



bodytonic

BEAUTY SALON

facials, eye care treatments, massage, hand, nail and foot care,
hair removal, reflexology, aromatherapy, indian head massage,
hot stone massage, gift vouchers available

OPEN MON 9.30am - 6.00pm | TUE 9.00am - 5.00pm | WED 9.00am - 5.30pm
THU 9.00am - 6.00pm | FRI 8.30am - 4.00pm | SAT 9.00am - 1.30pm



Bodytonic Beauty Salon at Stafford Leisure Centre
For bookings please telephone 01785 619 036



Stafford Leisure Centre
Lammascote Road | Stafford ST16 3TA
Tel 01785 619 500 | Email slc@staffordbc.gov.uk
www.staffordleisurecentre.co.uk

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stafford leisure centre

Stafford Leisure Centre has been fitted out with a superb range of equipment, and there is a diverse programme of activities to suit all ages and tastes that is continually being reviewed and developed.

The facilities include an eight lane 25-metre swimming pool, a teaching pool with state of the art moveable floor, a main gym housing 100 pieces of equipment, an Easyline gym circuit, multi-purpose fitness studio, squash courts and a four-court sports hall. There are also both wet and dry-side changing facilities to accommodate all activity, and village change facilities are available for families with young children.

Stafford Leisure Centre also offers a modern training suite available for a range of courses and room hire. Or you could simply relax and take advantage of one of the many beauty treatments and massage available in the Bodytonic beauty salon. Our on site crèche also gives you the freedom to enjoy the leisure facility, knowing that your kids are also having a great time in a safe environment.

The range of sporting and recreational facilities provides something of interest to everyone and we hope you enjoy your visit to the centre.

Directions



- ◊ **FROM J13 M6** head northeast on the A449 Wolverhampton Road [signposted Stafford]
 - ◊ At roundabout take 2nd exit onto A34 Queensway [signposted Stone, Uttoxeter]
 - ◊ Pass through traffic lights then at roundabout take 2nd exit onto A518 Lammascote Road
 - ◊ Turn right into Stafford Leisure Centre
- ◊ **FROM J14 M6** head south on A5013 Eccleshall Road towards Stafford
 - ◊ At roundabout take 2nd exit onto A34 [signposted Town Centre, Cannock]
 - ◊ At roundabout take 2nd exit onto A34 Queensway [signposted Cannock]
 - ◊ At roundabout take 1st exit onto A518 Lammascote Road
 - ◊ Turn right into Stafford Leisure Centre



The Gym

A state of the art gym, housing 100 stations of Technogym equipment and stretching apparatus including cardiovascular machines [running machines, exercise bikes and cross trainers], a large range of resistance machines [weights], a comprehensive free weights area, a warm up/stretching area, and stability balls of various sizes, all to help improve whole body fitness.

The gym facility is an inclusive environment and staff are on hand to offer support, monitor progress, and provide first-rate information on fitness instruction for all individuals including those with physical, sensory, or learning disabilities.

Friendly and professional fitness instructors, from a variety of backgrounds, have a great range of expertise between them and will work one to one with individuals to develop appropriate programmes. Other areas of expertise typically include: GP referrals, cardiac rehabilitation, physiotherapy and inclusive fitness.



Activo MEMBERSHIP

The Activo membership is not just a leisure membership; it is a way of life.

Staff are on hand to provide help and support. Your membership includes a free initial one to one induction, where you will be shown how to use all of the equipment in the state of the art gym, a personal fitness programme with ongoing evaluation written by one of our qualified instructors to help you reach your goals, plus free access to the gym, swimming pool and a wide range of fitness classes including 'indoor cycle'.

MEMBERSHIP OPTIONS

1 | Monthly Membership

Payable by direct debit with a minimum 6 month agreement with 2 months cancellation notice.

2 | Annual Membership

Pay your annual membership by cash, cheque or credit card, and you will receive 13 months for the price of 12.

3 | 60+, Student and Unemployed Discounted Membership

Payable monthly by direct debit with a minimum 6 month agreement with 2 months cancellation notice.

4 | Corporate Membership

PAYABLE MONTHLY BY DIRECT DEBIT WITH A MINIMUM 6 MONTH agreement with 2 months cancellation notice. Must bring 6 members or more from same company.

For full details including offers and prices, please contact Stafford Leisure Centre Reception on 01785 619500.

You don't have to be an Activo member to use the facility; you can pay £1 for a frequent user card, and simply pay as you go. However, this card will not entitle you to discounted rates, but will permit you to book in advance in order to guarantee your place. Payment is not required on booking, and can be paid when you come in to the centre for your session. As a frequent user, using the gym for the first time, you will require an induction on the gym equipment at a small charge before you are permitted to use the facility.

Activo FUTURES MEMBERSHIP

14 and 15 year olds

Activo Futures membership is available at Stafford Leisure Centre, Westbridge Park and Alleyne's Sports Centre [swimming only at Alleyne's] for those aged 14 and 15 years.

Discounted Activo Futures membership is available to all juniors signing up with an adult member. Junior fitness membership offers off peak gym usage, public swim sessions, off peak racquet sports sessions and off peak fitness classes, however boxercise and body pump are considered unsuitable for the age range covered by this membership.

Fitness classes are subject to availability, and prior booking is recommended. Please call 01785 619500 [Stafford Leisure Centre], 01785 619600 [Westbridge Park].

PAYMENT METHODS

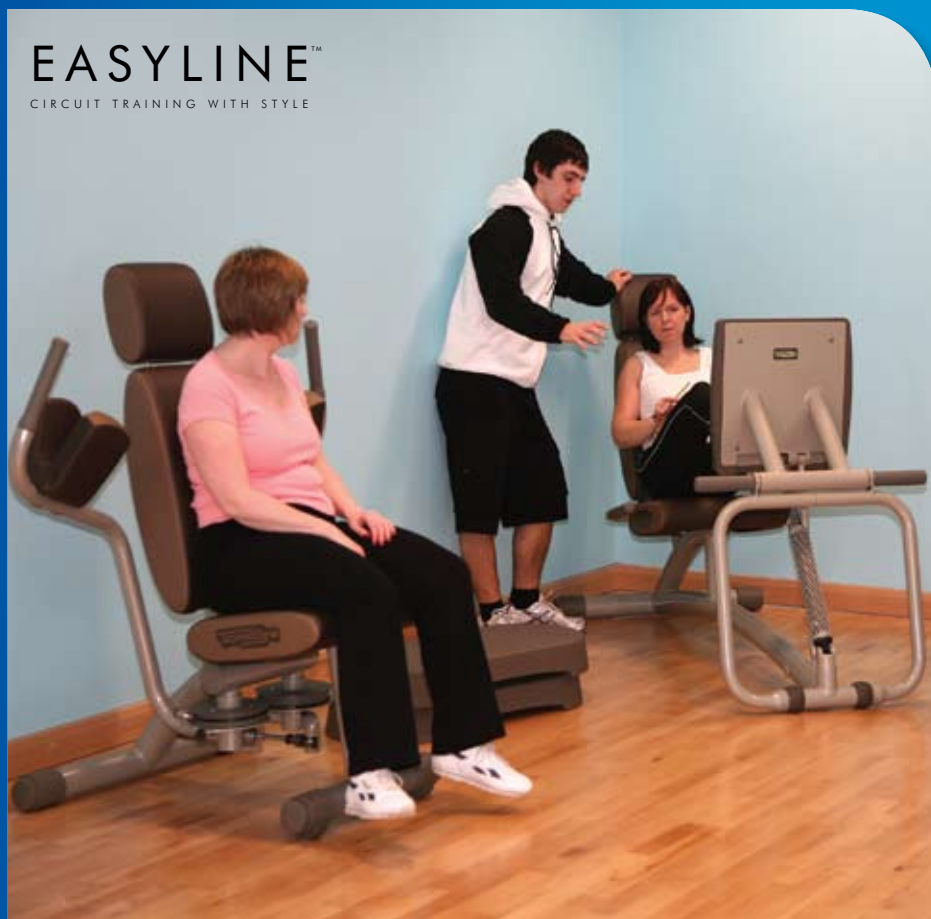
Membership is payable by direct debit with a minimum six month agreement with two months cancellation notice. Please contact Stafford Leisure Centre for full terms and conditions of membership.

Easyline Studio

The Easyline studio offers a 30-minute training circuit, and a variety of exercises to work out the whole body, in a friendly, informal atmosphere. It is the perfect solution for both strength and metabolic training.

No adjustment is required on the equipment prior to training, as the tension automatically increases and decreases using hydraulic pistons, as you change the pace of your routine.

Easyline gym equipment is ideal for individuals wishing to lose weight, and improve their health and physical condition. Due to the hydraulic system used in this circuit, it is ideal for both young and old gym users, people who feel intimidated in the normal gym environment, people who have physical mobility limitations, and for those requiring injury rehabilitation.



EASYLINE™
CIRCUIT TRAINING WITH STYLE



Fitness Classes

A wide range of fitness classes is available, great for improving strength and conditioning, muscle tone, coordination, agility, flexibility and general fitness.

Classes do vary, but typically include: Pilates which works on alignment, posture, deep core strength and balance; Fitness Yoga, a fitness based class challenging flexibility, mobility, strength and balance; Body Balance, combining the best of practices such as yoga, tai-chi and Pilates; Boxercise, improving hand to eye co-ordination, balance and timing; Body Jam, with funk, Latino, hip-hop, disco, party and contemporary styles to inspire you; Body Sculpt and Fitball, a fantastic combination of toning and strengthening exercises; Indoor Cycling, a studio class taking you through an exhilarating cardio-vascular workout; TKO [Total Knock Out], a martial arts based cardio and conditioning workout; Circuits, for an all round cardio, agility, weights and stamina based workout; Hi/Lo and Aerobics, one of the best aerobic workouts you'll get; and Step, a cardiovascular class which incorporates many of the moves you'd see in aerobics with the inclusion of a step box or platform.

Crèche facilities are available that coincide with some classes on the fitness timetable, please contact reception.





Multi-Purpose Sports Hall

Stafford Leisure Centre offers a light and airy sports hall with an impact-resistant floor.

The hall is used for a wide variety of activities including badminton, bowls, table tennis, netball, basketball, circuit training, gymnastics, trampolining, martial arts, birthday parties, and indoor cricket and football.

Coaching is available for a variety of sports, at all levels, adult and junior.

Gymnastics and trampoline coaching is run by the Stafford Acrobatic Gymnastics and Trampolining Club [SAGTC], governed by British Gymnastics and led by fully qualified coaches including some ex-British champions. Coaching is available for all, from complete beginners to the more advanced, and the aim is to increase participant's confidence, fitness, social skills and enable them to reach their full potential.

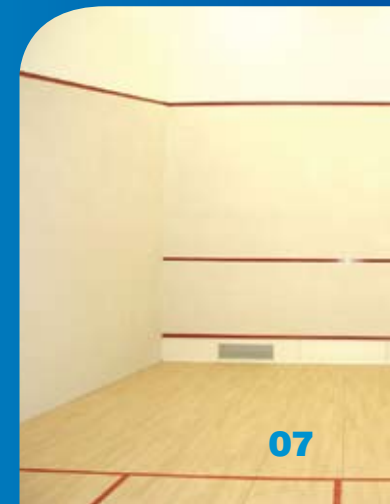
From its origin as a recreational gymnastics club, Stafford has developed into one of the regions leading acrobatic gymnastics clubs, regularly sending groups to the National Development Plan [NDP] National Finals.

Squash Courts

Two glass-fronted squash courts each with a sprung floor and built to the specification and guidelines of the Governing body England Squash

Whether a beginner, improver or a club player, we offer the opportunity for juniors to develop squash skills, raise fitness levels and mix with a group of squash enthusiasts.

Stafford Leisure Centre also runs an open squash club night for adults of all levels. A great opportunity to play a wide range of players of varying ability.





Swimming Pool

Enjoy a variety of fun and energising activities every day in the 25m eight-lane swimming pool. Public swimming sessions are held daily, and include some times designated for adults only. *[Please note that an adult must accompany children under the age of 8 in the water].* Swimming clubs, catering for more advanced requirements, also use the pool on a regular basis, including Stafford Apex Swimming Club.



Swimming Lessons

Stafford Leisure Centre follows the Amateur Swimming Association [ASA] National Plan for Teaching Swimming [NPTS], taking the non-swimmer on a journey, from the first splash at four months old to developing confidence and competence in the water. All teaching staff at Stafford Leisure Centre are ASA Qualified: Level 2 Teachers take the lead in the lessons, often working with a Level 1 Assistant, ensuring that swimming lessons are of a consistently high quality.

FOUNDATION PROGRAMME

Designed for developing early years with 'adult and baby' and 'pre-school' sessions, these are an introduction to the swimming world. The emphasis is upon development of basic motor skills, confidence building and an introduction to water and the swimming environment through fun and games. These sessions are working towards the ASA Duckling Awards.

STAGE 1 2 3 4 5 6 7

Swimmers develop the core range of skills required to be confident, competent and safe in water through stages 1 to 7, and they may then wish to take part in different aquatic disciplines.

STAGE 8 9 10 Fundamental Sport Skill

Stage 8, 9, and 10 of the National Teaching Plan are discipline specific and have synergy with the grass roots programmes developed by the disciplines to support their individual sports. These include water polo, diving, competitive swimming, synchronized swimming, lifesaving and lifeguarding.

ADULT Swimming Lessons

Stafford Leisure Centre is delighted to offer the chance for adults to learn to swim, either to learn from scratch or to improve their technique and skills.

ONE-TO-ONE Swimming Lessons

For all ages and abilities private swimming tuition is available.



Pool Activities

AQUATOTS

A play and learn swim session for pre-school age children, designed to introduce young children to swimming activities through gentle regular exposure to the water. Suitable for children under 5 years. Children must be accompanied by an adult.

ADULT AND BABY CLASSES

Suitable for babies from around six weeks old, these classes are an introduction to the swimming world! The accompanying adult is shown how to encourage their baby to enjoy being in the pool environment, and at the same time get them used to having their faces near or in the water.

OVER 50'S SWIM

Enjoy exclusive use of the quiet pool for a relaxing swim session to improve your fitness at a leisurely pace in a safe and friendly environment.

AQUA FIT AQUAEROBICS

Aerobics in the water is a fun and less strenuous way of working out which can improve stamina, strength and suppleness as well as increase cardiovascular fitness.

CANOE COURSES

Take part in canoe courses in a secure and supervised environment. Juniors and adults can enjoy the classes for beginners to advanced, all run by a fully qualified instructor teaching a range of skills and activities to enhance development to the next stage.

LIFESAVING / LIFEGUARD COURSES

Stafford Leisure Centre offers a comprehensive lifesaving programme, which ranges from introductory courses [Rookie Lifeguard] to professional qualifications that allow individuals to supervise swimming pools [Royal Lifesaving Society - National Pool Lifeguard Qualification].



Children's Parties

With a gift and card for the birthday child, simply book one of the party slots, and let Stafford Leisure Centre take care of the fun! Maximum limit of 25 children for each party. To discuss details and assess all of your party options phone 01785 619 500.

ISLAND PARTY | 8 years and over

Come and take on the giant inflatable. This party is wet, wild and wicked fun! Enjoy one hour pool time with a dedicated lifeguard team who will conduct a swim test at the start of the party. Children must be able to swim 25m and tread water for one minute.

LITTLE SPLASH PARTY | 3 - 7 year olds

Great for younger children, with use of floats and toys in a safe shallow water environment. Bring your friends and have a great time! Enjoy one hour exclusive pool time with a dedicated lifeguard team. Minimum of 2 adults are required in the water to supervise.

IF YOU PREFER TO HAVE YOUR PARTY ON DRY LAND, WHY NOT TRY...

BOUNCY FUN | 2 - 8 year olds

A giant inflatable guaranteed to provide an hours fun and thrills for all! Children will also have the use of soft play equipment and climbing frame. Enjoy one hour activity time with a party organiser for the safe supervision of all children.

Pre-school



CRÈCHE

An exciting and safe environment providing

creative entertainment for 0 to 5 year olds, enabling adults to enjoy the facilities at Stafford Leisure Centre. Call reception on 01785 619 500 for more details.

JUMPING JACKS

The perfect way to play. Exercise and fun for children aged 0 to 5 years. Have fun on the bouncy castle and soft play equipment!



Bodytonic Beauty Salon AND SPORTS THERAPY CLINIC

Bodytonic is Stafford Leisure Centre's very own beauty salon. A team of qualified beauty therapists offer a wide range of treatments for that special occasion or just to pamper yourself. Telephone bookings can be made on 01785 619 036.

Treatments include facials, pedicure, manicure, waxing, Indian head massage, relaxing body massage, sports therapy massage, reflexology and eye treatments.



How about buying that perfect gift for loved ones and friends? Gift vouchers can be put towards any treatment, and are available to buy at the Bodytonic reception desk.

Training Suite

Ever seen yourself as a professional lifeguard, swimming teacher or sports coach? Do you want your staff to gain industry-recognised qualifications to administer first aid or even deliver courses for the rest of the team?

The Training Suite at Stafford Leisure Centre is the ideal venue for training, courses and seminars for recognised qualifications in the leisure industry. Tailored courses are available for organisations, and refresher courses are run regularly ensuring continued professional development. Contact Stafford Leisure Centre for details of all of the approved training courses available.

APPROVED CENTRE STATUS

Stafford Leisure Centre has been granted Approved Coach Training Centre status by a variety of sports governing bodies, including the Amateur Swimming Association, Royal Lifesaving Society and the Swimming Teachers Association. These status awards recognise the quality of training at Stafford Leisure Centre and are a guarantee of the centre's continuing commitment to provide high-quality training courses.

ROOM HIRE

The Training Suite can be booked privately and provides a pleasant environment in which to conduct meetings, interviews and informal gatherings. Bookings are available for between 20 or more people depending on the usage, and a range of equipment is available free of charge.



SPORTS DEVELOPMENT

Leisure Services
Stafford Borough Council
Civic Centre, Riverside
Stafford ST16 3AQ

•• Tel 01785 619 565
•• Fax 01785 619 419

E.mail
sportsdevelopment@staffordbc.gov.uk

Web
staffordbc.gov.uk/sportsdevelopment

The Sports Development Team at Stafford Borough Council aim to provide sporting opportunities and pathways for young people to participate and progress in their chosen sport. This is done through:

- **Coaching in schools**
- **Community coaching courses**
- **Up to date information on accessing local sports clubs**
- **Organising annual sporting festivals and competitions**

The team also act as a point of contact for anyone wanting support or advice on a variety of areas such as club development, funding applications, information on local sports clubs and coach development.

