



**LesMILLS**

# Price List

## Stour Centre 2018/19



## Wetside Activities

	Duration	Non-Member	Member
<b>Swimming Pool</b>			
Adult swim		5.25	Free
Concession swim		4.20	
Junior swim		3.60	Free
Family swim (2 adults & 2 children)		14.70	
Family swim (2 adults & 4 children)		17.20*	
Adult Inflatable session	45 mins	7.30	3.50
Child Inflatable session	45 mins	5.60	2.75

\* Up to a maximum of 4 children

<b>Swim Academy</b>			
Crash Course swim lessons (30 minutes)	4 days	23.60	18.80
Crash Course swim lessons (30 minutes)	5 days	29.50	23.50
Toddler swim lessons	12 weeks	54.00	43.20
Junior swim lessons	12 weeks	70.80	56.40
Rookie swim lessons	12 weeks	86.40	69.00
Adult swim lessons	12 weeks	97.20	78.00
Private swim lesson	30 mins	17.65	14.10
Badges and certificates*		3.15	Free

\* Free to Swimming Lesson Memberships.

<b>Swimming lessons memberships</b>			
Adult (Per month)	12 weeks		28.99
Rookie (Per month)	12 weeks		25.99
Junior (Per month)	12 weeks		22.99
Toddler (Per month)	12 weeks		18.99

<b>Under 5's</b>			
Aquababes	45 mins	4.20	Free*

\* Child members only

## Swimming Pool Hire

For prices and information regarding the private hire of any of the 3 pools (25m main pool, learner pool or leisure water) please call 01233 667121.

## Dryside Activities

	Duration	Non-Member	Member
<b>Under 5's Classes</b>			
Tumbletime	2 hours	4.05	Free
Creche	2 hours	6.20	Free
Toddler Trampolining (Term time course*)	1 hour	4.60	3.70
Gymnis (Term time course*)	40 mins	4.30	3.45
Little Buds	45 mins	4.00	3.20

\*All courses paid on a termly basis

<b>Juniors (4-14 years) Classes</b>			
Active Kidz	1 hour	3.85	Free*
Basketball (Under 12's)	1 hour	5.00	Free*
Basketball (Under 14's)	1 hour	5.00	Free*
Saturday Bounce	2 hours	4.80	Free*

\*Child members only (20% discount for Swimming lesson)

<b>Juniors (4-14 years) Enrolled Courses</b>			
Junior Gymnastics (Term time course)	1 hour	5.30	4.20
Junior Trampolining (Term time course)	1 hour	5.30	4.20

\*All courses paid on a termly basis

## Dryside Activities continued

	Duration	Non-Member	Member
<b>Juniors (5-14 years) Enrolled Holiday Activities</b>			
Holiday Camps (half day)	Half day*	10.00	8.00
Holiday Camps (full day)	Full day**	20.00	16.00
*Half day: 08.00-12.30 or 13.00-17.30 **Full day: 08.00-17.30			

<b>Adult Classes</b>			
Adult Badminton	2 hours	5.20	4.20
Basketball	60 mins	5.00	3.65
* Free to child and full members only			

	Duration	Non-Member	Member	Concession
<b>Adult &amp; Junior Racquet Sports &amp; Main Hall Activities</b>				
Squash - T1	45 mins	9.50	7.60	7.60
Squash T2	45 mins	7.40	5.90	5.90
Badminton - T1	1 hour	13.25	10.60	10.60
Badminton - T2	1 hour	10.20	8.15	8.15
Badminton - Evergreen	2 hours	3.90	3.15	3.15*
Short Tennis - T1	1 hour	13.25	10.60	10.60
Short Tennis - T2	1 hour	10.20	8.15	8.15
Baton Twirling - T1	1 hour	13.25	10.60	10.60
Baton Twirling - T2	1 hour	10.20	8.15	8.15
Table Tennis - T1	1 hour	13.25	10.60	10.60
Table Tennis - T2	1 hour	10.20	8.15	8.15
5 a side Football - T1	1 hour	56.00	45.00	45.00
5 a side Football - T2	1 hour	42.85	34.25	34.25
Basketball (2 courts) - T1	1 hour	25.50	20.40	20.40
Basketball (2 courts) - T2	1 hour	19.40	15.50	15.50
Basketball (4 courts) - T1	1 hour	56.00	45.00	45.00
Basketball (4 courts) - T2	1 hour	42.85	34.25	34.25
Netball - T1	1 hour	56.00	45.00	45.00
Netball - T2	1 hour	42.85	34.25	34.25
T1 = Bookings taking place from Monday to Friday from 4pm and all weekend T2 = Bookings taking place between 9am and 4pm from Monday to Friday				
Concession members will receive a further discount of 20% on the member prices listed above • *Free to 60+ concession direct debit members only				

<b>Disability Sessions</b>				
Cricket	90 mins	3.35		
Trampoline	1 hour	4.10		
Boccia	90 mins	3.35		

## Children's Parties

We offer a wide variety of fun filled themed parties suitable for children aged 1-14 years hosted by trained and DBS checked staff. These include: • Tumbletime • Bouncy Castle • Football • We also offer exclusive use pool parties in the leisure water inflatable and learner pool. Prices start from £120 for 10 children and include 1 hour of party fun and 30 minutes for food.

## Gym Visit

	Duration	Non-Member	Member	Concession
Gym visit - Adult	Per visit	7.65		6.20
Gym Induction (Pre booking is necessary)	1 hour	15.00		
TGS Key	Replacement	10.00	10.00	10.00
Personal Training*	1 hour	35.00**	30.00**	30.00**
*Personal Training – Prices also available on request for 45 and 30 minute sessions. Group and Block bookings. ** Includes up to two people				

## Main Hall & Treatment Room Hire

Main hall and treatment rooms at the Stour Centre are available for private and commercial hire. Please contact our Bookings Department on 01233 667121 for details on hire options and prices.

### Group Fitness

	Duration	Non-Member	Member	Concession
30 minute classes	30 mins	3.30	Free	2.65
45 minute classes	45 mins	5.45	Free	4.40
60 minute classes	60 mins	6.60	Free	5.25
Pool based classes	45 mins	5.45	Free	4.40
Active for Life	60 mins	4.00	Free	3.15
Virtual Spin	30 mins	2.65	2.05	
Virtual Spin	45 mins	4.10	3.45	

### Health Spa

Spa visit	Per visit	5.95	Free	4.80
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### Exercise on Referral

GP Referral Visit		4.10		
GP Referral * (includes induction fee)	3 months	65.00		

### Membership Fees

We offer a wide variety of memberships starting from just £18 per month. An induction will be required before using the gym. Please contact us on 01233 667126 to discuss your requirements and to assess the membership best suited to your needs.

#### Memberships to suit you

If you, or anyone in your family are visiting our facilities more than once a week either to swim, use the gym or take part in a group fitness class, you could save money by taking out one of our great value direct debit memberships. As a member you will have access to the huge variety of facilities with something that will suit everyone. We have membership options available for all ages and budgets with a great family atmosphere and friendly, qualified staff on hand to help. Membership types we currently offer include:

- Single
- Joint
- Family
- Swim only
- Gym only
- Corporate

#### Save even more money

Take out an annual membership and get 14 months for the price of 12!

Prices and information are correct at the time of publication and include VAT at the current rate. However our range of activities and prices are regularly reviewed and subject to change without notice.

For confirmation of latest activities and current prices please contact the reception team at the Stour Centre during opening hours on 01233 663503.

Concession rates are available to everyone over 60 years of age and persons receiving housing benefit, unemployment benefit or income support and their dependents under the age of 16.

