



## **Rivers Brochure: 2010-2011**

Everything you need for a healthy lifestyle.

Droitwich Spa, Evesham and Pershore Leisure  
Centres

Website: [www.wychavonleisure.co.uk](http://www.wychavonleisure.co.uk)



# Section One: Rivers Membership

- Single £33 per month
- Joint £60 per month
- 6 Month £168
- 12 Month £312

You don't need to be a member to use our facilities, but if you join Rivers you will get all inclusive access to our great facilities at great value prices. With no contracted membership length or tie-in, Rivers Membership is the ideal

way to make the most of the following facilities and much more.

- Rivers Fitness Room
- Swimming
- Rivers Group Exercise
- Rivers Fitness Programmes
- Health Suite
- Off-Peak Racket Sports

If you're interested in Rivers Membership, give us a call and one of our Customer Advisors will

help you choose the membership option which is right for you

## **WL Membership**

Giving you booking rights for classes and courts up to seven days in advance, plus discounts off loads of activities including the health suite, swimming, racket sports and many more! As a one off payment of only £21 per year, or £12 for Juniors/Over 60s, WL Membership is superb value for regular visitors.

# **Concessionary Card**

If you live in Wychavon and meet our concessionary criteria you are eligible for a six month Concessionary Card. For a £4 payment, full time students, disabled users and those in receipt of particular benefits will be eligible for significantly reduced prices on a wide range of activities, including the fitness room (see [www.wychavonleisure.co.uk](http://www.wychavonleisure.co.uk) or ask at reception for full concessionary criteria

## **Section Two: Rivers Fitness Rooms**

Rivers Fitness Rooms offer something for everyone whatever your fitness level. Our immaculate and well maintained surroundings are the perfect environment to help reach your goals.

At Rivers we're passionate about providing the best experience for you. Our staff will support your mission to achieve your aims and ultimately enjoy the benefits of an active lifestyle.

Rivers Fitness Rooms are equipped with the very latest exercise machines from our partners at

Technogym. With an extensive range of cardiovascular and resistance stations at all our sites, you'll be working out in safe and comfortable surroundings.

## **Rivers Group Exercise**

At Rivers we have so many Group Exercise classes you'll be spoilt for choice, you're bound to find the right one for you.

Whether the class is in one of the studios, the Fitness Room or one of our other great facilities,

you can be sure that you'll have a great time, build your fitness and improve your self-confidence. All Rivers Group Exercise classes are led by qualified instructors. For a complete group exercise class timetable please see a Rivers Group Exercise leaflet from reception or visit [www.wychavonleisure.co.uk](http://www.wychavonleisure.co.uk).

## **Section Three: Indoor Climbing**

Evesham Leisure Centre's new 15 rope climbing wall provides an exciting test for both new and experienced climbers

# Casual Climbing

£4.20 Member, £5.00 Non Member

To use the wall in public sessions you must be a competent climber and complete a short registration form. We will then provide you with a climbing induction card, allowing you to use the wall on a casual basis. Registered climbers are also entitled to bring two inexperienced climbers, for which they must take full responsibility.

# **Climbing Courses & Sessions**

## **Competency Course**

4 Week • 2hr Session • £54

For beginners, or as a refresher course, teaching you all you need to know on how to climb safely and competently indoors.

## **Personal Instruction**

1hr Session • 1 on 1 £20, 1 on 2 £30 and 1 on 3  
£36

A brilliant introduction for newcomers, and great for experienced climbers looking to develop their skills. These sessions offer expert instruction in a personal environment for all levels of ability.

## **Junior Courses**

Session Member Non Member

Level 1 & 2 (8 – 14yrs) £4.70 £5.10

Level 3 & 4 (8 – 14yrs) £4.70 £5.10

Available week day evenings and weekends, these fun coaching courses for 8 – 14yrs are ideal for learning to climb and developing advanced skills.

## **Junior Competency Course**

8 Week • 1.5hr Session • £54

With no previous experience required this course for 14 - 15yrs is the perfect introduction to indoor climbing.

# **Kids Climbing Club**

1hr Session • £4.70 Member, £5.10 Non Member

A weekly 1hr session of climbing fun and games for kids aged 5-7yrs.

## **Section Four: Junior Activity Zone**

Junior Activity Zone is a group of fun activities designed specifically for kids. There are bags of different things going on at all our centres, from special Sessions to Parties there's plenty here to

help keep the kids active. Please contact your chosen site for more information.

## **Kids Sessions**

- Splash Times – A fun unrestricted open swim session with floats and tubes.
- JAZ360 – from 5 - 13yrs - A fun exercise class for kids involving games and challenges to improve the mind and body.
- Junior Football – from 5yrs+
- Gymnastics – from 5yrs+

- Ballet – 3yrs+
- Martial Arts – from 5yrs
- Basketball – from 5yrs
- Badminton – from 5yrs
- Toddlers Softplay – from 1- 5yrs

## **Parties**

- Fun ‘n’ Games – 6yrs + - Exciting party games in the sports hall.

- Softplay Party – Up to 7yrs - Inflatable fun in the ball pond, bouncy castle and balloon typhoon.
- Sports Party – 7yrs + - The perfect venue for football, netball, basketball or other indoor sports.
- Splash Party – 6yrs + Pershore and Evesham only - Pool party with loads of balls, floats and inflatables. For children 4 -7yrs: At Evesham Leisure Centre, at least 1 adult must be in the water for every 3 children (max booking 12 children/total capacity 16). At Pershore Leisure

Centre, at least 1 adult must be in the water for every 2 children (max booking 18 children/total capacity 28). For children 8 -14yrs: At Evesham Leisure Centre, at least 1 adult must be in the water for every 15 children (max booking 15 children/total capacity 16). At Pershore Leisure Centre, at least 1 adult must be in the water for every 12 children (max booking 25 children/total capacity 28).

- Climbing Party – 5yrs + Evesham only - Fun and games on our fantastic climbing wall.

**Please Note:**

- Min 10 children (except Climbing Party and Splash Party at Evesham), £10 deposit required.
- Climbing Party: Group sizes 6 or 10 only.
- Parties are 50mins and supervised.
- A complementary area for party food available for 30mins after the session on request.
- Parties subject to availability.

## **Section Five: Swimming Lessons**

Swimming lessons are available at all our leisure centres and are held on Saturday mornings and

weekday evenings. They are 30mins long and run throughout the year in courses of 10 weeks.

## **How to Join & Development**

If your child is a non-swimmer and 5 years or older, they can be registered on an ASA Stage 1 course. If they can already swim without armbands they can register for a free assessment to place them at the appropriate stage. To help parents keep track of their children, lesson plans are displayed on the notice board of each centre. These show the course dates, times and teachers

as well as information about the content of each stage. At the end of each course each child is given a yellow card which advances them to the next appropriate stage in the scheme.

## **Personal Swimming Lessons**

One on One swimming lessons provide a more personal and concentrated lesson format, with the teacher able to spend more time on stroke and skill development.

## **Ducklings Swimming Awards**

The ASA Duckling Awards are designed to introduce young children to safe and enjoyable swimming. Children aged 2yrs+ can earn awards as part of Parent & Child Swim sessions.

## **Duckling Lessons**

Available at Evesham and Pershore only,  
Ducklings Lessons are available as a 10 week course for children aged 4yrs of mixed abilities.

## **The ASA Swimming Award Scheme**

The ASA 7 stage Swimming Award structure introduces children to the essentials of safe swimming. From basic safety at Stage 1 through to developing a variety of advanced techniques at Stage 7, this nationally recognised course is the ideal way to introduce core swimming skills and water safety.

**Stage 1** - Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

**Stage 2** - Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

**Stage 3** - Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

**Stage 4** - Developing the understanding of buoyancy through a range of skills, refining

kicking technique for all strokes and swimming 10 metres to a given standard as directed by the ASA.

**Stage 5** - Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

**Stage 6** - Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**Stage 7** - Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Bronze, Silver and Gold courses are available at Droitwich Spa & Evesham, please check availability with reception.

**Section Six: Health Suite**

Our luxurious health suites are the perfect place to help you relax and unwind. Fitted with Saunas, Steam Rooms, Spa Pools (no Spa Pool at Droitwich Spa) and Sunbeds, there is no easier way to revitalise your body and mind.

## **Health Suite Opening Hours**

**Droitwich Spa:** Monday to Friday 9:00am – 10:00pm, Saturday 9:00am – 7:30pm, Sunday 9:30am – 7:30pm.

## **Evesham**

Monday to Friday 8:00am – 9:30pm, Saturday  
9:00am – 6:00pm, Sunday 9:00am – 6:00pm.

## **Pershore**

Monday to Friday 8:30am – 10:00pm, Saturday  
8:30am – 8:00pm, Sunday 8:30am – 6:00pm.

## **Childminding**

£2.60 per child

If you have a preschool child and are using a leisure centre facility, you can leave them with our experienced childminding staff for the morning whilst you workout.

**Droitwich Spa:** Monday and Tuesday 9:30am – 11:30am, Wednesday and Friday, Thursday 10:00am – 12:00pm

**Evesham:** Monday and Friday 10:30am – 12:30pm, Tuesday and Wednesday 9:30am – 11:30am, Thursday 10:00am – 12:00pm.

**Pershore:** Monday to Friday 9:00am – 11:00am.

## **Easy AM**

9.00am - 1.00pm Monday to Friday

Choose from: Swimming, Fitness Room, Group Exercise, Racket Sports & Health Suite

Specifically designed activity mornings that offer superb value for money. Easy AM gives you the option of choosing one or all from a range of activities at a discounted price. With further

savings for those over 50, Easy AM is the ideal way to start the day!

## **Section Seven: Prices**

### **Rivers Membership**

Single: *(per month)* £33.00

Joint: *(per month)* £60.00

6 Month: £168.00

12 Month: £312.00

Joining Fee: *(applicable to single & joint monthly payments)* £15.00

# **WL Membership & Concessionary**

Adult: (*per annum*) £21.00

Junior/60yrs+: (*per annum*) £12.00

6 Month: £4.00

## **Fitness Room**

Casual Session: *Concessionary* £2.80 *Non Member* £5.60

Induction: *Concessionary* £7.50 *Non Member* £15.00

Reprogramme: *Non Member* £5.00

Fitness Test: *Non Member* £5.00

## **Easy AM**

50+: *Non Member* £3.20

50+ with Fitness Room: *Non Member* £3.70

Under 50: *Non Member* £4.30

Under 50 with Fitness Room: *Non Member* £5.00

## **Exercise Classes**

Exercise Class: *Non Member* £4.50

# **Swimming**

*Adult: Concessionary £1.60 Member £2.90 Non Member £3.30*

*Junior: Concessionary £1.60 Member £1.90 Non Member £2.50*

*Over 60's swim free in public sessions*

*Block Ticket 12 sessions for the price of 10:*

*Adult: Member £29.00 Non Member £33.00*

*Junior: Member £19.00 Non Member £25.00*

# **Swimming Lessons**

Adult - 10 lessons: *Member* £37.00 *Non Member*  
£43.00

Junior - 10 lessons: *Member* £37.00 *Non Member*  
£43.00

One on One - 4 lessons: *Non Member* £56.00

## **Special Sessions**

H2O Workout: *Non Member* £4.50

50yrs+ Swim: *Non Member* £1.90

Parent & Child: *Non Member* £2.90

• additional child: *Non Member* £1.00

Special Needs Swim: *Non Member* £1.00

## **Racket Sports**

Racket Hire available £1 per item

Badminton: *Concessionary* £4.00 *Member* £7.00  
*Non Member* £8.00

Off Peak: *Concessionary* £4.00 *Member* £6.00  
*Non Member* £7.00

Squash: *Concessionary* £3.40 *Member* £5.80 *Non Member* £6.80

Off Peak: *Concessionary* £3.40 *Member* £4.80  
*Non Member* £5.80

Table Tennis: *Concessionary* £2.30 *Member*  
£4.60 *Non Member* £5.60

## **Health Suite**

Sauna, Spa & Steam: *Concessionary* £3.00  
*Member* £4.00 *Non Member* £5.00

Sunbeds:

3 minutes: *Non Member* £1.80

6 minutes: *Non Member* £3.60

9 minutes: *Non Member* £5.40

# **Sports Hall & Pitches**

3 Court Hall: £27.75

4 Court Hall: £37.00

ATP Full: (*Week day*) £50.00 (*Week End*) £48.00

ATP Half: (*Week day*) £25.00 (*Week End*) £24.00

Junior Pitch + changing: £26.00

Adult Pitch + changing: £50.00

## **For Kids**

JAZ 360: £2.60

Junior Football: £2.60

Children's Parties: £4.20

Climbing Party: £7.00

Toddlers Activities: £2.60

Childminding: £2.60

Activity Day: £12.50

Gymnastics Course:

- Gym Joey: £3.50
- Beginner: £3.80
- Intermediate: £4.10
- Advances: £4.20

# Climbing

Casual Session: *Concessionary* £3.30 *Member*  
£4.20 *Non Member* £5.00

Casual Registration: £4.00

Competency Course: £54.00

Personal Instruction: *1 on 1* £20.00 *1 on 2* £30.00  
*1 on 3* £36.00

Climbing Equipment: (*per item*) £1.20

**Please Note:**

- Children under 8yrs must be accompanied by a responsible adult (age 16yrs+) in public swimming sessions. Any adult may not accompany more than two under 8's.
- Gym users must be aged 14yrs+.
- Group exercise sessions times include equipment preparation.
- Cheques payable to 'Wychavon Leisure Community Associated Ltd' (min £5).
- All photography is strictly prohibited without the prior permission of a Duty Manager.

# Section Eight: Contact Information and Miscellaneous

## Talk to Us

It is our intention that every time you visit our centres you will have an enjoyable experience. Tell us what you think by:

- Speaking to a member of staff
- Fill in a 'Talk to Us!' card
- Writing to the centre
- Email [info@wychavonleisure.co.uk](mailto:info@wychavonleisure.co.uk)

## **Centre Addresses and Opening Hours:**

**Droitwich Spa Leisure Centre, Briar Mill,  
Droitwich Spa, Worcestershire, WR9 0RZ,  
Telephone: 01905 771212.**

**Opening Hours:** Monday to Friday 7.00am -  
10.30pm, Saturday to Sunday 8.00am - 8.00pm,  
Bank Holidays 7.00am - 5.00pm. Free parking  
available.

**Evesham** Leisure Centre, Abbey Road, Evesham,  
Worcestershire, WR11 4SU, Telephone: 01386  
444212.

**Opening Hours:** Monday to Friday 7.00am -  
10.30pm, Saturday to Sunday 8.00am - 7.00pm,  
Bank Holidays 7.00am - 5.00pm. Pay and  
Display parking available.

**Pershore** Leisure Centre, King Georges Way,  
Pershore, Worcestershire, WR10 1QU,  
Telephone: 01386 552346.

**Opening Hours:** Monday to Friday 7.00am - 10.30pm, Saturday to Sunday 8.00am - 8.00pm, Bank Holidays 7.00am - 5.00pm. Pay and Display parking available.

## **About Wychavon Leisure:**

Wychavon Leisure Community Association Ltd is an Industrial and Provident Society with charitable objectives. Established in May 1999, the company provides facilities for sports recreation and leisure. Registered in England IPS

28894R • Inland Revenue Charity Number  
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Wychavon Leisure is proud to work with Wychavon District Council. The information in this document was correct at time of printing, however it is not guaranteed and is subject to change without prior notice. This document is printed using paper from a managed and sustainable source. Audio and braille versions available on request.

**Accessibility:**

All sites have fully accessible leisure facilities and offer a range of access aids to meet the needs of disabled users.

**Head Office Address:**

Wychavon Leisure Community Association Ltd,  
Persore Leisure Centre, King Georges Way,  
Persore, WR10 1QU