL

Email: leatherhead@fusion-lifestyle.com www.leatherheadleisurecentre.com