



Bentley Country Park Ltd

Leisure Centre

Flag Hill, Great Bentley, Essex, Tel: 01255 820517

The Leisure Centre is open to members only with one trial visit allowed before joining. The facilities in the magnificent Pine log building are:

- **Glorious Heated Pool, one of the warmest in the area.**
- **Large Swedish Style Sauna.**
- **Superb Invigorating Jacuzzi.**
- **Two Gymnasiums, one Cardiovascular and one Free Weight (induction compulsory).**
- **Aquacise and Aquababes with a qualified instructor (see details on reverse side).**
- **Personal Training available.**
- **Swimming Lessons with a qualified instructor (see details on reverse side)**

Leisure Centre Open Hours

Monday.....	7.00am to 9.30pm
Tuesday.....	7.00am to 9.30pm
Wednesday.....	7.00am to 9.30pm
Thursday.....	7.00am to 9.30pm
Friday.....	7.00am to 9.30pm
Saturday.....	9.00am to 5.00pm
Sunday.....	9.00am to 5.00pm

Please note the Leisure Centre closing times and ensure that you have finished your activity 30 minutes before closing time – Thankyou.

Membership Prices (from 1st April 2017)

Yellow Cards (Pay as you go)

1 month.....	£25
3 months.....	£50
6 months.....	£70
12 months.....	£90

Blue Cards (Inclusive not

1 month.....	£50
3 months.....	£120
6 months.....	£220
12 months.....	£360

Children aged between five and under eighteen can have a Yellow Card for £20 when attached to an adult membership. They can also be upgraded to inclusive swims for £125 each. Couples can purchase 2 x 12 month Blue Cards for £620. 12 month Swim Only Cards can be purchased for £260.

Leisure Centre Activity Prices (from 1st April 2017)

<u>Member</u>	<u>Guest</u>	<u>Member Specials</u>
Pool.....£2.50	£4.50	
Sauna.....£2.00	£7.50 - All inclusive for	Gym, Pool, Sauna & Spa...£7.50
Spa.....£2.00	Pool, Sauna and Spa.	
Gym.....£3.50	N/A	Pool, Sauna &
Spa.....£5.00		

One Trial Visit Allowed Charged at Guest Prices

Gymnasiums

All persons using the CV Gym must be aged over 16 and aged over 18 to use the Weights Room unless they are with a qualified member of staff.

All new members must have an induction for both gymnasiums which is £15 per person.

Personal Training sessions with Shelley are available for £20 per hour with discounts available for pairs.

To book an induction or for more information on Personal Training please ring Shelley on **07966278742.**

Pool Timetable

Monday.....7.00am – 9.30am Adults Only Member Swim
9.30am – 12.00pm Member Swim
12.00pm – 1.00pm Aqua Stretch only
1.00pm – 7.15pm Member Swim
7.15pm – 8.00pm Aqua Boot Camp only
8.00pm – 9.00pm Adults Only Member Swim

Tuesday.....7.00am – 9.30am Adults Only Member Swim
9.30am – 8.00pm Member Swim
8.00pm – 9.00pm Adults Only Member Swim

Wednesday.. 7.00am – 9.30am Adults Only Member Swim
9.30am – 11.30am Member Swim
11.30am – 12.30pm Aqua Stretch only
12.30pm – 7.15pm Member Swim
7.15pm – 8.00pm Aqua Boot Camp only
8.00pm – 9.00pm Adults Only Member Swim

Thursday.....7.00am – 9.30am Adults Only Member Swim
9.30am – 10.30am Aqua Blast only
10.30am – 8.00pm Member Swim
8.00pm – 9.00pm Adults Only Member Swim

Friday.....7.00am – 9.30am Adults Only Member Swim
9.30am – 10.30am Aqua Stretch only
10.30am – 7.15pm Member Swim
7.15pm – 8.00pm Aqua Boot Camp only
8.00pm – 9.00pm Adults Only Member Swim

Saturday.....9.00am – 10.00am Adults Only Member Swim
10.00am – 4.30pm Member Swim

Sunday.....9.00am – 10.00am Adults Only Member Swim
10.00am – 4.30pm Member Swim

Please note the Aquababes times below when part of the pool will be sectioned off - Thankyou

Aqua Aerobics Classes

The **Aqua Stretch**, **Aqua Blast** and **Aqua Boot Camp** classes are all charged at £5.00.
The **Aquababes** Parent and Baby Classes are held:

Monday.....2.00pm to 2.30pm
Tuesday.....12.00pm to 12.30pm and 2.00pm to 2.30pm
Wednesday.....1.00pm to 1.30pm and 2.00pm to 2.30pm
Thursday.....12.00pm to 12.30pm and 1.00pm to 1.30pm

Please note that the pool will be open for general swimming during the Aquababe classes.

For details and bookings please contact **Julie Wheeler** on **01255 831554** or via E-mail:
julieawheeler@msn.com Julies Aqua Website can be found at JulieWheelerAqua.co.uk

For **Swimming Lessons** please contact **Amanda** on **07947308376**