

Leiston Leisure Centre

01728 830364



Opening Times

Monday – Friday 7.00am – 10.00pm
Saturday 8.30am – 8.00pm
Sunday 8.30am – 9.00pm

Authorised kinetika Fitness Suite

Authorise Users Induction Course
(Must be undertaken by all customers wishing to use the facility). (Pre-booking required)

Coastal Card Holder £9.90

Non Coastal Card Holder £12.35

Authorised Gym User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult	£5.95	£7.45
Junior Kinetika	£5.00	£6.25
Senior Citizens	£5.00	£6.25
Adult C.V Special	£5.00	£6.25

(available only when schools have priority use. Please see separate timetable for information)

Authorised Fitness Programmes

A personalised fitness programme, tailor-made to your requirements is undertaken on a one-to-one basis with our qualified instructor(s). (Pre-booking required).

Coastal Card Holder £9.45

Non Coastal Card Holder £11.80

*Juniors – Limited Supervised sessions only.

PLEASE NOTE THE KINETIKA MEMBERSHIP INCLUDES THE INDUCTION, FITNESS PROGRAMME, REGULAR REVIEWS AND UNLIMITED GYM USAGE

Junior kinetika Training

Supervised, structured sessions for 11-15 year olds to provide an introduction to fitness and exercise in a safe environment

Tuesdays, Wednesdays & Thursdays 4.00pm – 5.00pm
(Must be pre-booked, Limited spaces)



Group Workout Classes

We aim to provide a workout program suitable for all our customers, regardless of age or ability. To help you pursue a healthy and active life style we offer a wide variety of classes, which will appeal to both men and women.

Monday

Legs Bums & Tums	6.00pm-7.00pm
Yoga	7.15pm-8.15pm

Tuesday

Body Combat	5.45pm-6.45pm
Circuits	7.00pm-8.00pm
Ladies Water Workout	7.00pm-8.00pm

Wednesday

Fitness Swimming	6.30pm-7.30pm
Body Pump	7.00pm-8.00pm
Body Combat	8.15pm-9.15pm

Thursday

Legs Bums and Tums	12.30pm-1.30pm
Water Workout	2.00pm-3.00pm
Body Combat	5.30pm-6.30pm
Body Pump	6.45pm-7.45pm

Friday

HiLo Aerobics	5.30pm-6.30pm
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Saturday

Body Pump	8.45pm-9.45pm
Junior Karate	10.00am-11.30am

Sunday

Body Combat	5.15pm-6.15pm
Body Pump	6.30pm-7.30pm

Prices

	Coastal Card Holder	Non Coastal Card Holder
Adults		
1 hour aerobics	£5.15	£6.45
Body Combat	£6.70	£8.40
Junior / Senior		
1 hour Aerobics	£3.70	£4.65
Body Combat/Pump	£4.10	£5.15
Karate	£3.25	£4.05

PLEASE NOTE ALL WORKOUT CLASSES ARE FREE TO ALL KINETIKA MEMBERS.



Health Suite

Why not unwind after your day or workout with a session in our relaxing health suite. The health suite now includes deluxe 'Nordic' sauna, steam room and sunbed. Our sunbed enables you to retain that all-year-round tan or achieve that little bit of colour for a special occasion. For your safety, goggles must be worn for each session and can be purchased at reception

Opening Times

Monday – Friday	7.00am – 10.00pm
Saturday & Sunday	8.30am – 8.00pm

Sauna & Steam Room

	Coastal Card Holder	Non Coastal Card Holder
Sauna & Steam Room		
Per person per hour	£5.95	£7.45
Sauna, Steam & Swim		
Per person	£7.15	£8.95
Sauna, Steam 5 sessions		
Per person	£23.75	£29.75
Sunbed per person		
Per session	£6.10	£7.65
Sunbeds 5 sessions		
Per person	£24.00	£30.00

PLEASE NOTE THE SAUNA & STEAM ROOM USAGE IS FREE TO ALL KINETIKA MEMBERS

Swimming

Swimming Pool Timetable

We have a comprehensive swimming timetable that is available from reception.

Swimming Academy

We can offer a comprehensive range of structured swimming lesson courses for abilities from 3 year olds to 60+.



Tadpole Lessons

Regular courses of 1/2 hour water confidence & introduction to swimming lessons.

For 3 – 5 year olds.

Courses on Mondays between 11.00am & 12.30pm, Tuesdays 4.30pm-5.30pm, Fridays 1.00pm & 3.00pm and Saturdays between 8.30am & 11.00am.

Child Lessons

Regular structured courses of 1/2 hour lessons for 5 – 15 year olds.

Courses on Mondays between 4.00pm – 6.00pm, Tuesdays 4.30pm – 5.30pm, Fridays 4.00pm – 6.00pm and Saturdays between 8.30am & 11.00am.

Adult Lessons

Regular structured courses of 1/2 hour lessons for adults aged 16 years and above. Courses on Thursdays between 7.00pm – 8.30pm.

Holiday Activities

For a copy of our holiday activity brochure, just give us a call.

Lifesaving Classes

Leiston Leisure Centre is able to offer a comprehensive range of lifesaving courses, which include RLSS Rescue Test for Teachers & RLSS National Pool Lifeguard Qualification (7th Edition) which all take place on Monday evening from 7.30pm.

One-to-One Lessons

We are pleased to be able to offer 'Private' Swimming Lessons for all abilities as part of our programme. On your own or with a friend, private lessons can help even the non-swimmer to swim.

Contact the Swimming Co-ordinator for more details on 01728 830364.

Fitness Swimming

An Instructor led session for the serious swimmer or Triathlete looking to improve stroke technique and fitness.

Wednesday 6.30pm-7.30pm



Children's Activities

Little Oinks Crèche

For those over 6 months and under 5 years
Full supervision by 2 qualified members of staff,
parents/guardians must stay on site.

Per pre-booked session (maximum stay 2 hours)

Coastal card Holder	£3.15
Non Coastal card Holder	£3.95

Monday	9.30am-11.30am
Tuesday	9.45am-1.45pm
Wednesday	9.30am-11.30am
Thursday	9.45am-1.45pm
Friday	9.30am-11.30am

Piglet's Play Farm

For those over 1 year and under 8 years (maximum height 4ft)
Up to 3 children can be accompanied by one adult at all times.

Per session (maximum stay 2 hours)

Coastal Card Holder	£3.15
Non Coastal Card Holder	£3.95

Monday	1.30pm-5.00pm
Tuesday	2.30pm-5.00pm
Wednesday	2.00pm-5.00pm
Thursday	2.30pm-5.00pm
Friday	1.30pm-5.00pm
Saturday & Sunday	9.00am-1.00pm

Holiday Activities

For a copy of our holiday activity brochure,
just give us a call.



Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options. Parties are for all age groups and vary from a pool party to traditional party games.

Party 1

30 minutes in the Main Hall for your chosen activity, 45 minutes of Swimming followed by 45 minutes in Activity Room for food.

Party 2

1 hour in the Main Hall for your chosen activity followed by 1 hour in the Activity Room for food and games.

Party 3

1 hour Swimming followed by 1 hour in the Activity Room for food and games.

Party 4 - Under 5's only

2 hours in the Activity Room with Bouncy Castle and soft play toys and plenty of time for food.

Main Hall Activities

	Coastal Card Holder	Non Coastal Card Holder
Roller Skating		
Sundays 10.00am-12noon		
Adult per session	£3.40	£4.25
Child per session	£2.55	£3.20
Badminton		
Adult per court	£7.40	£9.25
Child per court	£6.10	£7.65
Reduced Weekend rate	£4.00	£5.00
5-a-side Soccer, Volleyball, Basketball	£33.30	£41.65
Equipment Hire	FOC	£0.70



Main Hall Programme

Monday

7.00am-9.00am Available for public use/hire
6.00pm-10.00pm Available for public use/hire

Tuesday

7.00am-9.00am Available for public use/hire
6.00pm-10.00pm Available for public use/hire

Wednesday

7.00am-9.00am Available for public use/hire
6.00pm-10.00pm Available for public use/hire

Thursday

7.00am-9.00am Available for public use/hire
6.00pm-10.00pm Available for public use/hire

Friday

7.00am-9.00am Available for public use/hire
6.00pm-10.00pm Available for public use/hire

Saturday

9.00am-12.00pm Cut Price Sports
12.00pm-7.00pm Public Use
5.00pm-11.00pm Available for Hire/events

Sunday

9.00am-10.00pm Cut Price Sports
10.00am-12.00pm Trampoline
12.00pm-5.00pm Public Use
5.00pm-9.00pm League/Public Use

WEEKEND COURT HIRE SQUASH & BADMINTON

Saturdays 8.30am – 8.00pm
Sundays 8.30am – 9.00pm
Coastal card Holder £4.00 per court
Non Coastal Card holder £5.00 per court

All Weather Pitch

Our all weather pitch can offer football, tennis, and hockey. Floodlighting is available. (Pre booking is required)

Available for hire:

6.00pm-10.00pm Available for public use/hire

Monday to Friday

Saturdays 9.00am – 7.00pm

Sundays 9.00am – 9.00pm

Coastal Card holder £7.60

Non Coastal Card holder £9.50

All Weather Floodlights

Coastal Card holder £7.60

Non Coastal Card holder £9.50



Activity Room

Table Tennis

Adult per table/hour

£5.35

£6.70

Junior per table/hour

£3.80

£4.75

Squash

We have 2 squash courts available for hire.

Monday-Friday

7.00am-9.00am

Available for public use/hire

9.00am-6.00pm

Leiston High School use

6.00pm-10.00pm

Available for public use/hire

Saturday

8.30am – 8.00pm

Sunday

8.30am – 9.00pm

Adult per court

£7.40

£9.25

Junior per court

£6.10

£7.65

Weekends

£4.00

£5.00

Our Main Hall and Activity Room are available for private hire. For further information contact the Centre on 01728 830364.

