

Games Hall Timetable

Monday

09.00 – 12.00	Public hire
12.00 – 13.00	Pillar Kincardine/ Public Hire – 1 Court
13.00 – 14.00	Public Hire
14.00 - 15.00	Friskis and Svettis/ Public Hire - 2Courts
15.00 – 16.00	Public Hire
16.00 – 19.00	Trampoline Club Gymnastics Club
19.00 – 21.00	Karate/ Public Hire – 2Courts
21.00 – 22.00	Public Hire

Tuesday

09.00 – 16.00	Public Hire
16.00 – 19.00	Trampoline Club/Gymnastics Club
19.00 – 20.00	Gymnastics club/ Public Hire- 1 Court
20.00 – 21.00	Body Combat
21.00 – 22.00	Public hire

Wednesday

09.00 – 15.00	Public Hire
15.30 – 17.00	Children's Football
17.00 – 20.00	Public Hire
20.00 – 21.00	Body Combat
21.00 – 22.00	Public Hire

Thursday

09.00 – 10.00	Public Hire
10.00 – 15.00	Footstars Soccer
15.00 – 22.00	Public Hire

Friday

09.30 – 10.30	Body Combat
11.00 – 13.00	Public Hire
13.00 – 15.00	Badminton Coaching/Playing
15.30 – 19.00	FDS Boys Club
19.00 – 22.00	Public Hire

Saturday

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

Sunday

09.00 – 15.00	Public Hire
15.00 – 17.00	All Stars Badminton Club
17.00 – 19.00	Athletics Club
19.00 – 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 7 days in advance from 9.00am.***

Club & Activity Information

Trampoline Club – High flying fun for children of all ages.
See website stonehaventrampolineclub@yahoo.co.uk
Or ask receptionist for more details.

Gymnastics (Female)Club – After school coaching for budding young gymnasts of all ages. See website 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 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 1-5 football coaching. Places can be booked at reception or over the phone and costs £1.95.

FDS Boys Club – Brazilian style football coaching.
See website www.fdsboysclub.co.uk
Or ask receptionist for more details.

Footstars Soccer -Coaching for young up and coming superstars.
See website www.footstars.co.uk
Or ask receptionist for more details.

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

Athletics Club- For primary age children.
See website www.aberdeenshire.gov.uk
Or ask receptionist for more details.

Friskis and Svettis- Basic Swedish Exercise Class for all ages and Abilities

Pillar Kincardine- Pillar Kincardine is a small voluntary organisation based in Stonehaven (South Aberdeenshire), Scotland.

All Stars Badminton Club – Badminton Club for rising stars of the future. Ask at reception for more details.

Fitness Room Timetable

For Over 16's Only

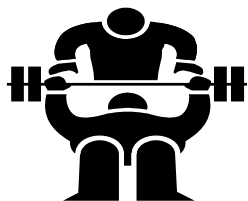
Monday	06.30 – 22.00
Tuesday	06.30 – 22.00
Wednesday	06.30 – 22.00
Thursday	06.30 – 22.00
Friday	06.30 – 22.00
Saturday	09.00 – 20.00
Sunday	09.00 – 21.00

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. In addition, we require you to bring two passport photographs for your membership card. This will allow you entry to any Aberdeenshire council fitness room.

Body Workshop Prices

Adult Session	£4.05
Student Session	£2.10
Concession Session	£2.10
12 Session Ticket	£40.50
12 Session Conc Ticket	£21.00
6 Monthly Ticket	£124.00
6 monthly Conc Ticket	£62.00
Annual Ticket	£241.00
Annual Conc Ticket	£120.50
Induction	£11.00

Games Hall Prices

Whole Hall	£21.75
Whole Hall Concession	£11.75
1 Court	£7.25
1 Court Concession	£3.75

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 is 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

Tuesday 17th August –
Friday 1st October 2010



Stonehaven Leisure Centre

Queen Elizabeth Park, Stonehaven,
AB39 2RD

☎ (01569) 763162

email:stonehaven.pool@aberdeenshire.gov.uk
Web:www.aberdeenshire.gov.uk/recreation