

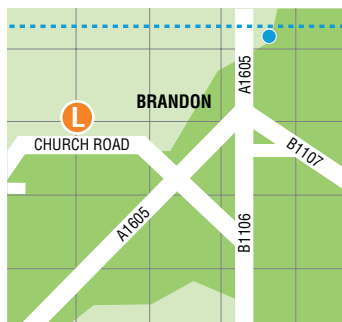
Why not try our Fit'n'Fun Dance Mats, or Salsa

Terms and Conditions

Payment will be required at time of booking. We accept credit and debit cards, or payment can be made by cash or cheque (made payable to Anglia Community Leisure).

Anglia Community Leisure reserves the right to change or alter the programme of activities on offer at any time.

Anglia Community Leisure or its staff cannot be held responsible for any injury, loss or damage to belongings however caused except injury arising from the negligence of the council or its staff.



Brandon Leisure Centre
Church Road, Brandon
Suffolk IP27 0JB
Tel. 01842 813748
blc@angcomleisure.com

By foot: 10 minutes walk from the centre of Brandon

By bus: only 450 metres from the London Road bus stop (outside Tescos) on routes; R1, 30, 28/40, 190, 193, 332/333.

By car: 70 parking spaces, 3 disabled parking bays and cycle storage are available at the Centre.

By Train: The nearest rail station is at Brandon on the A1065 approximately 1 mile from the Centre with links to Ely, Cambridge and Norwich.

angliacommunityleisure

Working in partnership with **FOREST HEATH DISTRICT COUNCIL**

junior fitness

May 2009

brandon leisure centre



**junior toners, dance mats,
tumblers, Fit 'n' Fun,
badminton coaching
tots football, salsa
and tennis coaching**

anglia
community
leisure

Working in partnership with **Forest Heath District Council**

| Day | Time | Class |
|-----------|---------------|--------------------|
| Monday | 16.15 – 17.00 | Fit 'n' Fun |
| Tuesday | 17.00 – 18.00 | Junior Toners |
| Tuesday | 19.30 – 21.30 | Salsa |
| Wednesday | 17.00 – 18.00 | Dance Mats |
| Thursday | 09.30 – 11.30 | Tumblers ** |
| Thursday | 17.00 – 18.00 | Junior Toners |
| Thursday | 16.15 – 17.00 | Fit 'n' Fun |
| Saturday | 09.00 – 10.00 | Tots Football ** |
| Saturday | 10.00 – 12.00 | Badminton Coaching |
| Sunday | 09.00 – 10.00 | Tennis Coaching * |
| Sunday | 09.00 – 10.00 | Tennis Coaching * |



| Provision | Instructor | Cost |
|-------------|---------------|--------|
| 7 – 13 yrs | Lee | £2.50 |
| 13 – 15 yrs | James | £2.50 |
| 13 – 15 yrs | Dave | £5.00 |
| N/A | Charlotte | £2.40 |
| Under 5 yrs | Leon & Nick | £2.40 |
| 13 – 15 yrs | James | £2.50 |
| 7 – 13 yrs | Lee | £2.50 |
| Under 5 yrs | Sam & James | £2.40 |
| 7 – 15 yrs | Steven | £2.40 |
| 5 – 7 yrs | James Swanson | £12.50 |
| 8 – 10 yrs | James Swanson | £12.50 |

Concessionary rates available, please ask at reception for details.

* Please see reception for course dates. ** Parental supervision required.



Junior Toners

It is your chance to get into the Fitness Studio and start exercising. The sessions are supervised by fully qualified staff who are always on hand to give you advice. A Par-Q screening form must be filled in prior to first session.



Tumblers

Come and join us with your little ones for fun on the bouncy castles and playing with trikes, bikes, and soft play. A great way for your little gems to bond with other children.

Badminton Coaching

Join in our Badminton coaching session with Steve Morley and learn the basic skills of badminton or improve on the skills you already have in this fun for all session.

Fit 'n' Fun

A professionally managed social environment offering youth's health, fitness and sports training, plus advice on nutrition and diet



Salsa for Beginners

Keep fit and learn this rhythmic dance in this great class suitable for beginners.