

# brandon & mildenhall



## leisure & swimming 2010

swimming

fitness  
studio

junior clubs  
& courses

children's  
parties

active  
for life

group  
exercise  
classes

what's on near you

angliacommunityleisure

Working in partnership with FOREST HEATH DISTRICT COUNCIL



If you enjoy swimming, using the gym, group exercise classes, indoor bowls or other sports then we can cater for you here at our centres in Brandon and Mildenhall.

The 25 metre community pool in Mildenhall has 4 lanes with male, female and family change and is fully accessible to people with disabilities.

Snacks plus hot and cold drinks are available from the vending machines in the foyer.

Our leisure centres in Brandon and Mildenhall each have an extensive programme of sports, clubs and health and fitness activities.

For full details of our leisure centre and pool programmes please ask at reception or go on-line at [www.angcomleisure.com](http://www.angcomleisure.com)



04

**fitness studio:**  
the feelgood factor...



05

**get active for life**  
and stay fit for life...



08

**group exercise**  
enjoy the company...

# opening times:

## Brandon:

08.00 - 22.00 Mon/Wed  
08.00 - 23.00 Tues/Thurs/Fri  
09.00 - 18.00 Sat  
09.00 - 16.00 Sun

## Mildenhall:

07.00 - 22.00 Mon-Fri  
08.45 - 18.00 Weekends

# featured in this issue:



get fit...stay fit!  
younger activities



swimming:  
It's fun to learn...

## Brandon Leisure Centre

Church Road, Brandon, Suffolk, IP27 0JB  
01842 813748 [bhc@angcomleisure.com](mailto:bhc@angcomleisure.com)



**By foot:** Just 10 minutes walk from the town centre

**By Bus:** We are only 450 metres from the London Road bus stop (outside Tesco) on routes: R1, 30, 28/40, 190, 193, and 332/333.

**By Car:** We are easy to find off Church Road, once there we have 70 parking spaces, 3 disabled parking bays and cycle storage.

**By Train:** Our nearest station is 1 mile north of Brandon town centre with links to Ely, Cambridge & Norwich.

## Mildenhall (Dome) Leisure Centre

Bury Road, Mildenhall, Suffolk, IP28 7HT  
01638 717737 [dlc@angcomleisure.com](mailto:dlc@angcomleisure.com)



**By foot:** Just 15 minutes walk from the town centre

**By Bus:** We are only 100 metres from the Bury Road bus stop on route 200.

**By Car:** We are easy to find off Bury Road, once there we have 56 parking spaces, 3 disabled parking bays and cycle storage.

**By Train:** The nearest stations are located at Newmarket and Brandon approximately 11 and 9 miles respectively with links to Ely, Cambridge & Norwich.

## Mildenhall Swimming Pool

Recreation Way, Mildenhall,  
Suffolk, IP28 7HG

01638 712515 [mstp@angcomleisure.com](mailto:mstp@angcomleisure.com)



**By foot:** Just 5 minutes walk from the town centre

**By Bus:** We are only 200 metres from the Kings Street Bus station.

**By Car:** We are easy to find off Recreation Way, once there we have 130 parking spaces, 6 disabled parking bays and cycle storage.

**By Train:** See note above for Mildenhall Leisure Centre

For a map showing any site go to [www.angcomleisure.com](http://www.angcomleisure.com)

**Disclaimer:** Details correct at time of going to press Anglia Community Leisure reserves the right to change the programme and content of this brochure without notice. Please check that information remains valid and available by calling the leisure centre or swimming pool before arriving. Anglia Community Leisure or its staff cannot be held responsible for any injury, loss or damage to belongings however caused except injury arising from the negligence of the Company or its staff



# fitness studio

**Our friendly, qualified fitness staff are here to help you achieve your personal goals. To get you started we'll take you through a compulsory induction that will enable you to get the best from the equipment that you use.**

Here you will be issued a fitness programme that will provide you with your own personalised routine to follow, increasing your motivation and ensuring that all exercise is tailored to your own needs.

If you are making a commitment to your health and wellbeing then we have a range of options to help, including pay per visit as well as annual and direct debit payment.

Please ask a member of staff or pick up a leaflet in reception or visit our website at: [www.angcomleisure.com](http://www.angcomleisure.com) to see our latest offers.

## Opening times:

### Brandon:

08.00 - 22.00 Mon/Wed  
08.00 - 23.00 Tues/Thurs/Fri  
09.00 - 18.00 Sat  
09.00 - 16.00 Sun

### Mildenhall:

07.00 - 22.00 Mon-Fri  
08.45 - 18.00 Weekends

## Please note:

Inductions must be booked in advance.

Juniors must hand in a completed Par-Q form, signed by a parent or responsible adult before their induction.

Our leisure card concession scheme includes a range of price reductions based on individuals status or ability to pay.

If you feel that you qualify and have any questions please ask a member of staff or pick up an application form at reception.



# activeforlife



## active for life

has been helping people in forest heath to become fitter and more active for over 14 years.

Our Exercise on Referral scheme is for people who are referred to us by a health professional such as a GP, Practice Nurse or physiotherapist and would benefit from a more active lifestyle.

“More than 75% of women and 63% of men don’t take enough physical exercise to benefit their health.

When you are more active you feel better, your health improves and you get more out of life”

(World Health Organisation)

For full details please contact reception

13 to 16 year olds can now  
join us in the fitness studio at:

## junior toners



No need to wait, you're never too young to get fit. Supervised and structured to be safe and get the best out of the equipment.

Opening times:

**Brandon:** Tuesday: 17.00-18.00

Thursday: 17.00 to 18.00

**Mildenhall:** Tuesday: 16.00-17.00

Saturday: 10.30 to 11.30

Please ask a member of staff or pick up a leaflet in reception or visit our website at:

[www.angcomleisure.com](http://www.angcomleisure.com)

to see our latest offers.

## one to one active lifestyle



Reach your personal health and fitness goals. With your own personal trainer and nutritionist we can take a look at your entire daily lifestyle, healthy eating and exercise routines to help you look and feel the best you can!

## Tot's Football

Bring your little ones to this fun filled football session!

With lots of football themed games for them to play. It's an excellent way for your child to interact with others and nurture their talents in an exciting way...



## Leisure Club Bowls

an introduction into the competitive but relaxing game in a fun and social environment

## Dance Mats

A fantastic session that gets you fit whilst being the most fun too...

New dance mats, new tunes 'new you' in no time!

## Pirate Island

is an adventurous soft play area for under 8's at Mildenhall Leisure Centre!

Ball pond, hidden treasure, soft blocks, etc

Parties can be provided for birthdays...

Open 7 days a week!



## Fit'n'Fun with Lee

Circuits and games

Improve your agility, flexibility, stamina and strength.

Contact reception for more details and days/times

## Children's parties

Massive fun, bounce and splash parties for everyone!

Including: Dance Mats, Splash Fun, Active Kids, Tumblers and Sports Crazy..all are fun packed parties with something for everyone and can include hot or cold food.

Have a great activity party with us!

For more information please pick up a party leaflet from reception.



## Leisure/Sport Development

Working in partnership with Suffolk Sport and Sport England, Anglia Community Leisure will be providing exciting and new opportunities for all.

Current activities include: Junior spinning, Archery, Junior squash, Dodgeball, Bowls and Badminton.

## Leisure club

For the over 50's.

Our 'Leisure Club' sessions offer the perfect way to get fit and make new friends. A variety of sports are available:

Badminton,  
Squash,  
Table Tennis,  
Carpet Bowls  
and use of the fitness studio.  
Tuesdays and  
Fridays



## Tumblers

A fantastic session for the little ones under 5. Tumblers gives a great opportunity for loads of fun on our bouncy castle and soft play equipment. An excellent way for your little ones to bond with other children and for you to meet new friends.



## Squash Club

Every Wednesday  
for adults and  
Junior Club  
Friday 16.30-18.30

Learn the skills of squash and improve your skills and meet and make new friends.

Contact  
Mildenhall reception.



## Badminton Coaching/Club

Learn the basic skills of badminton or improve on the skills you already have and meet and make new friends.

Brandon: Sats. 10.00-12.00  
Contact your reception.



Contact reception for more details and days/times

# group exercise classes

## for active adults of all abilities

Get fit and keep fit with a great range of special sessions, just pick up a leaflet, ask at our reception or for more details go to:

[www.angcomleisure.com](http://www.angcomleisure.com)

### BODY PUMP (M)

Tone and condition with this strength based programme. Suitable for all levels, male and female who want to sculpt their body. A great way to introduce weight training into your fitness regime.



### BODY COMBAT (M)

A non-contact martial arts based programme with an aerobic twist. Exhilarating and high energy this class is a must for increasing your fitness levels and bringing out the fighter in you.



### GENTLY DOES IT (M)

A low impact class specifically designed for the less mobile or more mature exerciser.

### PUMP & TONE (M)

A weights class to music - a fun way to tone & define muscles. Suitable for all fitness levels. Helps prevent osteoporosis.

### STREET DANCE (M)

Try this new 'hip hop' style class. Have you got what it takes to 'strut your stuff?'

### CIRCUITS (M)

A fun invigorating total body workout.

### ZUMBA (M)

Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system, so why not have a go at our brand new dance class.

### BALL ROOM DANCING (M)

Learn all the dances as seen on TV's 'Strictly Come Dancing.'

### PILATES (B&M)

Focus on core strength in this slow moving low impact class. Following a sequence of instructed movements you will strengthen, tone and substantially increase your posture and flexibility.

### SPINNING (B&M)

A high energy class that blends cycling technique, great music and expert coaching to energise, challenge and inspire. A fantastic calorie burner for all levels of fitness.

### TAI CHI (B&M)

This is a unique chance to learn the movements, stances and techniques of one of China's oldest art forms.

## CARDIO KICKBOXING (B&M)

An exciting aerobic training program that combines moves and stances developed from a range of self defence disciplines into an energetic routine.

## YOGA (B&M)

Relax your body and mind and enjoy these courses with an experienced coach.



## LEGS, BUMS & TUMS (M)

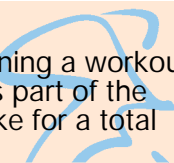
A low/medium impact aerobics class. Easy to follow aerobic routine including warm up, toning and stretching.

## POWER HOUR (B)

A high intensity class designed to focus on muscular endurance, strength, toning, and conditioning. An all over body workout.

## SPIN & AB'S (B)

An hour class combining a workout on the abs as well as part of the session on a Spin bike for a total workout!



## BOXERCISE (B)

Boxercise is an exciting and action packed class which combines boxing moves with high tempo music to give a great work out and feel good factor.



## LEISURE CLUB (B)

A social and fun filled session for the more mature client. Activities range from use of toners, squash and a light aerobics session. Followed by tea, coffee and a chat. Getting fit has never been so much fun.

## LINE DANCING (B)

A social and fun session for all ages. The two hour session includes half an hour for tea, coffee and a biscuit (or two).

## DANCE MATS (B)

A class not just for kids! Ever wanted to have a go on the dance mats in the arcade but felt too self conscious? Well now's your chance to show us your moves! A great way to keep fit!



The Youth Fitness Specialists

All group exercise classes are free to premier card holders. Please note: If you book a class and are unable to attend, please contact us 24 hours in advance to cancel, otherwise you will incur a class charge. Always bring a drink bottle and towel, and please always make sure to tell the instructor if you are new to the class, have an injury or are pregnant. Remember to wear suitable clothing and to warm up and warm down before and after exercise. Our instructors are well trained and here to help you. Please note that classes may be subject to change or cancellation at short notice.

# activities for under 16 years



Get fit and keep fit with a great range of special sessions. Fully supervised by our trained staff these activities are a great opportunity for getting active and burning off that excess energy.

## Fit 'n' Fun (B)

A professionally managed social environment offering youth's health, fitness and sports training, plus advice on nutrition & diet.

Contact reception for days/times  
**01842 813748**

# @brandon and

## Tennis Coaching (B)

A great chance for all 4+ year olds to come along and play the game of tennis in a fun and friendly environment.

## Dance Mats (B)

Ever wanted to have a go on arcade dance mats? Well now is your chance to show us your moves. A great fun way to keep fit and make new friends.

## Junior Toners (B&M)

It is your chance to get into Toners and start exercising. The sessions are supervised by fully qualified staff who are always on hand to give you advice. A Par-Q screening form must be filled in prior to first session.

## Tumblers (B&M)

Come and join us with your little ones for fun on the bouncy castles, getting messy with arts & crafts, playing with the trikes and bikes and use of Pirate Island\*. A great way for your little gems to bond with other children.

## Badminton Coaching (B)

Come and join in our Badminton coaching session with Steve Morley and learn the basic skills of badminton or improve on the skills you already have in this fun for all session.

## Tots Football (B&M)

Bring your little ones to this fun filled football session with lots of football themed games for them to play inside our brand new Subbuteo football arena. As an added bonus you will be able to use Pirate Island\* after the session as well.

\*Pirate Island is only available at Mildenhall Leisure Centre

# @mildenhall...

## Music Mayhem (M)

A brand new session at the Dome, where tots will get a chance to have a good sing song and play musical instruments. As an added bonus you will be able to use Pirate Island\* after the session as well.

## Street Dance (M)

Try the NEW hip hop dance class in town. Have you got what it takes to 'Strut' your stuff in this street dance class?

## Squash Coaching / Club (M)

Have a go at squash and learn the techniques of the sport from our coach or just have a fun game and workout.

## Skate Mania & Cyber Sports (M)

Fast fun on wheels and fun on our Wii. Skate under our brand new disco lights, all to the latest tunes and then if fancy a change have a go on our Wii and out our brand new SHOKK dance mats.



## Table Tennis (M)

Coaching for all abilities delivered by an ex International player.

## Trampoline (B&M)

A chance for you to put your bouncing moves into practice and earn your badges as you learn the moves and routines on a Trampoline.

Contact reception for days/times

**01638 717737**



## Badminton Club (B)

Our Tuesday and Friday night Badminton clubs both welcome juniors. Sessions are open to 13 yrs +

## Brandon Lads & Lasses Football (B)

Junior football for boys and girls. Currently enjoying a winning season. The club has teams for children 5yrs+.for more information please visit:

[www.brandonladsandlasses.co.uk](http://www.brandonladsandlasses.co.uk)

## Basketball Club (B&M)

A coached session aimed to improve your basketball skills in a fun and friendly environment.

## Ju-Jitsu (B)

Come and learn Ju-Jitsu, the samurai art of self-defence. Ishin Ryu Ju-Jitsu specialise in close protection training.

## Shi Kon Karate (B)

Our Shi Kon Karate Club provides training for all levels and abilities offering a fully qualified instructor to deliver structured sessions.

## Tae Kwon Do (B&M)

Tae Kwon Do is a well rounded art which incorporates many things into it syllabus including joint locking, take downs and throws, as well as kicking and punching.

## Kuk Sool Won (M)

Kuk Sol Won karate club provides training for all levels and abilities offering a fully qualified instructor to deliver structured sessions.

## Premier Soccer (M)

The progressive weekly sessions are open to girls and boys and no previous experience is necessary as the emphasis on these sessions is fun! The fully qualified/experienced coaches aim to provide enjoyment fair play for all. All coaches are F.A. qualified, 1st aid trained and CRB checked.



## General swimming

Swim for fitness or fun with friends or with the family, swimming is a great activity to keep you healthy. We are supporting the national Free Swimming scheme for under 17's and over 60's and have Splash Fun and inflatable sessions too! (Charged activity).

## Children's Parties

Splash fun-packed parties are available for all ages and abilities.



## Swimming lessons

We offer a comprehensive range of lessons for all ages and abilities. We aim to ensure that lessons are enjoyable, interesting and above all offer the highest standard of water confidence, skills and techniques.

- Adult & Child
- Pre-School
- School age
- Adult



## Lesson details

The ASA National Plan for teaching swimming is taught in term blocks in line with the school year. Assessment is continuous and allows children to advance when they are ready and not just at the start of each term.



## Fitness swimming

Lanes are available all week for all levels of fitness throughout the weekly programme. Simply chose a lane according to your requirements. Floats and bouys will be made available for your use. Training programmes are available on request.

For timetables or more information pick up a leaflet or go online at: [www.angcomleisure.com](http://www.angcomleisure.com)



## aqua health club

Swim to Slim, over six weeks, two sessions each week, learn to exercise and eat in a way that will benefit your fitness and your weight in a fun healthy programme.

## Water Workout

This low impact aerobic exercise is a great way to keep fit. For age 13 and over and all swimming abilities.

## Aquagym

Aquagym enables the body to be in a non-weight bearing position, meaning there is less stress on the joints and users experience fewer muscular problems. Aquagym is also excellent for rehabilitation and is available as part of our Exercise on referral scheme, Active for life. Book an induction session soon...

## Mildenhall & District Swimming Club

Since 1973. Also known as the "Sharks". We are a welcoming club who's aim is to teach/coach our swimmers to their best ability and to have fun in the process.

If you are interested in becoming a member just visit the pool on any Friday night and remember that your first two sessions are FREE!

Affiliated to the Amateur Swimming Association, Suffolk County and ASA East region.



## Junior Aquagym

Ages 13-16 years. Sessions include an initial induction that teaches you the safe use of the equipment. You're never too young to be fit!

## Optua big splash

sessions are attended by around 100 disabled people each week. It gives you the chance to enjoy swimming with the pool to yourselves. Instructor and volunteer support. (Carers swim free).



## Rookie lifesaving

The club for children between 7 and 14 years. Have fun whilst Learning about: Water safety Rescue Self rescue and emergency response. A great way of developing confidence in the water, initiative and judgement too.



## Pool Hire

Our excellent pool is available for hire for Children's Parties, Baptisms, Clubs, Galas and much more. For information ask at reception or go on-line at [www.angcomleisure.com](http://www.angcomleisure.com)

## B.R.A.T.S

(Bronze Rookie Aquatic Training Session) A "thrills & skills" session for kids who can swim at least a 100m. You will be working on stamina, lifesaving skills, diving, water polo and much more.

Are you aged 8-19?  
Are you interested in  
getting yourself or the  
district into shape?  
Why not join in?



## Looking for something to play?

The West Anglia Sports Partnership (WASP) encourages young people aged 8-16 years to participate in sport and to enjoy the benefits of quality coaching in an exciting environment. Many sports are included in the scheme, from athletics to volleyball and all the activities are delivered by qualified and experienced coaches. There are a huge number of sports clubs in Forest Heath and their details are listed in the WASP Sports Club Guide.

For more information or a copy of the WASP Sports Club Guide, please email [sports@forest-heath.gov.uk](mailto:sports@forest-heath.gov.uk) or telephone 01638 719763



## ...or do you have something to say?

If you're aged 11-19 and you are interested in taking action on community issues, improving local services or influencing local and national decisions- then we want to hear from you! Join us to debate, discuss and campaign on key issues for young people today, no experience is necessary, but you should be prepared to participate in meetings, events and online forums to ensure your voice is heard. If you care about local parks and play facilities, holiday activities and music facilities or any local or global issue right up to climate change...act now...email us on: [youth@forest-heath.gov.uk](mailto:youth@forest-heath.gov.uk) or telephone 01638 719788

check out our website for the latest news:  
[www.forest-heath.gov.uk](http://www.forest-heath.gov.uk)



Forest Heath  
District Council

If you're interested in sport:  
01638719763 or

If it's community action then call:  
01638719788

# Save time & money with an active card...



We can really help you meet the cost of keeping fit with our range of affordable payment choices.

If you are making a commitment to your health and wellbeing then let us help with our: Pay & Play, Premier Active, Play Active or Swim Active packages.

[www.angcomleisure.com](http://www.angcomleisure.com)

Our active leisure card is issued subject to individual status. For more information about our leisure card concession scheme please ask a member of staff or pick up an application form at reception.



## Function suite & pavilion bar @ Brandon

A fully licensed bar and catering service to meet your needs.

The function suite can accommodate up to 250 people for any occasion, weddings, parties, receptions and is also ideal for conferences, training and meetings.

A range of snacks, tea, coffee and soft drinks are available during Centre opening hours, (alcohol is available from 12.00 noon daily).

All the top sports events shown live on Sky sports.

For further details: 01842 813 748



# angliacommunityleisure

Working in partnership with FOREST HEATH DISTRICT COUNCIL