



Affordable Quality...

- ✓ Pay as you play or
- ✓ Membership
 - Monthly direct debit payment
 - No joining fee
 - Rates for Couples, Senior Citizens, Students and Juniors
- ✓ Leisure Pass rates for those receiving income support
- ✓ Car park charge is redeemable at main reception

Something for everyone at Meadowside Leisure Centre

- ✓ Teaching Pool
- ✓ Main Pool
- ✓ Swimming Lessons
- ✓ Washlands Fitness Centre (Gym)
- ✓ Studio A (aerobics studio)
- ✓ Studio B (multi use facility)
- ✓ Group Exercise Classes
- ✓ Sports Hall
 - Badminton
 - 5-a-side Football
 - Basketball
 - Netball
- ✓ Squash
- ✓ Café
- ✓ Meeting Rooms
- ✓ Children's Birthday Parties
- ✓ Coral Reef Play Area
- ✓ Crèche
- ✓ Junior Gymnastics and Trampoline Club
- ✓ Children's Holiday Activities



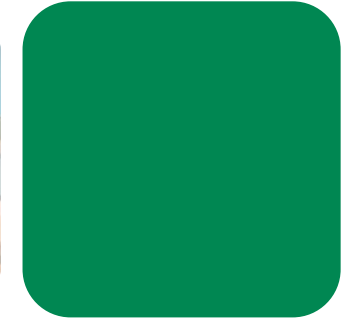
Meadowside Leisure Centre
 High Street
 Burton upon Trent
 Staffs
 DE14 1TL
 Tel: 01283 508865

For details about other ESBC leisure centres please contact:

Shobnall Leisure Complex
 Shobnall Road
 Burton upon Trent
 Staffs
 DE14 2BB
 Tel: (01283) 516180

Uttoxeter Leisure Centre
 Oldfields Road
 Uttoxeter
 Staffs
 ST14 7QL
 Tel: (01889) 562844

Web: www.eaststaffsbc.gov.uk



If you require this leaflet in a different language or larger print please ask at reception

Opening Times

Area	Monday to Friday	Saturday and Sunday
Main Pool & Teaching Pool		
Sports Hall	9.00am - 10.00pm	9.00am - 6.00pm
Squash Courts	9.00am - 9.40pm	9.00am - 5.40pm
Studio B	9.00am - 10.00pm	9.00am - 6.00pm
Washlands Fitness Centre	7.30am - 10.00pm	8.30am - 6.00pm
Studio A		
Crèche	9.15am - 12.15pm	
Coral Reef Casual Use	Mon to Thu 4.00pm - 7.00pm	9.00am - 11.00am
Play Groups (by prior arrangement)	1.00pm-3.00pm(Not including Thursdays)	
Parent/Carer & Toddler Group	1.00pm - 2.30pm Thursday	
Children's Birthday Parties	Friday 4.00pm - 6.30pm	11.00am - 4.30pm
Café	7.30am - 8.00pm	8.00am - 5.00pm
Meeting Room A	9.00am - 10.00pm	9.00am - 5.00pm
Meeting Room B	9.00am - 10.00pm	Contact catering team for availability

Activity Descriptions and Session Times

Daytimers - Moderate to high intensity group exercise class plus gym session and swim for people who need to fit their workout time around child care or those who are able to exercise during the daytime. Sessions take place Monday to Friday. Sessions include:

- Use of the gym from 9.00am - 12.00midday
- Swim from 10.00am - 12.00midday
- Daytimers group exercise class 10.15am - 11.00am. Please reserve a place for group exercise class.

Prime Movers - Activities you know and feel good about for the more mature person (50 years and over). Sessions take place during the daytime Monday to Thursday. Sessions include:

Monday and Wednesday

- Use of the gym from 9.00am - 12.00midday
- Bowls, Badminton/Short Tennis 9.00am - 12.00midday (Weds. Bowls 9.00am - 2.00pm)
- Swim from 10.00am - 12.00midday
- Prime Movers group exercise class 9.30am - 10.15am. Please reserve a place for group exercise class.

Tuesday and Thursday

- Prime Movers group exercise class 9.30am - 10.15am

Health Walk - An enjoyable way to improve your health and make new friends. All walks are led by fitness staff, starting from Meadowside Leisure Centre. Walks last between 30mins - 1hr. Walks take place each Monday starting at 11.30am. This activity is free of charge.

Crèche - The crèche is available for children aged between one and five years. Available to Meadowside Leisure Centre users only. Sessions take place Monday to Friday 9.15am - 10.45am and 10.45am - 12.15pm.

Coral Reef Children's Play Area - Purpose built children's indoor play equipment including ball pools, rock climb zone, webbing crawl tube, interactive footprint trail. Ground floor toddler area for under two's and junior upper floor areas. Children's height restriction of 1.47m applies.

Useful Information

Guidance Notes

- Use the changing facilities and coin return lockers provided for all personal belongings. You will need a £1 coin for the lockers.
- Wear suitable clothing and footwear for the activity you are undertaking.
- Consult a doctor before participating in any activity.
- Do not take part in an activity if you are feeling unwell.
- If you feel dizzy or unwell during your activity, stop and seek advice.
- All users of the Gym please read the Washlands Fitness Centre and Group Exercise Information leaflet for more details.
- Customers are expected to observe the rules relating to Meadowside Leisure Centre and abide by these and any other rules and guidelines. Copies of these documents will be posted on notice boards.
- Please pay or show your membership card at the Main Reception. Please keep your receipt and show it when entering the area you are using.

Bookings for Courts and Crèche

- Bookings can be made up to seven days in advance.
- Telephone Bookings - can be made from 7.30am on 01283 508865
- In Person Bookings - can be made at the Main Reception.

Bookings for Group Exercise Classes

- Bookings can be made up to 7 days in advance.
- Telephone Bookings - can be made from 7.30am on 01283 508865 (reception) & 01283 508882 (gym)
- In Person Bookings - can be made at the Main Reception and at the Gym Reception.

Bookings for Fitness Inductions

- Bookings can be made up to 7 days in advance.
- Telephone Bookings - can be made from 7.30am on 01283 508882 (gym)
- In Person Bookings - can be made at the Gym Reception.

Bookings for Meeting Rooms and Birthday Parties

- Bookings can be made in advance with the Catering Team on 01283 508864.
- In Person Bookings - can be made at the Café.

Cancellation Policy

- Crèche places may be cancelled up to 9.00am on the day of the session. Cancellation can be made by phone or in person at the Main Reception.
- All court cancellations may be made 24 hrs in advance. Cancellation can be made by phone or in person at the Main Reception.
- Group exercise classes may be cancelled up to 10.00am on the day of the class. Cancellation can be made by phone or in person at the Main Reception or Gym Reception.
- Fitness induction cancellations can only be made at the Gym Reception.
- We reserve the right to charge in full, for the activity in question, all customers failing to attend or provide the correct cancellation notice period.
- Meeting Room and Birthday Party cancellations can be made up to 14 days in advance. Cancellation can be made by phone or in person at the café.