

3. Memberships

If you use our facilities regularly, our great-value memberships could save you money! Our memberships allow you access to various leisure centre facilities for an affordable monthly direct debit payment.

Our Fitness membership includes a free Club Active gym orientation programme and unlimited: use of The Club gym, fitness classes, health suite, swimming and indoor racquet sports at any South Lanarkshire Leisure centre. This membership also entitles you to a 10% discount at any of our Beauty Within salons. Concession and corporate memberships, allowing discounted monthly payments, are available on request.

If you want any more information about our memberships, our staff will be happy to help.

Monthly direct debit membership prices (1 April 2009 – 31 March 2010)

	Fitness	Health suite*	Swim	Swim lesson
Adult (single)	£34.90	£18.60	£6.05	-
Adult (couple)	£55.85	£29.70	£9.50	-
Family	£69.70	-£11.85	-	-
Junior	£17.45	-£3.05	£17.00	-
Senior (non residents)	£17.45	-£3.05	-	-

* Health suite memberships include unlimited swimming and use of the health suite (sauna/steam)
** £25 initial payment. Includes minimum 45 weeks per year swimming lessons, casual swimming, badges and certificates and joining gift pack.

4. Booking details

To make a booking for an activity up to seven days in advance, customers must hold a Membership or Booking Card. Bookings can be taken by telephone after 10.00am.

5. Feedback procedures

We are keen to get your feedback on our services and facilities. Please provide feedback via our 'Comments and complaints' leaflet. If you feel a member of staff has served you exceptionally well, please express this via our 'Excellence in customer service' leaflet.

6. General opening hours

Monday to Friday: 8.30am – 10.00pm Saturday: 8.30am – 7.00pm
Sunday: 8.30am – 8.00pm

This information can be made available in large print, please ask at reception, or telephone: **01698 476202**. For information on disabled access, please see our 'Customer access' leaflet.

For more information about South Lanarkshire Leisure's other facilities and services, please pick up a 'Discover South Lanarkshire Leisure' leaflet, or visit www.slleisure.co.uk

Larkhall Leisure Centre, Broomhill Road, Larkhall ML9 1QP

Tel: 01698 881742

Welcome to Larkhall Leisure Centre

This guide provides information about our:

1. Facilities and services
2. Pay-as-you play prices
3. Memberships
4. Booking details
5. Feedback procedures
6. General opening hours

1. Our facilities and services

The Club gym

The Club gym at Larkhall Leisure Centre is well-equipped with a wide range of modern cardio-vascular and resistance equipment. The Club gym is open:

Monday to Thursday: 7.30am – 10.00pm Friday: 7.30am – 9.00pm
Saturday: 8.30am – 5.00pm Sunday: 8.30am – 7.00pm

Please refer to 'The Club' leaflet for more information.

Fitness classes

Larkhall Leisure Centre has a vast fitness class programme with classes ranging from Yoga to Body Combat. Pick up a 'Fitness class timetable', or visit www.slleisure.co.uk for details of all South Lanarkshire Leisure centres' timetables.

Health suite

Larkhall Leisure Centre's health suite includes a detoxifying sauna, a hydrating steam room and an invigorating spa bath. It is the perfect way to relax and completely unwind. The health suite is open:

Monday to Friday: 8.30am – 9.00pm Saturday: 8.30am – 6.00pm
Sunday: 8.30am – 7.00pm



Delivering services for South Lanarkshire Council

www.slleisure.co.uk

South Lanarkshire Leisure Ltd, is a recognised Scottish charity No. SC032549

Swimming pool

Larkhall Leisure Centre's 20 metre swimming pool provides a safe, spacious swimming environment for you. We have a swimming policy operating throughout South Lanarkshire Leisure for children under the age of 8. Please see our 'Under 8's swimming pool use policy' leaflet for details. The pool is open:

Monday/Thursday/Saturday: 8.30am – 7.00pm Tuesday/Wednesday/Friday: 8.30am – 10.00pm

Sunday: 8.30am – 5.00pm

Pick up a 'Pool programme' for details of when various sessions are on in the pool so you can see at a glance which times are best for you to attend.

Sports hall/function halls

Larkhall Leisure Centre has a large sports hall that caters for a wide variety of fun sporting and recreational activities, ranging from badminton to five-a-side football. This hall can be hired for events and conferences.

There are also two function halls with a commercial kitchen and bar area suitable for the provision of catering. The main function hall can accommodate 200 people for a dance and 280 people for theatre style shows. The area can also be used for meetings and conferences, display areas and as a venue for events including weddings and large parties. The hall has a permanent stage with changing areas, stage lighting and sound system.

The smaller hall can accommodate ninety for a meal and 120 theatre style with a temporary stage. This area offers a venue for small parties, training courses and concerts. Please contact reception on 01698 881742 for more details.

Pirate bay

Pirate Bay is a three level ball pool play area. Facilities include chutes, slides, rope slides and an aerial walkway. The area is available for use for children from the age of two to a maximum height of 4 foot 9 inches. All children must be accompanied by an adult at all times. There is no need to book and the Pirate bay is open:

Monday to Friday: 3.00pm – 6.00pm

Saturday/Sunday: 10.00am – 5.00pm

Birthday parties

Give your child a party to remember at Larkhall Leisure Centre! Birthday parties are available at weekends only and there is a maximum of fifty children per party. Tables and chairs are set up for each party so you to bring your own refreshments and celebrate in style! You can choose from the following exciting options:

- Bouncy castle party (staffed)
- Pirate bay party
- Pirate bay exclusive use party

Youth fitness gym

Larkhall Leisure Centre boasts a revolutionary Shokk gym. Our range of Shokk equipment is designed for 8 to 16 year olds.

2. Pay-as-you-play prices

At Forth Sports & Community Centre you can pay for your activities as you attend, or pay monthly by direct debit with our great-value memberships (see overleaf for details).

Pool activities prices (1 April 2009 – 31 March 2010)

	Adult	Junior	Family
Aquanatal	£2.05	-	-
Health suite	£4.50	-	-
School lessons	-	£1.15	
Swim	£2.40	£1.20	£5.90*
Swim lessons (block of 8)	£35.75	(see memberships)	-
1:1 private swimming lesson	£16.00	£13.50	-
1:2 private swimming lesson	£13.00	£10.65	-
1:3 private swimming lesson	£9.80	£8.25	-

*Two adults and two children. Additional child £0.60.

Other activities prices (1 April 2009 – 31 March 2010)

	Adult	Junior
Badminton	£6.90	£3.45
Birthday party (Bouncy castle)	-	£75.00
Birthday party (Pirate bay)	-	£2.50
Birthday party (Pirate bay exclusive use)	-	£98.80
Club Active*	£26.20	£13.10
Fitness Classes (not Spinfit)	£4.10	£2.05
Games hall/5-a-sides	£31.60	£15.80
Gym session	£4.55	£2.30
Pirate bay	-	£2.70 first child/ £2.15 second child
Spinfit	£5.30	£2.65

* Gym orientation programme. Free for Fitness members.
Junior Club Actives will take place in our Youth Fitness 'Shokk' gym.

Leisure for all

South Lanarkshire Leisure is committed to ensuring leisure is available for everybody, regardless of their financial situation. Concession Cards and Scholars cards entitle the holders to up to 50% off most pay-as-you-play leisure activities. Activage Cards allow free use of South Lanarkshire Leisure's indoor leisure facilities for residents aged 60 or over. Please pick up a 'Leisure for all' leaflet for more details.