

Range of Facilities

The Centre offers a full range of sporting facilities, including:

- 4 competition-surface indoor tennis courts.
- 3 swimming pools (25m, learner and diving pit).
- 3 glass-backed squash courts.
- 2 sports halls (for sports such as basketball, trampolining, badminton, table tennis, football).
- Lifestyle gym (air-conditioned with over 100 TechnoGym fitness stations; 12-screen cardio theatre; upper and lower body resistance room; free weights area).
- 3 exercise studios (over 50 classes run each week).
- The Therapy Rooms (beauty treatments, sauna, spa and sunbed).
- The Balcony Restaurant.
- The Sports Shop.
- Saplings Crèche.

Centre Membership

If you use the Sports Centre regularly, you can save money by becoming a Centre member. Membership benefits include:

- Reduced court fees.
- Reduced price for swimming, sauna and spa.
- Reduced price for exercise to music classes.
- Priority booking by telephone & internet up to two weeks in advance.
- FREE admission to the Centre.
- This does not include use of the gym.

Racket Hire £2.75 Deposit £10 (or Membership card).

There is no joining fee, no contract and membership fees are per annum.

| | | |
|----------------|-----------------------------------|--------|
| Adult | 1 adult | £35.05 |
| Joint | 2 adults | £59.22 |
| Junior | Child under 16 | £17.55 |
| Family | 2 adults + 2 children under 16 | £71.30 |
| | 1 adult + 3 children under 16 | |
| Concessions | | |
| Senior citizen | (60+)/Disabled/Benefit recipients | £17.55 |

Prices are valid from April 2009 to March 2010.

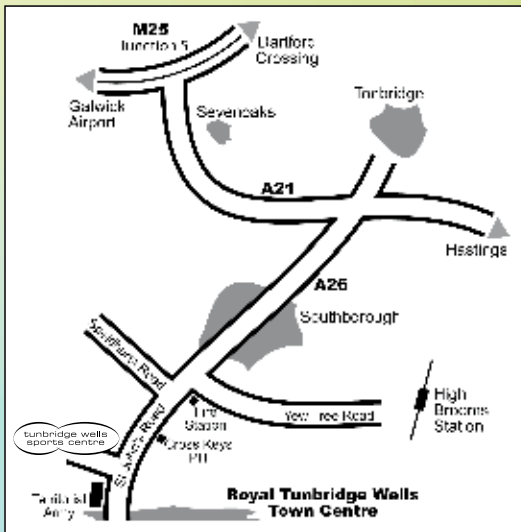
To join contact one of our membership advisors on **01892 507985**. Please read Centre membership conditions available at Reception when joining.

Centre Opening Times

| | Off Peak | Peak |
|---------------|-------------|-------------|
| Monday-Friday | 08.00-17.30 | 17.30-22.30 |
| Saturday | | 08.00-17.30 |
| Sunday | 17.30-21.30 | 08.00-17.30 |

- The gym is open daily from 06.45 on weekdays and 07.00 at weekends for Lifestyle members only.
- The gym closes at 22.00 on Fridays and 20.00 on Sundays.
- The swimming pool is open at 07.15 on Monday-Friday for adults only.
- The Centre closes over Christmas – please check with Reception for details.

How to find us



Information

Telephone: **01892 540744**

Visit our website: www.fusion-lifestyle.com

- Free parking for 2 hours. Free permits available for 2+ hours.
- Access for those with special needs.
- Free access for carers.

Available in large print.

tunbridge wells sports centre

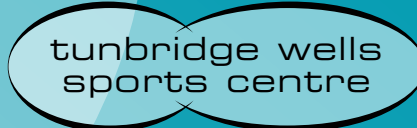
St Johns Road, Royal Tunbridge Wells, TN4 9TX Tel **01892 540744**



Working in partnership with



**all about
your
centre**



www.fusion-lifestyle.com

Activities

The Sports Centre combines great facilities with friendly staff to provide a superb local resource for both families and individuals alike.

With a wide range of sports and activities on offer, the Centre can cater for beginners to trained athletes, from juniors to seniors.

Health & Fitness

• The Lifestyle Gym

With over 100 exercise stations in 1,100m², our gym offers the latest TechnoGym equipment in pleasant, air-conditioned surroundings. There is a 12-screen cardio-theatre, with an upper and lower body resistance room, along with a free weights area.

Professionally qualified fitness instructors will provide the encouragement and advice required to help you achieve your goals. Personal training sessions and Body MOTs are available to enhance your own tailored exercise programme.

You can pay as you go or join as a Lifestyle member. Membership packages are flexible, offer great value and there are no contracts.

For details, contact a membership advisor on **01892 507985**.

• Exercise Studios

Our 3 exercise studios offer over 50 classes each week, with specialist classes and courses available throughout the year.

With one studio dedicated to group cycling, you can experience a variety of cycling classes for beginners through to advanced.

Other classes include a selection of aqua workouts, exercise classes and mind and body sessions. Check our Class Timetable leaflet for details.

• Swimming

Our 3 swimming pools include a 25m competition swimming pool, a baby-friendly teaching pool and a diving pit with high boards and spring boards.

There are diving lessons for children and swimming lessons for all ages, both in groups through our Swim School or as private lessons. Aqua classes run weekly, including deep water running.

Both male and female changing rooms contain baby change facilities. Our swimming membership offers you unlimited swimming during normal public sessions. Check our Swimming Timetable leaflet for details.

Racquet Sports

Racquet Sports

Court hire is available for casual use throughout the year so rain won't stop play!

• Tennis

Our 4 indoor courts accommodate individual or group coaching sessions, a tennis clinic, a tennis ladder, an adult tennis club, along with many other tennis activities including tournaments. Coaching is provided by Jarrett Tennis School, for details call **01892 538445**.

• Squash and Racketball

The 3 glass-backed courts, with spectator areas, provide squash players with the opportunity not only to play casually, but also to join the adult squash league or play in inter-club league matches. Individual coaching can be booked to improve your game.

• Badminton

Badminton is held in the Sports Halls and can be booked on a casual basis or played within other multi-sport activities, such as 50+, or by attending Badminton Club.

Sports

Sports

Our 2 sports halls can be hired to provide great venues for sports such as basketball, football, hockey, tag rugby, trampolining, indoor cricket, gymnastics, table tennis, netball and volleyball.

A Sports Swim is available at a reduced rate to anyone playing another sport around the Centre. Ask Reception for details.

• Kids' Activities

Activities and courses run throughout term times and school holidays for children aged from 4 months to 16 years.

Sports include swimming, tennis, badminton, gymnastics, multi-activity sessions, Gyminis (6 months – 5 years), diving, junior football and trampolining.

Children's parties can also be booked on Saturday & Sundays. Check our Kids' Activities leaflet for details.

• Teen Sports

These are available for tennis and teen classes. All levels are welcome.

• Senior Activities

50+ runs three times a week offering an exercise class, along with a choice of other sports including swimming. Do as much or as little as you like.

Services

The Therapy Rooms

This comprises the beauty salon along with the sauna, spa and sunbed. A team of highly skilled therapists offers a comprehensive range of treatments for both men and women. Treatments include: facials, Jessica nail care system, massages, body wraps and aromatherapy, and many more.

| Opening Times | Beauty Salon | Sauna/Spa/Sunbed |
|---------------|--------------|------------------|
| Monday-Friday | 09.30-21.00 | 09.30-21.30 |
| Saturday | 09.30-16.00 | 09.30-16.30 |
| Sunday | Closed | 09.30-20.00 |

Information: See our Therapy Rooms leaflet or telephone **01892 507980**.

Sports Shop

Sports goods, such as swimwear, fitness clothing, footwear, equipment and accessories, are available from a selection of leading brands. The shop specialises in racquet sports and provides a fast and efficient racquet re-stringing service.

| Opening Times | | |
|-----------------|-------------|-------------|
| Monday-Thursday | 09.30-13.30 | 15.30-20.00 |
| Friday | 09.30-13.30 | 15.30-18.00 |
| Saturday | 09.00-16.00 | |
| Sunday | 09.30-13.00 | |

Information: Telephone **01892 526206**.

The Balcony Restaurant

Relax after all that exercising, choose from an extensive menu including hot or cold food, healthy options and children's meals. We cater for children's parties and aim to meet all dietary requirements wherever possible.

| Opening Times | | |
|---------------|-------------|--|
| Monday-Friday | 09.00-20.00 | |
| Saturday | 09.00-17.00 | |
| Sunday | 10.00-17.00 | |

Information: Telephone **01892 681422**.

Saplings Creche

This full time day nursery and crèche is open throughout the year for children between 0-5 years. Useful holiday and after school care is also available for children up to 8 years.

| Opening Times | | |
|-----------------|-------------|--|
| Monday-Friday | 08.00-18.00 | |
| Saturday-Sunday | Closed | |

Information: See our Saplings leaflet or telephone **01892 681427**.