

Welcome to Uddingston Sports 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 Uddingston Sports Centre is well-equipped with a range of modern cardio-vascular and resistance equipment. The Club gym is open during the centre's general opening hours (see section 6).

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

Fitness classes

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

Sports halls

Uddingston Sports Centre has a large sports hall that has markings for four badminton courts and caters for activities such as football and basketball.

There is also a smaller one-court sized hall that caters activities such as gymnastics and table tennis, and a spacious studio is used for fitness classes and meetings.

2. Pay-as-you play prices

At Uddingston Sports 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).

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.

Activities prices (1 April 2009 – 31 March 2010)

| | Adult | Junior |
|-------------------------|--------|--------|
| Badminton | £7.95 | £4.00 |
| Club Active* | £26.20 | - |
| Fitness classes | £4.10 | - |
| Gym session | £4.55 | £2.30 |
| Table tennis | £2.95 | £1.50 |
| Team games (Large hall) | £31.60 | £15.80 |

* Gym orientation programme. Free for Fitness members.

Hall hire prices (1 April 2009 – 31 March 2010)

| | Price per hour |
|------------|----------------|
| Large hall | £31.60 |
| Small hall | £7.95 |
| Studio | £10.55 |

3. Memberships

If you use our facilities regularly, our great-value memberships allow you to pay by an affordable monthly direct debit payment, and could save you money! 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.

| Fitness monthly direct debit membership prices (1 April 2009 – 31 March 2010) | | | |
|---|--------|-----------------------|--------|
| Adult (single) | £34.90 | Junior | £17.45 |
| Adult (couple) | £55.85 | Senior (non resident) | £17.45 |
| Family | £69.70 | | |

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 5.00pm on weekdays and 10.00am on Saturdays and Sundays.

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: 6.00pm – 10.00pm

Saturday/Sunday: 9.30am – 5.00pm

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

Uddingston Sports Centre, Old Glasgow Road Uddingston G71 7BT
Tel:01698 805055