

Fitness

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Wentworth Leisure Centre

PROGRAMME

MONDAY	9.15am	Yoga £ (Studio 4)
	9.15am	Studio Cycling (Studio 3)
	9.30am	Aquafit £ (Studio Pool)
	10.00am	Young @ Heart (Sports Hall)
	10.10am	Aerotone (Studio 1)
	10.15am	■ Healthy Life Intro (Gym)
	10.45am	Aerobics (Studio 4)
	11.15am	■ Exercise to Music GP Referral (Studio 1)
	11.30am	■ Healthy Life Level 2 (Gym)
	1.00pm	MS Group (Gym)
	5.30pm	Studio Cycling beginners (Studio 3)
	6.10pm	Aquafit £ (Studio Pool)
	6.30pm	Studio Cycling (Studio 3)
	7.10pm	Aquafit Deep Water £ (Studio Pool)
7.15pm	Gravity (Studio 4)	
7.30pm	Studio Cycling (Studio 3)	

TUESDAY	9.20am	Total Body Workout (Studio 2)
	9.30am	Aquafit £ (Studio Pool)
	10.30am	Pilates (Studio 3)
	10.45am	Salsacise (Studio 4)
	12.15pm	Gravity (Studio 4)
	1.15pm	■ Healthy Life Intro (Gym)
	2.30pm	■ Healthy Life Level 2 (Gym)
	5.30pm	Gravity beginners (Studio 4)
	6.00pm	■ Healthy Life Casual (Gym)
	6.30pm	Pilates (Studio 3)
	6.30pm	Gravity (Studio 4)
	7.00pm	Yoga £ (Studio 2)
	7.30pm	Step (Studio 3)
	7.30pm	Gravity (Studio 4)

WEDNESDAY	9.15am	Studio Cycling (Studio 3)
	10.15am	Legs, Bums & Tums (Sports Hall)
	10.30am	Tai Chi (Studio 3)
	11.15am	■ Healthy Life Exercise to music (Studio 1)
	11.30am	■ Healthy Life Intro (Gym)
	1.15pm	■ Healthy Life Level 2 (Gym)
	2.05pm	■ Healthy Life Aquafit £ (Studio Pool)
	2.45pm	■ Healthy Life Aquafit £ (Studio Pool)
	4.00pm	■ Junior Cycling (Studio 3)
	5.30pm	Studio Cycling (Studio 3)
	6.10pm	Aquafit £ (Studio Pool)
	6.30pm	Studio Cycling (Studio 3)
	7.00pm	Tai Chi (Studio 4)
	7.10pm	Deep Water Aquafit £ (Studio Pool)

THURSDAY	9.20am	Step (Studio 3)
	9.30am	Aquafit £ (Studio Pool)
	10.20am	Aquafit £ Studio Pool
	10.45am	Core Stability (Studio 3)
	1.15pm	■ Healthy Life Intro (Gym)
	2.30pm	■ Healthy Life Level 2 (Gym)
	6.00pm	Core Stability (Studio 3)
	6.00pm	■ Healthy Life Casual (Gym)
	7.00pm	Boxercise (Studio 1)
	7.00pm	Body Awareness £

FRIDAY	9.30am	Studio Cycling (Studio 3)
	10.15am	Aerotone (Studio 1)
	10.15am	■ Healthy Life Level 2 (Gym)
	10.30am	Young @ Heart (Sports Hall)
	11.30am	■ Healthy Life Intro (Gym)
	12.15pm	Studio Cycling (Studio 3)
	1.15pm	Gravity (Studio 4)
	2.05pm	■ Healthy Life Aquafit £ (Studio Pool)
	2.45pm	■ Healthy Life Aquafit £ (Studio Pool)
	5.30pm	Aerotone (Studio 1)
6.30pm	Gravity (Studio 4)	

SATURDAY	10.15am	■ Healthy Life Level 2 (Gym)
	11.30am	■ Healthy Life Intro (Gym)
	4.30pm	Studio Cycling (Studio 3)
	5.30pm	Studio Cycling (Studio 3)

SUNDAY	4.30pm	Aquafit £ (Studio Pool)
	5.15pm	Aquafit £ (Studio Pool)
	5.30pm	Studio Cycling (Studio 3)
	6.15pm	Aquafit £ (Studio Pool)
	6.30pm	Studio Cycling (Studio 3)

- Suitable for Healthy Life Referral participants
- Suitable for children
- £ Not included in Fitness Membership

Most classes last for 45 mins to 1 hour.




Get yours today!

Special offers . . .

A choice of membership options and discounts when couples and families join together!

Ask at reception for more details.

FITNESS CLASS DESCRIPTIONS

Aerobics: Back to basics choreographed workout-high to low impact. (3)

Aerotone: A combination of choreographed aerobics and all over body toning using free weights. (2-3)

Aquafit: Low impact pool session. Moderate aerobics.

Aquafit (deep water): A water workout in deeper water using a flotation belt for buoyancy.

Body Awareness: For a natural healthy weight - learn how to tune into your body and stop obsessing about food and overeating.

Legs, Bums and Tums: An aerobic warm up, followed by toning exercises that concentrate on the lower body. (2)

Core Stability: This class will help strengthen your stomach and back as well as challenging your balance. (2-3)

Gravity: Full body workout to challenge muscular strength, endurance and core stability using a gravity cable machine. (2-4)

Healthy Life: To attend you must be referred by your GP. For those who need help to become more active. Ask at reception or at your surgery. (1-2).

Junior Cycling: An indoor cycle workout to music. Get fit and have fun. (Minimum inside leg length 72cm).

MS Group: Gym workout for the Multiple Sclerosis Society.

Pilates: A mat based class with slow controlled movements that will improve posture, core strength and flexibility (1-2).

Salsacise: A dance workout with all the latest salsa moves (some co-ordination, but no partner required) (2-3)

Step: Choreographed aerobic workout using a step (co-ordination required) (2-4).

Studio Cycling (Wentworth is a Schwinn Centre for Excellence): A highly motivating stationary cycle workout.

An excellent calorie burner (3-4).

Tai Chi: Chinese Martial Art for health & wellbeing.

Total Body Workout: An all over toning and strengthening session using resistance bands and hand weights (2-3).

Yoga: Improve your strength and flexibility by holding set positions and stretching (2-3).

Young @ Heart badminton: Over 50's session. A good chance to have fun and meet other people (1-2).

Fitness Levels:

- 1 = Gentle
- 2 = Suitable for most levels of fitness
- 3 = Reasonable fitness required
- 4 = Advanced

COURSES

A wide range of children's courses are on offer after school and during weekends.

Athletics: Age 8-11. After school Tuesday & Thursday. Contact Ian Cowell 07913 384165.

Badminton: Age 8-14. After school Thursday. 01434 607080.

Ballet: Friday & Saturday. Hilda Affleck 0191 4168558.

Gymnastics: Age 4-12. After school & weekends. 01434 607080.

Performing Arts: Age 6+. Saturday. Hilda Affleck 0191 4168558.

Northumberland Football Partnership: Age 4-14. After school. 01434 607080.

Soccer Tots: Age 3-4. Wednesday. 01434 607080.

Trampoline: Age 4-18. After school & weekends. 01434 607080.

Trampoline: Age 2½-4. Weekdays. 01434 607080.

Top Tots: Age 18 months-4. Weekdays. 01434 607080.

Taekwondo: Age 6-13. After school. 01434 607080.

CLUBS

Badminton Niels Kristenson 01434 673562.

Basketball Wentworth reception 01434 607080.

Black Dragons Jeff Lee 07872166896.

Body Awareness Sarah Taylor 07875747393.

Bridge Mrs Gordon 01434 604610.

Football Dougie Robson 07763984709.

Hexham Canoe Club Lorraine Glendenning 01434 230127.

Hexham Sub Aqua Club Andy Haw 01434 608786.

Judo Carol Drummond (Juniors) 01434 321799 or Michael Bolton (seniors) 01434 684783.

One Life Racing Triathlon Club Alan Copeland 01434 604011.

Phoenix Martial Arts Simon English 01434 606736/07949921980
www.phoenixmartialarts.org.uk

Tai Chi Ed Carrington 01434 606684.

Tynedale Amateur Swimming Club
Christine Hall 01434 607774/07988545150.

Tynedale Harriers Joanne Murphy (seniors) 01434 632922.

Volleyball Phil Dodd 01434 608566.

Yoga (Iyengar) Norah Phipps 01434 674249.

Yoga (Iyengar) Trish Sykes 01434 673423.

Timetables 7th Sept to 17th Dec 2010



Swimming

Swimming

Swimming

Other info



Wentworth Park, Hexham, Northumberland NE46 3PD

Tel: 01434 607080

Email: wentworth@northcountryleisure.org.uk

Centre & Gym Opening Times:

Monday to Friday	6.30am - 10.00pm
Saturday	8.00am - 6.00pm
Sunday	8.00am - 10.00pm

Last admission 45 mins before closing.

This leaflet is available on audiotape and as a large print version. Please ask for details at reception.

Pool Safety

All children under the age of eight should be accompanied in the water by a responsible person 16 years and over. This person may be responsible for up to two children under the age of eight. The accompanying person should ensure that all under eight's and non-swimmers remain in safe areas of the pool (ie. in the shallow end, within their own depth of water and near to the pool side). The use of approved swimming aids for under eight's and non-swimmers is recommended.

Spectators

Spectators cannot supervise children under eight in the water. Spectators must use the designated area and are not allowed on poolside in order to prevent contamination from shoes.

We reserve the right to change the programme in exceptional circumstances.

Excellent Sports and Leisure for All.
North Country Leisure is supported by Northumberland County Council and Copeland Borough Council. Registered Charity No. 1075009.

NCIL
northcountryleisure

www.northcountryleisure.org.uk

TERM TIME PROGRAMME

MONDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	6.30am - 7.30am	Swim Club
	9.00am - 12.00pm	Schools & General Swim (17m lengths)
	12.10pm - 1.00pm	Lane Swim (4 wide lanes)
	1.00pm - 2.00pm	Schools & Swim Surgery (bookable)
	1.00pm - 6.00pm	General Swim
	3.30pm - 6.00pm	Junior Lessons
	4.00pm - 8.00pm	Swim Club
6.00pm - 8.00pm	Lane Swim (2 narrow lanes)	
8.00pm - 10.00pm	Lane Swim (4 wide lanes)	

STUDIO POOL	7.00am - 9.15pm	General Swim (1.25m)
	9.30am - 10.15am	AquaFit £ (1.25m)
	10.30am - 11.00am	Adult Training Centre (1.25m)
	11.00am - 1.00pm	General Swim (0.75m)
	1.00pm - 2.30pm	Schools
	2.30pm - 3.00pm	Dilston
	3.00pm - 3.30pm	General Swim (0.75m)
	3.30pm - 6.00pm	Junior Lessons
	6.10pm - 6.55pm	AquaFit £ (1.25m)
	7.10pm - 7.55pm	Deep Water AquaFit £ (1.8m)
	8.00pm - 9.00pm	General Swim (1.25m)

TUESDAY MAIN POOL	6.30am - 8.50am	Lane Swim
	6.30am - 7.30am	Swim Club
	9.00am - 11.30am	Schools
	9.00am - 12.00pm	General Swim (17m lengths)
	11.30am - 12.00pm	Ladies Swim (1/2 pool)
	12.10pm - 1.00pm	Lane Swim (4 wide lanes)
	1.00pm - 2.00pm	Schools & Swim Surgery (bookable)
	1.00pm - 6.00pm	General Swim (staff training 2pm-3pm)
	3.30pm - 6.00pm	Junior Lessons
	4.00pm - 8.00pm	Swim Club
	6.00pm - 8.00pm	Lane Swim (2 narrow lanes)
	8.00pm - 10.00pm	Lane Swim (4 wide lanes)

STUDIO POOL	7.00am - 9.00am	General Swim (1.25m)
	9.00am - 9.30am	Over 50's (1.25m)
	9.30am - 10.15am	AquaFit £ (1.25m)
	10.30am - 1.00pm	General Swim (0.75m)
	1.00pm - 2.00pm	Schools
	2.00pm - 3.30pm	General Swim (0.75m)
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 7.00pm	Adult Lessons
7.00pm - 8.00pm	General Swim (1.25m)	

WEDNESDAY MAIN POOL	6.30am - 8.50am	Lane Swim (4 wide lanes)
	9.00am - 12.00pm	School & General Swim (17m lengths)
	12.10pm - 1.00pm	Lane Swim (4 wide lanes)
	1.00pm - 2.00pm	Schools & Swim Surgery (bookable)
	1.00pm - 6.00pm	General Swim
	3.30pm - 6.00pm	Junior Lessons
	5.00pm - 6.00pm	Swim Club
	6.00pm - 7.00pm	Lane Swim (2 wide lanes)
	6.00pm - 9.00pm	Triathlon Club
	7.00pm - 8.00pm	Lane Swim (1 narrow lane)
	8.00pm - 9.00pm	Lane Swim (2 wide lanes)
	9.00pm - 10.00pm	Sub Aqua

STUDIO POOL	7.00am - 10.00am	General Swim (1.25m)
	10.00am - 1.00pm	General Swim (0.75m)
	1.00pm - 2.00pm	Schools
	2.05pm - 2.45pm	Healthy Life AquaFit £ (1.25m)
	2.45pm - 3.25pm	Healthy Life AquaFit £ (1.25m)
	3.30pm - 6.00pm	Junior Lessons
	6.10pm - 6.55pm	AquaFit £ (1.25m)
	7.10pm - 7.55pm	Deep Water AquaFit £ (1.8m)
	8.00pm - 9.00pm	General Swim (1.25m)

THURSDAY MAIN POOL	6.30am - 8.50am	Lane Swim (4 wide lanes)
	9.00am - 12.00pm	Schools & General Swim (17m lengths)
	12.10pm - 1.00pm	Lane Swim (4 wide lanes)
	12.40pm - 3.30pm	Schools & Swim Surgery (bookable)
	1.00pm - 6.00pm	General Swim (staff training 2pm-3pm)
	3.30pm - 6.00pm	Junior Lessons

MAIN POOL	4.00pm - 9.00pm	Swim Club
	8.00pm - 9.00pm	Lane Swim (2 narrow lanes)
	9.00pm - 10.00pm	Lane Swim (4 wide lanes)

STUDIO POOL	7.00am - 9.00am	General Swim (1.25m)
	9.00am - 9.30am	Over 50's (1.25m)
	9.30am - 10.15am	AquaFit £ (1.25m)
	10.20am - 11.05am	AquaFit £ (1.25m)
	11.10am - 1.00pm	General Swim (0.75m)
	1.00pm - 2.00pm	Schools
	2.00pm - 3.30pm	General Swim (0.75m)
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 7.00pm	Adult Lessons
	7.00pm - 8.00pm	General Swim (1.25m)

FRIDAY MAIN POOL	6.30am - 7.30am	Swim Club
	6.30am - 8.50am	Lane Swim
	9.00am - 11.30am	Schools
	9.00am - 12.00pm	General Swim (17m lengths)
	11.30am - 12.00pm	Ladies Swim (1/2 pool)
	12.10pm - 1.00pm	Lane Swim (4 wide lanes)
	1.00pm - 2.00pm	Schools & Swim Surgery (bookable)
	1.00pm - 6.00pm	General Swim
	3.30pm - 7.30pm	Junior Lessons
	7.30pm - 8.30pm	Lane Swim (1 narrow lane) & Triathlon Club
	8.30pm - 10.00pm	Canoe Club

STUDIO POOL	7.00am - 10.30am	General Swim (1.25m)
	10.30am - 11.00am	Adult Training Centre (1.25m)
	11.00am - 1.00pm	General Swim (0.75m)
	1.00pm - 2.00pm	Schools
	2.05pm - 2.45pm	Healthy Life AquaFit £ (1.25m)
	2.45pm - 3.25pm	Healthy Life AquaFit £ (1.25m)
	3.30pm - 6.00pm	Junior Lessons
	6.00pm - 8.00pm	General Swim (1.25m)

SATURDAY MAIN POOL	8.00am - 9.00am	Lane Swim & Triathlon Club
	9.00am - 12.00pm	Junior Lessons
	9.00am - 3.00pm	General Swim
	3.00pm - 4.00pm	Inflatable session

STUDIO POOL	8.00am - 9.00am	General Swim (1.25m)
	9.00am - 12.00pm	Junior Lessons
	12.00pm - 4.00pm	General Swim (0.75m)

SUNDAY MAIN POOL	8.00am - 9.00am	Lane Swim (4 wide lanes)
	9.00am - 2.00pm	Family Fun Time
	9.00am - 2.00pm	Lane Swim (1 wide lane)
	2.00pm - 4.30pm	Party Hire
	5.00pm - 5.50pm	Lane Swim (4 wide lanes)
	6.00pm - 8.30pm	Triathlon Club
	7.30pm - 8.30pm	Lane Swim (2 wide lanes)
	8.30pm - 10.00pm	Lane Swim (4 wide lanes)

STUDIO POOL	8.00am - 9.00am	General Swim (1.25m)
	9.00am - 1.00pm	Family Fun Time (0.75m)
	1.00pm - 2.00pm	Party Hire
	2.00pm - 4.30pm	General Swim (0.75m)
	4.30pm - 5.15pm	AquaFit £ (1.25m)
	5.15pm - 6.00pm	AquaFit £ (1.25m)
	6.15pm - 7.00pm	AquaFit £ (1.25m)
	7.00pm - 8.00pm	General Swim (1.25m)

FREE SWIMMING

The Government funded free swimming scheme for over 60s has now ended. Normal pricing now applies.

HALF TERM PROGRAMME

Monday 25th October to Sunday 31st October

MONDAY TO FRIDAY MAIN POOL	6.30am - 7.30am	Swim Club
	6.30am - 8.50am	Lane Swim
	9.00am - 3.30pm	General Swim
FRIDAY MAIN POOL	12.10pm - 1.00pm	Lane Swim (2 wide lanes)
	2.00pm - 3.00pm	Inflatable Session
	7.00am - 10.30am	General Swim (1.25m)
STUDIO POOL	10.30am - 3.30pm	General Swim (0.75m)
	9.30am - 10.15am	AquaFit £ (1.25m) (Tue & Thu)
	2.05pm - 2.45pm	Healthy Life AquaFit £ (1.25m) (Wed & Fri)

For Saturday and Sunday follow term time programme. Monday to Friday after 3.30pm follow term time programme.

One to One Junior Swimming Lessons

Half hour sessions over five days. Tuition by an ASA

Swimming instructor.

Please ask at reception or call for more details.

SWIMMING DESCRIPTIONS

Adult Swimming Lessons: For those who want to improve.

AquaFit: Water based aerobics and toning to music.

***Aqua Babes:** Jabs to 18 months.

***Aqua Tots:** Aged 18 months to 3 years.

Aqua Pre-School: Age 3 to 4 years. Instructor in water with child.

Family Fun time: Time for families to have fun together playing and jumping in!

General Swim: Open for general swim, pleasure & fitness.

Ladies Swim: One wide lane available

Lane Swim: Pool divided into four wide speed graded lanes.

Inflatable Fun: Have a go on the dual lane aqua run - can you make it to the end?

Swim Surgery: A one off swimming session to improve your swimming technique.

*Bookable sessions. Parent in water with child.

SPECIAL EVENTS

Christmas Party Nights

Friday 10th December.

'The Magic of Take That' & special guest 'Robbie Williams' Tribute Band

Saturday 11th December.

'Mr Wray' Rock & Soul Band

Call Wentworth for a booking form or for more information

Antiques Fair: 10.00am to 3.30pm.

14th September, 12th October, 9th November & 7th December.

Christmas Fair: 20th & 21st November

Contact Colin at Caygill Events 0191 261 9632.

LITTLE TINKLERS

Half Term Holiday Club

Monday 25th October to Friday 29th October 9am to 5pm

For children aged from 5 to 13 years.

Call Georgina Lester on 01434 634343 for more details.



Have fun in 'Jungle Jack's' adventure soft play. Slide down the giant red snake and swing through the jungle on the tarzan style rope swings!

Open every day!

Monday to Friday	9.30am - 6.00pm
Saturday & Sunday	9.00am - 12.00pm

Cafe open

Monday to Friday	9.30am - 5.30pm
Saturday & Sunday	9.00am - 4.00pm