

## Activities Available

Any of the facilities may be booked by individuals or groups. A large number of clubs use the Centre and some of these are listed below. If you are looking for an activity not mentioned, please ask – we may be able to help

**Badminton Tennis Netball Rugby**

**Gymnastics Karate Tae kwon Do**

**Swimming Sub Aqua Cricket**

**Hockey Trampoline Aerobics**

**Children's Swimming Lessons**

**Circuit Training Weight Training**

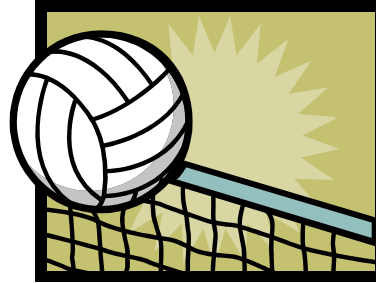
**Tae Bo Aerobics**

## Notes

Bookings for the swimming pool are subject to there being suitably qualified supervision available. If necessary, a life-guard will be provided at an extra charge.

Use of Fitness Studio is only permitted on production of an Authorised User Card issued on completion of an introduction course.

Block bookings, special events, children's birthday parties, etc., may be arranged subject to availability – please ask for details. **Changing equipment between bookings may take approximately 5 minutes so please be patient.**



## Opening Hours

**Monday to Friday 5.30 pm—10.30pm**

**Saturday 9.30am—7.30pm**

**Sunday 9.00am—9.00pm**

Opening times subject to change



TEWKESBURY SPORTS CENTRE

Ashchurch Road

Tewkesbury

Gloucestershire

GL20 8DF



Tel 01684 293953

## Bookings

The Sports Centre does not operate a membership scheme and the facilities can be booked by any member of the public.

Casual bookings may be made up to seven days in advance. Bookings by personal callers to the centre are accepted 15 minutes prior to telephone bookings

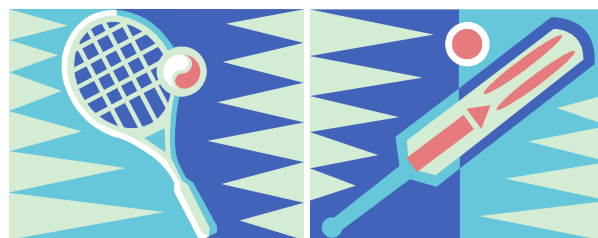
	Personal Visit	Telephone
Mon-Fri	6.15pm	6.30pm
Saturday	9.15am	9.30am
Sunday	9.00am	9.15am

## Cancellations

Please note that we will have to charge the full fee for casual bookings not taken up or cancelled with less than 24 hours notice

**Charges 2007**  
Per hour (except where stated)

<b>Indoor</b>	<b>£</b>
Squash (40 minutes)	4.70
Badminton	5.90
Table Tennis	3.70
Cricket Nets )	
Five-a-side )	
Tennis )	
Netball )	25.20
Basketball )	
Volleyball )	
Hockey )	
Gymnasium	15.20
Swimming Pool	21.20
Lifeguard	14.10
<b>Fitness Centre</b>	
Activities Hall	17.80
Aerobics/Circuit Training (per session)	3.90
Fitness Studio (sole use)	2.60
Induction Course	10.00
Personal Program	26.00
<b>Outdoor</b>	
Adult Pitches (per game)	26.00
Junior Pitches (per game)	20.00
Cricket Nets	3.80
Tennis	3.80
Rounder's (per game)	11.50
Netball (per hour)	9.90
Cricket Wicket Artificial (per game)	25.80
Grass Training (per club)	11.50
Floodlit Area (per court)	13.20



**Brand New Exercise Classes**

No membership fees, all classes are £3.90 pay as you go

**Monday**

6:00pm - Body Sculpt

7:00pm - Aerobics

8:00pm - Mind, Body and Soul

**Tuesday**

6:00pm - Steps

7:00pm - Dance Aerobics

**Wednesday**

6:00pm - Circuits

7:00pm - Pilates

**Thursday**

6:00pm - Yogalates

**Friday**

6:00pm - Circuit Training

7:00pm - 50+ Keep fit

8:00pm - Fitball



**Tewkesbury Fitness Centre**

The Fitness Centre comprises a multi-purpose Activities Hall and a Fitness Studio.

The Activities Hall is ideal for holding a wide variety of sessions, courses and activities, including Aerobics, Circuit Training, Martial Arts, Dance, etc.

The Fitness Studio provides 20 stations of uncomplicated exercise equipment which has been very carefully selected to ensure that it is ideal for use by men and women of all ages and all levels of fitness, strength and ability

Initial training and familiarisation sessions are provided for all first-time users who may then decide to use the studio as individuals, or book a personal programme which will be designed for your specific needs



**Tewkesbury Sports Centre**

Tewkesbury Sports Centre  
Ashchurch Road  
Tewkesbury  
Gloucestershire

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