

## **Games Hall Timetable**

### **Monday**

09.00 – 14.00	Public hire
14.00 – 15.00	Swedish Style Exercise Class/2 courts public hire
15.00 – 16.00	Public Hire
16.00 – 19.00	Gymnastic Club/ 1 court public hire
19.00 – 21.00	Karate /Badminton/1 court public hire
21.00 – 22.00	Public Hire

### **Tuesday**

09.00 – 16.00	Public Hire
16.00 – 20.00	Trampoline & Gymnastics Club
20.00 – 21.00	Body Combat
21.00 – 22.00	Public hire

### **Wednesday**

09.00 – 16.00	Public Hire
16.00 – 17.00	Children's Football
17.00 – 18.00	Public Hire
18.00 – 20.00	Mackie Rugby
20.00 – 21.00	Body Combat
21.00 – 22.00	Public Hire

### **Thursday**

09.00 – 10.00	Public Hire
10.00 – 12.00	Footstars Soccer/1 court Public Hire
12.00 – 13.00	Public Hire
13.00 – 14.00	Footstars Soccer
14.00 – 16.00	Public Hire
16.00 – 18.00	Tennis Club
18.00 – 19.00	Mackie Rugby
19.00 – 20.00	Netball
20.00 – 22.00	Public Hire

### **Friday**

09.30 – 10.30	Body Combat
11.00 – 13.00	Public Hire
13.00 – 15.00	Badminton Club
15.30 – 18.00	FDS Boys Club
18.00 – 19.00	Stonehaven Youth Football
19.00 – 22.00	Active Hub

### **Saturday**

09.00 – 13.00	Gymnastics Club/1 Court Public Hire
13.00 – 20.00	Public hire

### **Sunday**

09.00 – 11.00	Public Hire
11.00 – 12.00	Zumba/ 1 Court Public hire
12.00 – 21.00	Public Hire

## **Public Hire**

*Public Hire is time available for anybody to hire or book our hall. To guarantee the times and activities you require, it is recommended that you book in advance although it is not essential.*

***Bookings can be taken 6 days in advance from***

***Mon – Fri 6.30am***

***Sat – Sun 9.00am***

## **Club & Activity Information**

**Trampoline Club** – High flying fun for children of all ages.

Ask receptionist for more details.

**Gymnastics (Female) Club** – After school coaching for budding young gymnasts of all ages. See website [stonehavengymnastics@hotmail.co.uk](mailto:stonehavengymnastics@hotmail.co.uk) or receptionist for more details.

**Karate** – Shotokan Martial arts training for all ages and abilities. See website [www.GNKA.co.uk](http://www.GNKA.co.uk) or receptionist for more details

**Body Combat** – High intensity aerobic exercise classes running regularly at SLC. For more information see posters or receptionist for more details.

**Children's Football** – Primary 1-3 football coaching. Places can be booked at reception or over the phone.

**FDS Boys Club** – Brazilian style football coaching. See website [www.fdsboysclub.co.uk](http://www.fdsboysclub.co.uk) or ask the receptionist for more details.

**Footstars Soccer** - Coaching for young up and coming superstars. See website [www.footstars.co.uk](http://www.footstars.co.uk). Or ask receptionist for more details.

**Badminton Club**- Come along and enjoy our badminton group with a qualified coach. All standards are welcome. Racquets can be hired at reception.

## **Active Aberdeenshire Membership**

Starts from only £10 per person per month for Peak time usage and for that you get;

Access to 16 leisure facilities throughout Aberdeenshire

Unlimited access to a range of activities including:-

Swimming,

Fitness Suites

Exercise Classes

Most Children Sports Activities

On line Booking system

For More Information please contact reception on 01569 763162

## Fitness Room Timetable

For Over 16's Only

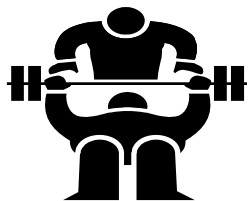
Monday	06.30 – 22.00
Tuesday	06.30 – 22.00
Wednesday	06.30 – 22.00
Thursday	06.30 – 22.00
Friday	06.30 – 22.00
Saturday	09.00 – 20.00
Sunday	09.00 – 21.00

Our fitness room is equipped with

### Cardio Equipment: Weight Equipment

2 x Treadmills  
3 x Exercise Bikes  
2 x Rowing Machines  
1 x Stair Climber  
1 x Cross Trainer

Leg extension  
Leg curl  
Peck machine  
Chest press  
Shoulder Press  
Pull-up bar  
High Low Pulley  
Lateral Pull-down  
Abs ball  
Free weights  
2 x benches



### Induction Information

**If you are not already a member with us and would like to be?** - You will be required to attend and complete an induction session with one of our trained instructors.

Inductions are practical so please bring along your gym kit.

## Fitness Room Prices

Adult Session	£4.30
Student Session	£2.15
Concession Session	£2.15
12 Session Ticket	£43.00
12 Session Conc Ticket	£21.50
6 Monthly Ticket	£124.00
6 monthly Conc Ticket	£62.00
Annual Ticket	£241.00
Annual Conc Ticket	£120.50
Induction	£11.30

### Games Hall Prices

Whole Hall	£23.40
Whole Hall Concession	£11.70
1 Court	£7.80
1 Court Concession	£3.90

### Concessions:

These apply to; children aged 5-15, over 60's, and registered disabled.

**Students:** A valid form of identification must be shown prior to entry, or full adult session rate will be charged.

**Lockers** – are provided for the safety and security of your belongings. These require one £1.00 coin, which are refundable. Please do not leave belongings in cubicles, on benches or in unlocked lockers, we cannot accept responsibility for them.

If you have any queries regarding the **Games Hall** or **Fitness Room** then please contact reception on **01569 763162**

# Fitness Room & Games Hall

## Programme & Prices

Wednesday 4<sup>th</sup> January – Saturday 31<sup>st</sup> March  
2012 (inclusive)



## Stonehaven Leisure Centre

Queen Elizabeth Park, Stonehaven, AB39 2RD

☎ (01569) 763162

email: Stonehaven.Leaseure.Centre@aberdeenshire.gov.uk

Web: www.aberdeenshire.gov.uk/recreation

**Aberdeenshire**  
COUNCIL

