

Sport & Leisure Programme

2012/2013



Felixstowe Leisure Centre
Brackenbury Sports Centre
Leiston Leisure Centre
Deben Pool

Welcome

to Suffolk Coastal

This brochure has information on the sports and leisure activities within Felixstowe Leisure Centre, Brackenburg Sports Centre, Leiston Leisure Centre and Deben Pool.

All four Centres are managed by DC Leisure. DC Leisure is a national company specialising in leisure centre operation. We will be reviewing our programmes and activities that we provide in line with your requirements.

Details on our membership scheme and the benefits of joining a gym can be found on pages 4 & 5. The brochure is then split into each Centre and information on their own activities are listed. We also have some additional brochures for our Swimming Programmes, Birthday Parties and Holiday Programmes.

We welcome your feedback on the activities and sessions that we are running. Please complete a Customer Feedback form at any of the Centres for any comments that you have or speak to a member of staff.



Suffolk Coastal

Where quality of life counts

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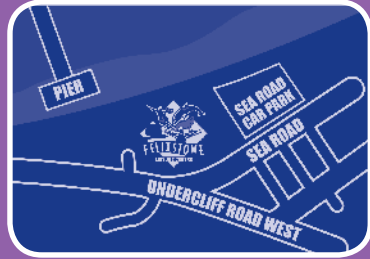
How to find us



Felixstowe Leisure Centre

IP11 2AE
01394 670411

kinetika gym
Health suite – sauna and steam room
Bowls hall
Funtasia adventure play
Swimming Pool – 25 metre pool with fun pool, Flume and baby pool
Main hall
Café
Crèche
Meeting Room & Studio



Brackenbury Sports Centre

IP11 9JF
01394 270278

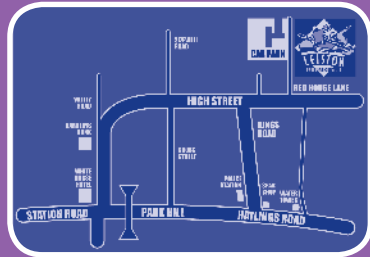
5 badminton court Sports Hall
Smaller 13m x13m activity Hall
2 squash courts
Meeting Room
Outdoor tennis and football pitch



Leiston Leisure Centre

IP16 4LS
01728 830364

kinetika gym
Health suite – sauna, steam room
25 metre swimming pool and toddler pool
Piglets play farm soft play area
2 squash courts
4 badminton court Sports Hall
Outdoor tennis and football pitch
Activity Room



Deben Pool

IP12 4AU
01394 384763

kinetika gym
Main pool 25 metres
Sauna



The Management reserves the right to amend this programme and details without prior notification. Sessions and activities change during school holidays – Pick up our separate Holiday leaflets for details and timetables.

Membership Options



Our memberships aim to help you to enjoy life, feel great and support you to achieve a healthier lifestyle.

We offer a friendly fitness environment for real people and a range of membership types to suit your lifestyle and interests. The benefits of our membership are shown below.

Single 16yrs +

- kinetika Journey
- Introduction to the Gym
- Gym
- Swimming
- Workout Classes
- Health Suite

Family

- kinetika Journey
- Gym
- Swimming
- Workout Classes
- Children enjoy swimming and selected activity sessions
- Health Suite

Students 16yrs +

Any student that can provide a valid NUS card can benefit from all single membership activities at greatly reduced rates.

Over 60s

A discounted membership rate offering the same benefits as a Single membership.

Corporate

Memberships are available for local companies to offer their staff at reduced rates. For further details contact the Sales Team on 01394 670411.

Swimming Only

Enjoy all public swimming sessions and unlimited use of our Sauna, Steam Room and Whirlpool as part of your membership. Swimming offers an all round workout for all ages and abilities. For further details contact us.

Off Peak

Memberships are available during off peak times at reduced rates



National Access

We are now able to offer the option to use any of our gyms nationwide. You will register with a home site but be able to use any of our gyms subject to a short induction.

For a list of our current gyms visit www.kinetikagyms.co.uk

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

**Let us help you to find the right membership for you.
Call a Customer Advisor at your nearest centre today.**

Our friendly gym offers an ideal environment to tone, tighten, lose weight, build strength or increase stamina at a very reasonable price. Our professional staff are on hand to organise your personal fitness assessment and develop a training programme tailored to help you reach your personal targets.

Pay per Visit Gym Use

Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. An initial fee is payable when you register which in your first year will include a basic gym programme and an induction to the gym. Then you just pay a small fee each time you visit the gym. Contact reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis. Refer to page 9 for more information.



Personal Training



Achieve your personal best with our Personal Training service, available to both kinetika members and casual users. Whether you want to train for the marathon or just run for the bus and not be out of breath, this could be the service for you.

Contact a member of the Gym Team for details.



Swimming At Our Pools

Sessions Guidelines

- Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).
- A maximum of 2 children under 8 is permitted per parent/adult.
- This is the recommendation of the Health and Safety Executive.
- Last tickets issued 30 minutes before sessions close and all pools will be cleared at the end of each session
- Clothing – T-shirts and non-swimwear shorts are not recommended as clothing for the pool for safety and hygiene reasons
- Showering – please ensure you always shower before you swim
- Management reserves the right to change any activity or time without prior notice
- When necessary the changing/locker rooms will be hosed down and admission will be stopped while this is taking place
- Photography and filming can only be allowed with the permission of the Duty Manager
- No large inflatables/surf boards permitted.

Swimming Lessons

Can you or your child swim?? If the answer is 'NO' look no further than our swimming lesson academy which caters for every ability. Contact reception for further details.

Swimming academy



Swimming academy is the Centres swimming lessons branding which enables lessons to take place at Leiston Leisure Centre, Deben Pool and Felixstowe Leisure Centre for 50 weeks a year. As there are continuous lessons this enables pupils to learn continuously and more effectively without stopping and starting and relearning skills after a break during previous school holidays. Pupils will continue to learn swimming skills as part of the Amateur Swimming Associations National Swimming Plan stages 1-7 and progress from level to level in a series of courses through the year. Swimming academy also offers pupils swim membership at the centres if lessons are paid for as part of a direct debit payment scheme which gives free public swimming and spreads the payment throughout the year. Lesson application forms are available at centre receptions as are more details on payment options for direct debit or per course charges.

Contact centre reception for more information on any of our great schemes and for more details on payment options and detailed charges.

Coastal Card



What is it – Coastal Card is Suffolk Coastal District Council's new card aimed at regular users. It enables card holders to access a wide range of activities and sessions at any of Suffolk Coastal's Indoor Leisure facilities.

The card will enable you to benefit from the low prices to use the facilities. In addition there will also be a number of other benefits such as free entry to all the leisure centres, preferential advance bookings and free equipment hire.

Cardholders will also be entitled to further reductions on certain activities through pre-payment. Each centre has varying prices for its activities and sessions so please see the two charges for each activity on the relevant centres pages. Anyone who wishes to buy a card can do so and it is valid for one year.

All cards must be presented at reception to be eligible for reduced rates.

Cost of buying a Coastal Card for 2012

	Resident in Suffolk Coastal	Non Resident
Adult	£13.50	£27.15
Senior	£6.85	£13.50
Junior	£6.85	£13.50
Concession	£6.85	£13.50
Disabled	£6.85	£13.50

To get your Coastal Card please fill out an application form available at your local Leisure Centre. Please refer to the two rates of charges per session or activity.

Felixstowe Leisure Centre



01394 670411

Centre Opening Times

Monday – Friday 7.00am – 10.00pm
Wednesday 6.30am – 10.00pm
Saturday – Sunday 8.00am – 8.00pm

kinetika Gym kinetika fitness

Combined with its varied personal programmes and expertise, our kinetika fitness facilities are recognised for its high standards and superb value for money. The gym offers a fantastic panoramic sea view to add to your workout.

Youth Fitness Training

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

Monday, Tuesday & Thursday 4.00pm – 5.00 pm
Saturday – Sunday 10.00am – 11.00am
11.00am – 12.00pm

(Must be pre-booked)

kinetika Gym Opening Hours

Air-conditioned Fitness Suite with panoramic views

Opening Hours:

Monday – Friday 7.00am – 10.00pm
Wednesday 6.30am – 10.00pm
Saturday – Sunday 8.00am – 8.00pm



Sunbeds & Health Suite

Why not take advantage of our sunbed, our solarium will enable you to retain the all – year tan or achieve that little bit of colour for a special occasion. As a member of the Sunbed Association, our bed is operated with strict guidelines.

Why not unwind after your day or workout with a session in our relaxing health suite. Enjoy a visit and choose to use the split-level sauna or the 8 seat steam room. Adult Only.



**For details of all activities
contact reception.**

Group Workout Classes

Felixstowe Leisure Centre

We have an extensive studio programme available throughout the week – Contact reception on 01394 670411 for details or pick up one of our studio class programmes.



Attendees of all classes including water based classes must receive and hand in their ticket (which they receive from reception) to the class instructor before the start of the class. Access to the class may not be authorised if a valid ticket is not provided. Also any attendee arriving 5 or more minutes late for a class may not be allowed entry.

All classes listed on the Class Timetable are included in the Full Kineitika Membership and therefore are free to those members, Day Time Memberships are allowed access for free to classes up to 5pm. The Class Timetable will be amended throughout the year at the management's discretion. Also due to our commitment with Blood Donors occasionally classes are either moved to another location within the centre or are cancelled. Information for Customers will be displayed within the centre.

Studio 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.

Class Descriptions

Body Pump

Body Pump is the worlds first class to combine high – repetition weight training with aerobic conditioning. It will tone and condition your body, can help you loose weight and ultimately change your body shape, all in record time.



Body Balance

Body Balance is the yoga, tai chi and pilates workout that leaves you feeling long, strong, centred and calm. Its your personal time out from the stress of daily life.

Tea Dance

Monday & Thursday 2.15pm-4pm

Ballroom and Sequence dancing, tea and biscuits. Meet up with some friends.

Body Combat

Body Combat combines powerhouse moves and stances developed from a range of self defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon-do into a "take on prisoners" adrenaline pumping routine. It is an empowering, athletic workout that will have you fighting fit in no time.

50+ Workout

50+ is a gentle aerobic workout, including floor exercises. It helps increase your cardiovascular system and tone your body all over at the same time. It has simple moves so even the least coordinated person can take part. We have a friendly atmosphere throughout our classes and the instructor is there to guide you through your workout.

Core Price List

Non Card Holders

Felixstowe Leisure Centre

Get a Coastal Card and enjoy cheaper sessions 

	Coastal Card Holders	Non Coastal Card Holders		Coastal Card Holders	Non Coastal Card Holders
SWIMMING			ACTIVITY SESSIONS		
Adult	£3.45	£4.30	Body Pump	£6.85	£8.55
Child (3-16)	£2.20	£2.75	Body Combat	£6.85	£8.55
60+	£2.20	£2.75	Body Balance	£6.85	£8.55
Family	£9.35	£11.70	50+ Workout	£3.65	£5.00
Afternoon Swim	£3.10	£3.90	Tea Dance	£2.85	£3.55
Swimming With Disabilities	-		Dance Workout	£5.20	£6.50
Adult	£1.50	£1.90	Steam room and Sauna (per hr)	£5.90	£7.40
Swimming With Disabilities	-		Steam room,		
Child	£1.50	£1.90	Sauna and Swim	£7.55	£9.45
Parent and Toddler Session	£4.00	£5.00	Sunbed (15 mins)	£5.85	£7.30
Pool Fun Child	£3.10	£3.90			
Pool Fun Adult	£4.20	£5.25	OTHER CHARGES		
Pool Fun Family	£10.35	£12.95	Showers	£1.55	£1.95
Water Workout	£5.20	£6.50	Spectator Charge	F.O.C	£0.90
Water Workout and Swim	£6.90	£8.65			
Gentle water Workout	£4.05	£5.10	DRYSIDE ACTIVITY		
Adult Swimming Lessons	£5.95	£7.45	Bowls	£3.65	£4.55
Child swimming Lessons	£5.30	£6.65	Bowls Wood Hire	£2.50	£3.15
Private Swimming Lessons	£14.35		Funtasia Private Hire	£35.45	£44.30
			Funtasia 2 Hours	£4.00	£5.00
			Funtasia Under 1 Year	£1.55	£1.95
			Funtasia Over 1 Year	£3.20	£4.00
			Crèche	£3.05	£3.80
KINETIKA					
Authorised Gym User (Peak)	£7.10	£8.90			
Authorised Gym User (Off Peak)	£5.00	£6.65			
60+	£4.35	£5.45			
Induction	£9.45	£11.80			
Youth Fitness	£2.85	£3.55			
Youth Induction	£3.30	£5.35			



NPLQ Lifeguard Courses

Here at Felixstowe Leisure Centre we offer you a fantastic environment to learn how to become a fully qualified Lifeguard. Whether you would like a holiday job, or would like to begin a career within the leisure industry this could be the ideal course for you!

We offer a very friendly and comfortable environment for you to learn in and our Trainers are extremely friendly and approachable, plus we offer a very competitive price! The courses are available throughout the year during holidays, so please give us a call to find out more.

We are now able to offer Basic Life Support/AED (Automated External Defib) training courses

Please contact Steve Burgess (Training Course Coordinator) at the centre on 01394 670411 or email him at steveburgess@dcleisure.co.uk

Courses also available at Leiston Leisure Centre & Deben Pool, for more information please contact sites direct



Sea Splash Pool Inflatable

Did you know we have a fantastic Pool Inflatable for hire every Saturday from 6.30pm!? Whether you would like a party or team building session, this is a great activity for your child's birthday party or for a treat!

The Sea Splash inflatable is a great obstacle course of thrills and spills and will challenge the very best to stay on for the whole course, call us to find out more! Please contact Alice Palmer for more information by email Alicepalmer@dcleisure.co.uk or by phone on 01394 670411.



Swimming Academy

We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons all throughout the week and year. You can even relax and unwind with a refreshment from our Café whilst your child is learning to swim! It is without doubt the best swim school in the area.

Rookie Lifeguard is for Children who are competent swimmers and is a great follow on once your child has progressed through our swimming lessons, it gives them the opportunity to learn basic lifesaving skills and gives them an understanding of lifeguarding too! The Rookie Lifeguard course consists of survival, rescue and sports skills as well as life support and water safety.

Please contact Adele Bullock for more information by email Adelebullock@dcleisure.co.uk or by phone on 01394 670411



Swimming Activities

People with Disabilities Swimming Club

Saturday 4.45pm – 6.15pm

This session is aimed at any age for people with special requirements and ideal for people in rehabilitation, disabled or under medical supervision. A lap lane, mats, balls and toys, as well as specialised equipment is available in this session. Please complete a form from reception prior to your visit.

50+ Activities

Swimming

Tuesday	11.00am – 12.00pm
Thursday	8.30am – 10.00am
Sunday	9.00am – 10.00am

Gentle Water Workout Class

Sessions are available throughout the week, please consult the Class Timetable for times and days.



Drop in sessions

Parent & Toddler sessions (under 5s)

Tuesday	9.00am – 11.00am
Thursday	10.00am – 12.00pm

ASA Qualified teacher is available to offer guidance and answer questions, nursery rhymes are used for water confidence.

Super Splash

A totally awesome fun based activity for all the family including the flume, pool inflatable and music.

Contact Reception for details

Ladies Water Workout

Try a water workout exercising in water is exceptionally therapeutic, buoyancy makes it effortless and fun, whilst resistance makes it effective. Please see the Class Timetable for times and days.

Felixstowe Waves Swimming Club

Felixstowe Leisure Centre is the home of Felixstowe Waves Swimming Club. Members range from those who want to learn to swim (aged five upwards) to established swimmers who regularly attend a variety of competitive galas. In addition there is a thriving Masters section for adults.

The club swimming times are:

Wednesday	6.30am – 7.30am
	5.30pm – 7.30pm
Friday	7.00pm – 10.00pm
Sunday	7.45am – 8.45am
	6.30pm – 9.30pm

Felixstowe Waves is small, very friendly club whose success is based on the teamwork of the experienced coaches and teachers working alongside parents. The aim is to promote each individual swimmer's ability through a highly structured teaching/ training programme. The club is always eager to welcome new swimmers of all ages, or willing volunteers, teachers and coaches; for more details please contact the member secretary on 01394 278894.

Please note these published times change during school holidays, please contact reception for further details.

Children's Activities

Funtasia Treasure Island

Children's indoor adventure play area includes an undersea world inflatable; galleon Treasure Island trail, ball pools and an abundance of soft play toys.

	Coastal Card Holder	Non Coastal Card Holder
Children under 1 yr – 1hr	£1.55	£1.95
Children over 1 year – 1hr	£3.20	£4.00
Children over 1 year – 2 hrs	£4.00	£5.00

Private hire of Funtasia

Available for Private Hire from 6.00pm – 10.00pm. Up to a maximum of 50 children. Cost £35.45 Coastal Card Holder, £44.30 Non Coastal Card Holder per hour. Maximum height of 130 centimetres.

Opening Times

Mon – Fri 9.30am – 6.00pm

Sat – Sun 9.30am – 6.00pm

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. Pick up a copy of our party leaflet for further details. Min 10 children per party.

Crèche

Our Crèche offers childcare facilities for newborns to 4 years term time and newborn to 9 years during school holidays and is open to parents using the facilities.

Leave your child with the peace of mind that they are being looked after by qualified child carers, while you enjoy your favourite activity.

Pre booking is recommended 7 days in advance.

Opening Times

Monday	9.15am-12noon
Tuesday	9.15am-11.30am
Wednesday	9.30am-12.15pm 12.15pm-1.45pm
Thursday	9.15am-10.30am 10.30am-12.00pm
Friday	9.15am-10.30am 10.30am-12noon

Coastal Card Holder £3.05

Non Coastal Card Holder £3.80

Times may change throughout the year at the management's discretion, notices informing customers of any changes will be displayed around the centre.

Indoor Bowls

We are open to the public with a maximum of 8 players per rink.

Pricing

Coastal Card Holder: £3.65

Non Coastal Card Holder: £4.35

Wood Hire: £2.50 per rink per hour for

Coastal Card Holders

Rinks are available to the public during the following times:

Monday

7.30am – 10.30am

12.30pm – 2.30pm

4.30pm – 6.30pm

9.00pm – 10.30pm

Tuesday

7.30am – 10.30pm

Wednesday

7.30am – 6.30pm

Thursday

7.30am – 9.30pm

Friday

7.30am – 10.30am

12.30pm – 6.30pm

9.30pm – 10.30pm

Saturday

8.00am – 2.00pm

6.00pm – 10.00pm

Sunday

8.00am – 10.00pm

Rink times are subject to change

Felixstowe Indoor Bowls Club

If you are interested in joining Felixstowe Indoor Bowls Club please contact Derek Page on 01473 716450 for further information.



Café

The perfect venue for your lunchtime snacks, social drink or afternoon tea.

Opening Hours

Opening times are available from reception or alternatively please contact the Café.



Main Hall Hire

Why not hire our facilities we can cater for a wide variety of hiring requirements.

- Wedding receptions
- Conferences or business seminars
- Corporate events
- Disco and band nights
- Fairs or presentations
- Ideal for Meeting/Training Sessions



Fitness & Meeting Rooms at Felixstowe Leisure Centre



A modern and inviting new facility with direct views over the coast, Fully equipped with Projector and Screen for presentations, Catering is available from Coffee's and snacks to Buffets and cooked meals. The fitness studio will host a variety of aerobic classes in particular yoga, pilates and Body Balance. The state of art sound system will ensure all classes are delivered to a high standard.

For Further Details please contact Reception.

Brackenbury Sports Centre



01394 270278

enquiries@brackenburysportscentre.co.uk

Opening Times

Monday – Friday 10.00am – 10.30pm

Weekends 10.00am – 6.00pm



General Activities

You don't have to be a member of a club to use the facilities at Brackenbury Sports Centre.

If you'd rather just play a casual game with some friends, there's plenty of opportunity to do just that.

Choose from badminton, squash, tennis, football, carpet bowls, table tennis or any other sport we can accommodate.

Sports Hall (per hour)

Adult Badminton Peak

£8.80 Coastal Card Holders

£11.00 Non Coastal Card Holders

Adult Badminton Off Peak

£4.00 Coastal Card Holders

£5.00 Non Coastal Card Holders

Junior Badminton Peak

£7.55 Coastal Card Holders

£9.40 Non Coastal Card Holders

Junior Badminton Off Peak

£4.00 Coastal Card Holders

£5.00 Non Coastal Card Holders

Squash – Per Court

60mins – during day time hours and weekends

40mins – during peak hours

Adult Squash Peak

£7.55 Coastal Card Holders

£9.40 Non Coastal Card Holders

Adult Squash Off Peak

£4.00 Coastal Card Holders

£5.00 Non Coastal Card Holders

Junior Squash Peak

£6.00 Coastal Card Holders

£7.50 Non Coastal Card Holders

Junior Squash Off Peak

£4.00 Coastal Card Holders

£5.00 Non Coastal Card Holders

Peak Times

Monday to Friday – 5.00pm to 9.00pm

Off Peak Times

Monday to Friday – 10.00am to 5.00pm & 9.00pm to 10.30pm & Weekends

Junior Activities

Holiday Activities

We offer a variety of children's activities during the holidays at Brackenbury Sports Centre. Come along and take advantage of our dryside activities such as Squash, Badminton, Tennis, Table Tennis, Trampolining and Gymnastics. Along side these we also offer day courses in Basketball, Football, Archery and Dancing. For more information, pick up a holiday activities flyer from reception.

NB – Normal programme will run in conjunction with the above.

Birthday Parties

Let us take the stress out of your child's birthday and choose from one of our options.

Cheek Monkeys and Bouncy Castle

Bouncy castle with soft play equipment and toys.

Age suitability: 2 – 6

Number of children: maximum 20

Mix & Match

Trampolining and party games

Recommended for larger parties.

Age suitability: 6+

Number of children: maximum 20

Sports Crazy

A selection for sports based activities to be played in our sports hall. These include Football, Basketball, Cricket and many more to choose from.

Age suitability: 5+

Number of children: maximum 14

Bouncing Bash

Trampoline party, with coaching and games

Age suitability: 5+

Number of children: maximum 10

Fit and Fun

Team related running activities, as well as parachute games. Includes a leisure assistant to coordinate games.

Age suitability: 8+

Number of children: maximum 20

Parties for all age groups include an hour playing your favourite sports and games and then adjourn to our private party room for food. We'll provide all the necessary equipment and even a party organiser for an additional fee – you provide the children and the food!

Pick up a copy of our party leaflet for further details.



Trampoline Courses

Here at Brackenbury we offer the very best Trampoline coaching for children and adults from the ages of 2 years and upwards. Classes are structured on a course basis, which will enable you or your child the opportunity to develop through the British Gymnastics syllabus and earn badges and certificates on your way!

The centre is a British Gymnastic Proficiency Centre which means that you can be sure that your child is getting the very best tuition in a safe and professional environment.

Our courses run all throughout the week and we can cater for any age and ability so please give us a call at the centre to find out more on 01394 270278, or you can email us – enquiries@brackenburysportscentre.co.uk



Gymnastic Courses

The centre is a registered British Gymnastics Proficiency Centre which means that you can be sure that the coaches are very well qualified, and that the centre offers the very best environment for you or your child to learn in.

We offer Gymnastic courses all throughout the week, as well as an Advanced Club, which if you are talented and committed enough, you may be able to progress into. The courses run throughout the week, and there are sessions at the weekend too. The courses cater for children from 3 1/2 years and upwards.

Prices (for 10 weeks)	Coastal Card Holder	Non Coastal Card Holder
Trampolining	£41.00	£51.00
Gymnastics (90 mins)	£64.00	£80.00
Gymnastics (60 mins)	£43.00	£54.00
Proficiency Fee	£2.10 per course	



Drop in Sessions

Brackenbury also offers a range of drop in sessions for children of all ages and abilities.

The Cheeky Monkeys Fun Hour

An opportunity for 1-5yr olds to come along and join in the fun and games, whilst developing their social skills.

Tuesday 2.00pm – 3.00pm &
Thursday 10.00am – 11.30am.

Tuesday £2.75 and Thursday £3.10 per session, parents must stay in attendance.

Trampolining for all

Come along and enjoy a 'bounce' under fully qualified instruction. A great way to keep fit and have fun at the same time. Don't worry if you've never tried it before, it's never too late to have a go.

Limited spaces and pre-booking conditions apply.

	Coastal Card Holder	Non Coastal Card Holder
Children	£4.10	£5.10
Adult	£4.80	£6.00

Saturday mornings 9.30am and 10.30am

Basketball

An excellent opportunity for all keen basketball players to come along and receive expert coaching in a relaxed environment.

Boys and girls welcome – school years 7, 8, 9 & 10. Fully qualified coaches in attendance. Tuesday 4.30pm – 6.00pm

Prices

Price = Coastal Card Holder £3.10
Non Coastal Card Holder £3.80

Tots Tennis

Tots Tennis is a brand new Parent & Toddler session specifically designed for children from 2-6 years of age. It's a fun and easy way for kids to learn the fundamentals of Tennis at an early age (fully qualified coach in attendance).

Tuesday 9.30am – 10.15am
Price = £3.50 per session
Pre booking is required.

*All sessions are subject to change

Adult Activities

Prime Time

A 50+ activity session catering for people in the 'prime of their lives'. Come along and enjoy a friendly game in a relaxed environment.

Choose from badminton, table tennis, carpet bowls, mini-tennis and lots more.

Wednesday 10.00am -12.00pm

Friday 10.00am – 12.00pm.

(includes refreshments)

Coastal Card Holder £3.30,

Non Coastal Card Holder £4.10

Adult Trampolining

Casual activity sessions for adults under fully qualified instruction. Come along and enjoy the fun and relaxing atmosphere in which to improve fitness and flexibility.

Thursday 8.30pm-9.30pm, Saturdays 9.30am and 10.30am (open to all ages).

Limited spaces available.

(Pre-booking conditions apply)

Coastal Card Holder £4.80,

Non Coastal Card Holder £6.00

All Weather Pitch

Our all weather pitch is available for a variety of sports including tennis, netball, basketball and 5-a-side football.

	Coastal Card Holder	Non Coastal Card Holder
Tennis (peak)	£7.45	£9.30
Tennis (off peak)	£4.00	£5.00
Netball (full court)	N/A	£14.10
Netball (half court)	N/A	£7.00
5-a-side (full court)	N/A	£25.00
5-a-side (half court)	N/A	£15.00

Squash

60mins - during day time hours and weekends

40mins - during peak hours

Adult Squash Peak

£7.55 Coastal Card Holder

£9.40 Non Coastal Card Holder

Adult Squash Off Peak

£4.00 Coastal Card Holder

£5.00 Non Coastal Card Holder

Squash Leagues

Squash Leagues run every month at Brackenbury Sports Centre and cater for all levels and abilities.

The squash leagues are free to join and can be a great way to meet new players. To join the leagues please contact reception.

Fitness Classes

We have a good array of classes suitable for beginners up to the advanced exerciser. Please contact reception to find out more, and to pick up a timetable.



Training and Meeting Room Hire

Do you need a venue for your training session or meeting? Brackenbury has the answer.

An ideal venue that can accommodate a maximum of 15 people in conference style. Kitchen facilities are available to make your own tea and coffee. Buffet lunches can be organised if required.

To organise a tour of the facilities please contact the General Manager.



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

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
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Equipment Hire

FOC	£0.70
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Coastal Card Holder	Non Coastal Card Holder
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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.



Deben Pool



01394 384763

kinetika Fitness Programme Sessions are only available to customers over the age of 16 years who have completed a pre-booked induction.

Adults only

Monday	7.00am - 10.00pm
Tuesday	7.00am - 10.00pm
Wednesday	7.00am - 10.00pm
Thursday	7.00am - 10.00pm
Friday	7.00am - 10.00pm
Saturday	8.00am - 8.00pm
Sunday	8.00am - 8.00pm

Junior Fitness Training*

Times and days vary, please contact reception for times and to book places.

*Supervised, structured sessions for 11 to 15 year olds who have completed a pre-booked induction to provide an introduction to fitness and exercise in a safe environment. Must be pre-booked. Book early as limited spaces available.

Authorised Induction Course

£9.90 Coastal Card Holder

£12.35 Non Card Holder

All gym users must attend this course.

Pre booking is required. Contact Reception.

*Juniors – limited supervised sessions only.

Authorised Fitness Programme

A personalised fitness programme tailored to your requirements is available.

Per person per pre-booked course.

£9.45 Coastal Card Holder,

£11.80 Non Card Holder.

Authorised User Refresher Course

£6.30 Coastal Card Holder,

£7.85 Non Card Holder.

All users wishing to renew their Authorised User Card must attend this course.

Pre-booking is required.

Authorised Gym User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult (16yrs+)		
Single gym session	£5.95	£7.45
* Child (11-15yrs)		
Single gym sessions	£5.00	£6.25
Senior Citizen (60yrs+)		
Single gym session	£5.00	£6.25
Gym & Swim	£7.10	£8.85
Gym & Sauna	£7.10	£8.85

* Limited Supervised sessions only.



Workout Classes

Workout Classes in the Pool

Gentle Water Workout

Males and females welcome

Monday 3.00pm – 4.00pm

(Suitable during pregnancy)

Coastal Card Holders £3.90

Non Coastal Card Holders £4.90

Ladies Splash Dance

Thursday 7.00pm – 8.00pm

(Not suitable during pregnancy)

Coastal Card Holders £5.20

Non Coastal Card Holders £6.50

Ladies Splash Dance & Swim

Coastal Card Holders £7.30

Non Coastal Card Holders £9.15



Sauna

Why not unwind with a session in our relaxing sauna. Costumes to be worn at all times, adults only.

Sauna Opening times

Monday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00 pm
Tuesday	7.00am – 8.30pm, 11.00am – 4.00pm, 5.30pm – 10.00pm
Wednesday	7.00am – 8.30am, 12.00pm – 6.00pm, 8.00pm – 10.00pm
Thursday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 10.00pm (Ladies only 7.00pm – 9.00pm)
Friday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00pm
Saturday	11.00am – 6.00pm
Sunday	8.00am – 6.00pm

(This programme changes during holiday times)

	Coastal Card Holder	Non Coastal Card Holder
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Sauna Prices

1 hour	£5.30	£6.60
1/2 hour	£2.95	£3.70
5 x 1/2 hour sauna tickets	£12.50	£15.60



Pool Timetable

Deben Pool Term Time Programme

Monday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (excluding Bank Holidays)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
8.30am – 9.30am	Schools Use
9.30am – 11.00am	Parent & Child (6 months-preschool) Shallow End Only
11.00am – 12.00pm	50+ Swimming
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Lessons (pre booked)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Lessons
8.00pm – 10.00pm	Adults Only

Wednesday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	50+ Swimming
4.00pm – 6.00pm	Public Swimming
5.00pm – 6.00pm	Staff Training (½ Pool)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	The Big Splash (Disabled Swimming Session)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies' Splash Dance
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Adults Only

Friday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Saturday

7.00am – 8.30am	21st Century/Fitness Swimming
8.30am – 11.00am	Children's Swimming Lessons (pre booked)
11.15am – 12.15pm	Super Splash
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Available for hire

Sunday

8.00am – 11.15am	Public Swimming
11.15am – 12.15pm	Super Splash
12.15pm – 5.00pm	Public Swimming
5.00pm – 6.00pm	The Big Splash (Disabled Swimming Session)
6.00pm – 10.00pm	Club Use

This programme changes during school holidays, last ticket sold ½ hr before end of each session.

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 is permitted per parent/adult. Those supervising must accompany the children in the water.

This is the recommendation of the Health and Safety Executive.

See page 6 for full public swimming guidelines.

Lap lanes will be in for the duration of all public swimming sessions.

Please be aware that set up/pack away times may result in a slight delay to session start/end times.



Deben Pool Prices

SWIMMING

	Coastal Card Holder	Non Coastal Card Holder
Adult	£3.25	£4.05
Child	£2.05	£2.55
Family Swim	£8.25	£10.30
Senior Citizen	£2.05	£2.55
Disabled/Concession	£2.05	£2.55
Student (ID must be shown)	£2.05	£2.55
Afternoon Swim (term time only)	£3.00	£3.75
Shower	£1.70	£2.10
Pre-paid x 25 Adult Swims	£64.55	N/A
Pre-paid x 25 Senior Swims	£36.35	N/A
Pre-paid x 25 Junior Swims	£36.35	N/A
Super Splash Child	£3.15	£3.95
Super Splash Adult	£5.20	£6.50
Super Splash Family	£11.20	£14.00
Under 3's Swim	F.O.C.	F.O.C.

OTHER CHARGES

Spectator Charge	F.O.C	£1.00
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Super Splash

Saturday & Sunday 11.15am – 12.15pm

Inflatable fun for all the family.

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 is permitted per parent/adult.

This is the recommendation of the Health and Safety Executive.



Deben Pool Activities & Sessions

Swimming Academy



We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons throughout the week continuously for 50 weeks of the year from ages 5 and above. Once you or your child has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, you/they can then have a choice to take part in stages 8-10 of the ASA National Plan which includes such activities as Competitive Swimming, Water Polo, Synchronised Swimming, Diving and Rookie Lifeguarding.

For more information please contact the Swimming Lesson Co-ordinator on 01394 384763 or email on enquiries@debenpool.co.uk.

Child Lessons

Courses run Mondays, Tuesday, Thursdays and Fridays between 4.00pm – 5.30pm, and on Saturday 8.30am – 11.00am.

Adult Lessons

Courses of lessons for beginners and improvers aged 16 and above for 50 weeks of the year.

Lessons run on a Tuesday 3.00pm-4.00pm and Tuesday evenings 7.00pm – 8.00pm

One-to-One Lessons

For all lessons above please complete an application form. Details on charges are available at reception.

21st Century/Fitness Swimming

Training sessions for the serious swimmer or Triathletes with training sets of 2000 and 3000 metre swims.

Monday, Wednesday & Friday 6.00am – 7.00am
Saturday 7.00am – 8.30am

Pre-booked – contact reception for details

Monday, Wednesday & Friday
Coastal Card Holder £3.75
Non Coastal Card Holder £4.70

Saturday
Coastal Card Holder £4.20
Non Coastal Card Holder £5.25

The Big Splash (Disabled Swimming Session)

Come along and enjoy the pool with equipment and help available. Thursdays & Sundays – refer to our pool timetable for times.

Parent and Child Sessions

Tuesdays 9.30am – 11.00am (term time only)
Fun and toys to develop water confidence for pre-school children and accompanying adult (18 yrs).
Coastal Card Holder £3.95
Non Coastal Card Holder £4.95
Book at reception, spaces are limited.

Tea Dances

Enjoy an afternoon dance with a cup of tea and a biscuit. Tuesday 2.00pm – 4.00pm

Coastal Card Holder £2.80
Non Coastal Card Holder £3.50

Holiday Activities

For a copy of our holiday activity brochure, just give us a call. Our programme changes during the school holidays and includes many activities; canoe courses, crash courses and extra family fun sessions – contact reception for details and programmes each holiday.

Birthday Parties

Why not hire the pool on a Saturday evening from 6.00pm and have a pool party with our giant pool inflatable – contact reception for more details.

Clubs at Deben Pool

Deben Swimming Club

Monday	7.00pm – 10.00pm
Tuesday	5.45am – 7.00am
Wednesday	6.00pm – 8.00pm
Thursday	5.45am – 7.00am
Friday	7.00pm – 10.00pm
Sunday	6.00pm – 7.00pm 8.30pm – 10.00pm

For contact details and more information on Deben Swimming Club please visit www.debenswimmingclub.co.uk

Canoe Club

Contact: 01394 448846 – Jo
Saturday 6.00pm – 7.00pm

Please call reception to confirm times and dates.

Learn canoe skills in the safe environment of the pool. Club also meets on the River Deben on Thursdays.

Deben Lifesaving Club

Contact: 07754 666 400 – Michelle
Sunday 7.00pm – 8.30pm
(Term Time only)

Rookies 9-13 yrs

Bronze medallion 13 yrs upwards. Have fun learn new skills and qualify as a lifesaver.



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ASHLEY YOUNG



FUEL SUSTAINS PERFORMANCE

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