

# ACTIVITY, PROGRAMME AND PRICE INFORMATION

JANUARY TO MARCH 2010



Book Online [www.sportscourses.org](http://www.sportscourses.org)

## Sports Courses

Sports Courses operate in partnership with several of the relevant National Governing Bodies to help deliver a high quality comprehensive teaching programme.

The aim of our courses is for pupils to develop the skills required for their chosen sport to the best of their ability. Apart from the physical benefits of participating in sport, pupils will also learn valuable life skills through team work and coach interaction.

Wellness memberships give you access to book onto all our sports courses.

		Course Length	Member
	<b>London Swim School Aqua1-Stage 7</b>	Junior	13 weeks £63.31
	<b>Stage 8-10</b>	Junior	13 weeks £88.50
		Adult 1hr	6 weeks £51.20 7 weeks £59.75
	<b>Crystal Palace FC</b>	Junior	14 weeks £56.00

Holiday courses are available and operate during school holidays and are ideal for those who wish to improve skills over a short period of time. London Swim School One to One lessons are available at some centres giving individual coaching to pupils. Please contact reception for more details.

Course Dates	Course Length	Re-enrolment from	New Enrolment from
7 September-20 December 2009	14 weeks	13 July 2009	28 July 2009
5 January-5 April 2010	12 weeks	7 December 2009	22 December 2010

## Enrolment Information

New Bookings	Re-enrolment
If a pupil wishes to enrol onto a course, please visit <a href="http://www.sportscourses.org">www.sportscourses.org</a> or call into the centre from the new bookings dates stated below.	If a pupil is currently on a course the simplest way to re enrol is to follow the link emailed to you (please ensure the centre has a current email address) or follow the instructions given to you by the centre.

**Conditions** All courses are for members only, see page 8 for full membership details. Courses operate in blocks which run parallel to school term times. Please note on occasions courses may be interrupted by Bank Holidays, please check dates with reception. One spectator is permitted with each enrollee. All additional spectators have to pay an admission fee. Credit will not be given if a lesson is missed. Re-enrolments and new enrolments are permitted only from the specified dates in order to ensure a fair system, early enrolments cannot be accepted. Note that programmes may be subject to alteration according to demand of courses. GLL reserve the right to alter or cancel sessions at short notice. Swimming hats are provided and are to be worn by all pupils to ensure promotion of hygiene and safety issues. Pupils are not permitted to remain in the pool after the swimming lesson and should pay for entry if required. Parents and guardians of children under 8 are required to stay on the premises.

Book Online [www.sportscourses.org](http://www.sportscourses.org)

## Crystal Palace FC (5-14 years)

Our progressive football scheme category for children aged 5-14 years. Children work on passing, shooting, dribbling, control and goalkeeping with the main emphasis on fun.

	Age	Thursday	Sunday		Duration	Price
	<b>5-7 years</b>	4.30pm-6.00pm	10.00am-11.00am		14 Weeks	£56.00
	<b>8-11 years</b>	4.30pm-6.00pm	11.00am-12.00noon		14 Weeks	£56.00
	<b>12-15 years</b>		12.00noon-1.00pm		14 Weeks	£56.00

## Track & Field

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8.00am-9.00pm	8.00am-9.00pm	8.00am-9.00pm	8.00am-9.00pm	8.00am-9.00pm	9.00am-5.00pm	9.00am-5.00pm

Please note that Track & Field opening times are subject to availability. It is recommended that you phone the centre to confirm opening times, check the website for up to date information.

		Prepaid Wellness	Member	Non Member
	<b>Adult</b>	<b>Peak</b> £2.20 <b>Off Peak</b> £1.60	£2.20 £1.60	£3.45 £2.35
	<b>Junior</b>	<b>Peak</b> £1.55 <b>Off Peak</b> £1.10	£1.55 £1.10	£2.10 £1.20
	<b>Club Wellness</b>	<b>Peak</b> £1.55 <b>Off Peak</b> £1.10	£1.55 £1.10	£2.10 £1.20

## Pitch Hire

Our sports pitches and courts can be hired out at excellent rates for Netball, Volleyball, Basketball, Football and Hockey. For further information and bookings, please contact 020 8778 0131.

	Pitch Hire (per hour)	Peak	Off Peak
	<b>11-a-side Astro Turf</b>	£62.55	£31.85
	<b>North Pitch 5-a-side</b>	£40.20	£22.45
	<b>North Pitch 6-a-side</b>	£46.80	£29.30
	<b>North Pitch Indoor Bubble Pitch</b>	Please check with bookings department for availability £99.15	
	<b>Outdoor Grass Pitch (90 mins)</b>	Please check with bookings department for availability £132.30	

## Outdoor Netball Court Hire

	Per court, per hour	£20.00
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## Climb London

Crystal Palace climbing wall is currently a bouldering (unroped) climbing wall and is suitable for individuals, groups and juniors regardless of their climbing experience.

There are plans to expand the climbing wall in the future and details of this will be posted at the centre in due course.

## Junior Instructed Climbing (8+)

**Junior Drop In** Junior climbers can turn up and climb. An instructor will be present to supervise.

**Junior Climbing Course** One and a half hour weekly instructed sessions where bouldering skills are taught and developed. Clubs are run on a term basis.

	Session	Day	Time		Member	Non Member
	<b>Junior Drop In 8 Years +</b>	Tuesday	6.30pm-7.30pm		£3.65	£3.65
		Thursday	6.30pm-7.30pm		£3.65	£3.65
	<b>Junior Climbing 5 Wk Course</b>		9.30am-11.30am		£35.75	
			11.30am-1.30pm		£35.75	
			1.30pm-2.30pm		£35.75	

## Cilmb London Birthday Parties

Parties are an hour and a half of climbing and climbing games. Lots of fun and suitable for age 7 and up. Please call to arrange a party on 0208 778 0131.

	<b>Party Up to 6 climbers</b>	By appointment	£70
	<b>Party 7-12 climbers</b>	By appointment	£140

Party price does not include a room for your own food. To book a room for food contact 0208 778 0131.

## Adult Instructed Climbing (16+)

**Adult Drop In** Adult climbers can turn up and climb. An instructor will be present to supervise.

	Session	Day	Time		Member	Non Member
	<b>Adult Climber Drop In 16 years +</b>	Monday	6.00pm-9.00pm		£3.10	£4.95
		Tuesday	7.30pm-9.00pm		£2.20	£3.40
		Wednesday	6.00pm-9.00pm		£3.10	£4.95
		Thursday	7.30pm-9.00pm		£2.20	£3.40

## London Track Stars (Term Time, Every Thursday)

Junior athletics courses for participants aged 6-16 years old. Delivered by UKA qualified coaches, participants will have the opportunity to develop their skills through a structured programme that will include all aspects of athletics. Participants will also have the chance to take part in athletics festivals and receive recognition for their progress through the UK Athletics National Shine: awards programme.

	Course	Course length	Member price
	<b>Junior 6-16 years</b>	12 week	£57.60
	<b>Junior 6-16 years</b>	13 week	£62.40
	<b>Junior 6-16 years</b>	14 week	£67.20

## London Track Stars (School Holidays)

Short courses are available and will operate during the school holidays. For more information please go to [www.sportscourses.org](http://www.sportscourses.org)

## Badminton

		Prepaid Wellness	*Premier Wellness	Pay & Play Member	Non Member
	<b>Adult (40 minutes) Peak</b>	£5.15	Inclusive	£5.15	£6.55
	<b>(60 minutes) Off Peak</b>	£4.25	Inclusive	£4.25	£5.40
	<b>Child (40 minutes) Peak</b>	£4.20	N/A	£4.20	£5.40
	<b>(60 minutes) Off Peak</b>	Inclusive	N/A	£3.80	£5.05
	<b>55+ (40 minutes) Peak</b>	£5.15	Inclusive	£5.15	
	<b>(60 minutes) Off Peak</b>	£4.25	Inclusive	£4.25	

## Tennis

		Prepaid Wellness	*Premier Wellness	Pay & Play Member	Non Member
	<b>Adult (60 minutes)</b>	£5.90	Inclusive	£5.90	£7.70
	<b>Child (60 minutes)</b>	£5.30	N/A	£5.30	£6.70


\*One court booking per person, per day. Subject to programmes and availability.

## Trampolining

	Age Group	Day	Time		Member	Non Member
	<b>5-16 years</b>	Monday	7.00pm-8.00pm		£3.90	£4.75
		Wednesday	6.00pm-7.00pm		£3.90	£4.75
	<b>16 years +</b>	Monday	8.00pm-9.30pm		£5.85	£6.20
		Wednesday	7.00pm-8.30pm		£5.85	£6.20

All course dates are reflective of school terms. Children aged 5, 6 or 7 years must be accompanied by an adult who is prepared to be present throughout the session to help with safety around the trampoline. **Dress:** Tracksuit, leotard, or gym outfit. **Socks or trampoline shoes must be worn.** No plimsoles, bare feet or jewellery allowed.

## Centre Opening Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.00pm	9.00am-5.00pm	9.00am-5.00pm

## Wellness Prepaid Membership

Wellness pre-paid memberships give you the freedom to use our facilities without paying each time you visit. Simply pay a one-off annual fee or a monthly Direct Debit and enjoy unlimited use of the majority of facilities at Crystal Palace National Sports Centre. If you intend to use the facilities more than once a week, a Wellness membership could save you money!






							
	<b>One-off Joining Fee<sup>3</sup></b>	£36.00	£50.00	N/A			
	<b>One-off Joining Fee Partner</b>	£46.00	£100.00	N/A	N/A	N/A	N/A
	<b>Prepaid Monthly Single</b>	£39.95	£49.95	£13.85	£12.45	£12.45	£12.45
	<b>Prepaid Annual Single<sup>2</sup></b>	£395.95	£549.00	£138.45	£124.40	£124.40	£124.40
	<b>Prepaid Monthly Partner<sup>2</sup></b>	£68.15	£90.00	N/A	N/A	N/A	N/A
	<b>Prepaid Annual Partner<sup>2</sup></b>	£681.15	£990.00	N/A	N/A	N/A	N/A

## Pay & Play Memberships

Pay & Play Membership is ideal for the occasional user. Simply pay a low annual membership fee and then pay for activities at a discounted rate as and when you use them.


A Pay & Play Membership offers you:

- Up to 30% discount on activity prices
- 6 days advance telephone booking
- Entitlement to member only facilities and activities including fitness centre and courses

						
	N/A	£26.55	£9.00	£9.00	£9.00	£9.00


## Non Member Admission and Spectator Fees

Of course, you do not have to be a member to use our facilities. Just turn up and pay the standard Non Member activity price or the spectator price. Please note that for safety reasons some activities and facilities can only be used by members. Junior spectators are not permitted without an accompanying adult.

	Adult Spectator	Junior Spectator
	£1.15 per day	£0.85 per day

<b>Conditions</b>	
One proof of address (accepted forms of proof of address: original utility bill, council bill, bank statement, drivers licence – photocopies not valid) and one passport sized photograph are required when joining any membership scheme.	1 = All activities and facilities are subject to programme changes and availability.
	2 = Partners must live at the same address.
	3 = A rejoining fee is applicable to customers who wish to rejoin after cancelling their prepaid membership.
	4 = Racquet sports include table tennis.


## London Borough of Bromley School Holidays


	Summer	Half Term	Christmas	Half Term
	Monday 20 July-Tuesday 1 September 2009	Monday 26 October-Sunday 1 November 2009	Monday 21 December-Sunday 3 January 2010	Monday 15 February-Sunday 21 February 2010

## Christmas


Please note that an amended programme will be in place from Saturday 20 December 2009 to Friday 1 January 2010 inclusive. Details will be available at reception from Monday 30 November 2009.

## Fitness Centre Opening Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.30pm	7.00am-9.00pm	9.00am-5.00pm	9.00am-5.00pm


	Wellness Pre-paid	Premier Wellness Pre-paid	Club Wellness Off Peak	Pay & Play Member Peak	Pay & Play Member Off Peak
	Inclusive	Inclusive	Inclusive	£4.90	£3.85


## Induction Prices


	Wellness Pre-paid	Premier Wellness	Club Wellness Pre-paid	Total Induction	Basic Induction	Programme Review
	Inclusive	Inclusive	Inclusive	£25.30	£16.65	£13.20

## Wellness Group Exercise

Please pick up your Wellness Group Exercise class programme for timings from reception or log on to [www.gll.org](http://www.gll.org)



	Group Exercise & Water workout	Wellness Pre-paid	Club Wellness Pre-paid	Premier Wellness	Pay & Play Member	Non Member
	<b>Adult</b>	Inclusive	Off Peak Inclusive	Inclusive	£4.95	£5.45

	Yoga	Wellness Pre-paid	Club Wellness Pre-paid	Premier Wellness	Pay & Play Member	Non Member
	<b>Adult</b>	Inclusive	Off Peak Inclusive	Inclusive	£5.20	£6.80

	Ante/Post Natal Classes	Wellness Pre-paid	Premier Wellness	Pay & Play Member	Non Member
	<b>Adult</b>	Inclusive	Inclusive	£5.25	£5.65

Group Exercise Studio available to hire. Contact the centre to book. Prices charged per hour.

## Swimming Programme

		50m Pool	Teaching Pool	Training Pool
	<b>Monday</b>	7.00am-9.30pm	12.00noon-1.30pm 3.00pm-5.00pm	
	<b>Tuesday</b>	7.00am-7.00pm		7.00pm-9.30pm Lane Swimming 7.00pm-8.30pm Family Swimming
	<b>Wednesday</b>	7.00am-9.30pm	3.00pm-5.00pm	
	<b>Thursday</b>	7.00am-9.00pm	10.00am-12.00noon	7.30pm-9.30pm Adult 
	<b>Friday</b>	7.00am-7.00pm	3.00pm-5.00pm	
	<b>Saturday*</b>	10.30am-5.00pm (excluding events – Please check website)	10.30am-2.00pm (excluding events – Please check website)	
	<b>Sunday*</b>	9.00am-3.00pm (excluding events – Please check website)	10.00am-12.00noon (excluding events – Please check website)	3.00pm-5.00pm Family Swim Plus 1 Lane

\* 50m pool and teaching pool will be closed during events, please call or check website for details.

 Women only

## Swimming Prices

		Pay & Play Member	Non Member	Wellness & Club Wellness Member	Club Wellness Pay & Play Member	Tots, Kidz & Active Member	Junior Pay & Play	Junior Non Member
	<b>Swimming Peak</b>	£2.95	£3.95	Inclusive	£1.50	Inclusive	£1.00	£2.00
	<b>Swimming Off Peak</b>	£1.65	£2.25	Inclusive	£1.00	Inclusive	£1.00	£1.65
	<b>Swimming 1+3 Peak</b>	£6.05	£6.05	N/A	N/A	N/A	N/A	N/A
	<b>Swimming 1+3 Off Peak</b>	£6.05	£6.05	N/A	N/A	N/A	N/A	N/A
	<b>Swimming 2+2 Peak</b>	£6.05	£6.05	N/A	N/A	N/A	N/A	N/A
	<b>Swimming 2+2 Off Peak</b>	£6.05	£6.05	N/A	N/A	N/A	N/A	N/A



## Crystal Palace National Sports Centre

Ledington Road, London SE19 2BB

General Enquiries, Bookings & Wellness Memberships: 020 8778 0131

Fax: 020 8659 6934

Train: Crystal Palace (from London Victoria and London Bridge)

Buses: (Running through Crystal Palace or to and from the Crystal Palace Parade bus terminal which is a 5 minute walk to the centre) 249, 3, 322, 417, 358, 432, 157, 450, 227, 122, 202, 363.

Free parking available