

APPENDIX B

to satisfy rising customer expectations. Targeted investment would build on recent efficiency improvements and also enable new income streams to be accessed. For example the advent of new technologies (e.g. the possible City of Salford card, Youth Connexions card and internet booking) opens up the opportunity to enhance the quality and scope of the service. The investment strategy for the leisure centres is set out under Appendix C

11.0 Funding Opportunities

- 11.1 An NPDO could establish a subsidiary trading company. This could have greater freedom than the City Council to secure commercial investment.
- 11.2 The length and terms of the property lease between the City Council and the NPDO would determine the extent to which commercial funding could be accessed.
- 11.3 A fuller understanding of the asset value and development potential of the City's leisure centres is required. This would determine the property development opportunities and liabilities and therefore inform any decisions in respect of the future of the properties.
- 11.4 In addition, it is also important to determine the opportunities for the City Council in respect of the Ordsall Leisure Centre, which is already the subject of interest from potential private sector investors.
- 11.5 An NPDO would be well positioned to continue to access funding through the National Lottery and Europe.

12.0 Staffing Issues

- 12.1 Clearly there are sensitive staffing issues to be considered and these would be handled through a process of consultation with both staff and unions. Already there have been staff and union briefings to explain the implications of moving to an NPDO. A list of the questions asked by staff and the responses are summarised in Appendix D. It is estimated that approximately 200 staff would be affected. Concerns have focused on the effect on terms and conditions and pensions. The experience of other NPDOs suggests that these issues can be overcome through continual staff involvement in the process. Other local authorities have found that there can be benefits from staff and members discussion with peers who

ACTIVITIES AVAILABLE AT FIT CITY PENDLEBURY

CHILDRENS ACTIVITIES

Opening Times	
Tuesday	Junior Netball 5.30p.m. - 8.30p.m.
Wednesday	Junior Soccer (8 - 11 years) 4.00p.m. - 5.00p.m.
	Junior Soccer (12 - 14 years) 5.00p.m. - 6.00p.m.
	Junior Trampoline (Age Group - Junior School) 4.00p.m. - 5.00p.m.
	Junior Trampoline (Age Group - High School) 5.00p.m. - 6.00p.m.
Thursday	Hackball Hockey 5.00p.m. - 6.00p.m.
	5.00p.m. - 6.00p.m.
Saturday	Fit Kids Gymnastics 9.30a.m. - 11.30a.m.
	11.30a.m. - 12.30p.m.
	12.30p.m. - 1.30p.m.
Sunday	Young Stars (under 12's) 2.00p.m. - 3.00p.m.
	Young Stars (over 12's) 3.00p.m. - 4.00p.m.
KEEPING FIT	
Wednesday	Kick Aerobics 6.00p.m. - 7.00p.m. *
Sunday	Circuit Training 11.00a.m. - 12.00p.m.
Monday	Fitness Firm Aerobics 7.15p.m. - 8.15p.m.
Thursday	Fitness Firm Aerobics 7.15p.m. - 8.15p.m.
Sunday	Swim Fit 6.00p.m. - 7.00p.m.
LADIES MORNING AND EVENING	
Monday	9.30a.m. - 11.30a.m.
Tuesday	6.00p.m. - 8.00p.m.

SWIMMING - BASKETBALL - BADMINTON - RUGBY
CONJUNCTIONING - TABLE TENNIS - CARDIO-TONE - AEROBICS

HALL HIRE

Sports Hall available for casual hire, competitions and special events.
BOOK BOOKINGS

...
MINI 5-A-SIDE HIRE

...
...

*BOUNCY CASTLE * BALL POND*
SOFT PLAY

SPLASH PARTIES

Pool is available for hire for parties

3.30p.m. to 3.50p.m. 50 minutes in
4.00p.m. to 4.50p.m. the pool + hour
5.00p.m. to 5.50p.m. in vending area

CONTACT RECEPTION FOR FURTHER DETAILS
IF ANY SPORT OR ACTIVITY YOU REQUIRE IS NOT LISTED, PLEASE
REGISTER YOUR INTEREST AT RECEPTION SO THAT WE MAY FURTHER
DEVELOP OUR PROGRAMME OR OFFER ALTERNATIVES

ACTIVITIES AVAILABLE AT FIT CITY PENDLEBURY

PARENTS AND TODDLERS

Tuesday	9.30a.m. - 10.15a.m.
BADMINTON COURSE	
Every Monday	8.30p.m. - 9.30p.m.
JUNIOBS AND ADULTS WELCOME!	
MARTIAL ARTS	

Tang Soo Do	Saturday 10.30a.m. - 12.00 noon
Tae Kwon Do (mixed ages)	Monday 6.00p.m. - 7.00p.m.
(under 12 years)	Wednesday 7.00p.m. - 8.00p.m.
(over 12 years)	8.00p.m. - 9.00p.m.
CARDIO-TONE FITNESS SUITE	

Designed by Fitness experts to cater for everyone's exercise requirements. We will design a fitness plan for you.

You must be inducted before you can train in Cardio-Tone so why not give the Centre a call and book your induction.

8.00A.M. TO 3.30P.M.	OFF PEAK
3.30P.M. TO 10.30P.M.	PEAK

ALL DAY SATURDAY AND SUNDAY OFF PEAK
OPEN 7 DAYS PER WEEK
(We can also do lunchtime or daytime inductions)

NEW TAI CHI CLASSES - Contact Reception	
Swimming Lessons	Monday to Friday
	Saturday
	Sundays
	Evenings
	Mornings
	Afternoons

ADULT LANE SWIMS

Sunday	2.30p.m. - 3.30p.m.
Monday	6.30p.m. - 7.30p.m.
Wednesday	7.00p.m. - 8.00p.m.
Monday to Friday	12.00p.m. - 1.00p.m.
Dawn Dip Swim	7.15a.m. - 9.00a.m.
Dawn Dip Only (Monday, Wednesday, Friday)	

NEW SPLASH SESSIONS

Saturday	1.15p.m. - 2.45p.m.
Sunday	1.30p.m. - 2.30p.m. Family Splash (Mats only)

FIT CITY

PENDLEBURY



SUMMER
ACTIVITY PROGRAMME

TEL: 0161-793-1750
CONTACT RECEPTION FOR
FURTHER DETAILS

FIT CITY PENDBLEBURY, Cromwell Road, Swinton. M27 9SZ

Time	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
MON	Main Pool	Dawn Dip	Public Swimming		Public Swimming		Adults Only		Public Swimming		Swim Lessons		Adult Lane Swim		Swinton Swimming Club		
	Teaching Area																
TUES	Main Pool		Public Swimming		School Lessons		Adults Only		School Lessons		Public Swim		Disabled Swim		Gateway Disabled Swim		Adult Swim Lessons
	Teaching Area																
WED	Main Pool	Dawn Swim	Public Swimming		Public Swimming		Adults Only		Public Swimming		Public Swimming Lessons		Adult Lane Swim		Swinton Swimming Club		
	Teaching Area																
THUR	Main Pool		Public Swimming		Public Swimming		Adults Only		Public Swimming		Public Swimming		Swimming Lessons		Ladies Only		Adult Swim Lessons
	Teaching Area																
FRI	Main Pool	Dawn Swim	Public Swimming		Public Swimming		Adults Only		Public Swimming		Swimming Lessons		Swinton Swimming Club				
	Teaching Area																
SAT	Main Pool		Public Swimming		Public Swimming		Public Swimming		Splash		Pool Parties		Swinton Swimming Club				
	Teaching Area																
SUN	Main Pool		Public Swimming		Public Swimming		Public Swimming		Splash Sunday		Swimming Lessons		Aqua Fit				
	Teaching Area																

CONTACT RECEPTION FOR DETAILS OF ENROLMENT FOR ALL LESSONS AND COURSES TEL: 0161-793-1750

BOUNCY CASTLE
very Friday during term time come along to our Bouncy Castle Session.

his popular session is great fun, with lots of different things to do. Arts and Crafts, Bouncy Castle, Sports, games and lots of fun.

o join us after school on Wednesdays, 3.30p.m. to 6.00p.m. for just £1.00.

T.D. CLUB
ome along on Saturday mornings and join in the fun. s worth getting out of bed for!

on't spend all morning stuck in front of the T.V. or mputer, get active! See you there Saturday, 10.00a.m. 12.00p.m. for just £1.20.

NEW ACTIVITIES
ok out for the new activities starting from September.
cent Training with weights - Fridays
6.30p.m. - 7.30p.m.

Badminton Coaching, Junior Soccer Coaching,
Teen Circuit Training Sessions

PLUS MANY MORE
STARTING IN THE NEAR FUTURE

CHILDREN'S PARTIES
also specialise in children's parties, making sure the s have a great time but preferably without all that mess i bother at home. In fact, it couldn't be easier. Book ur party here and let our staff take the stress and strains of your child's celebrations. We would be delighted help you plan your child's special day.

MONDAY - SUNDAY 9.00a.m. - 11.00p.m.

PLEASE NOTE IN TERM TIME,
THE SPORTS HALL IS ONLY AVAILABLE
FROM 4.00P.M.

MEMBERSHIP

BOOKING PROCEDURES

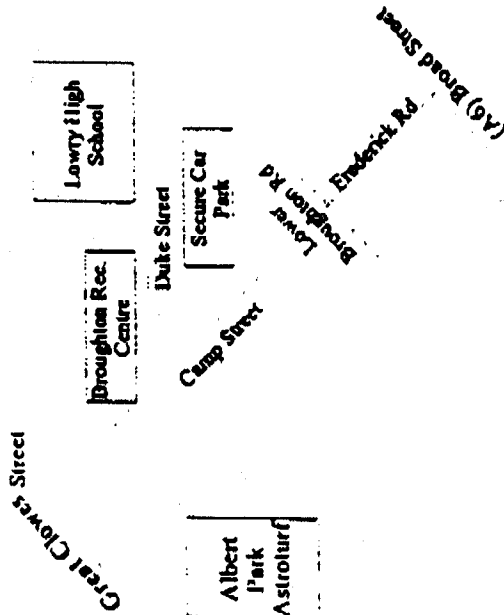
Bookings for all facilities can be made from 10.00a.m.

START SAVING NOW WITH THE NEW PASSPORT
TO LEISURE AVAILABLE FROM RECEPTION

PASSPORT HOLDERS - Can book up to SEVEN days
in advance.

The more you use your Passport to Leisure, the more you
will save!!

BLOCK BOOKINGS - Clubs and groups can book in 4
month blocks.

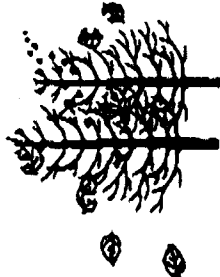


This programme is subject to change according to demand

BROUGHTON RECREATION CENTRE



ACTIVITY PROGRAMME AUTUMN/WINTER



CAMP STREET, SALFORD 7.
TEL.: 0161-792-2375

WELCOME TO FIT CITY
BROUGHTON RECREATION CENTRE

is the largest dry Sports Complex in the city.
emphasis is on providing a quality service and
ring customer satisfaction.

can cater for almost any activity or event you
to name and we have something for all ages and
lics.

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SPORTS HALL

igned with flexibility in mind, this hall can
mmodate many different sports including
inton, 5-a-side, volleyball, basketball plus
more. It's also ideal for special events,
erts and exhibitions.

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SQUASH COURT

ave two courts with a spectator area to enable
o see how it's done.

FITNESS SUITE

Our fitness suite has an excellent range of variable
resistant equipment, free weights and to complete
your workout with our stepper, bikes and treadmill.
All you need to do to get going is to book an
induction with our qualified staff who will design a
programme just for you!

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GYM

Broughton Amateur Boxing Club is based here.
Children are taught discipline and respect. Classes
are Monday, Wednesday and Friday, 6.00p.m. to
7.00p.m.

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AEROBICS

Want to shed those extra pounds? Have fun? Meet
people? and keep fit, then come along to our
Aerobics sessions every Monday, 7.15p.m. to
8.15p.m. and Circuit training every Thursday,
6.00p.m. to 7.00p.m.

**FOR FURTHER DETAILS ON THESE
CLASSES CALL JUSTINE DINGWALL ON
0161-787-8113**

ORDSALL RECREATION CENTRE

Very closely situated is this excellent floodlit pitch
with its own changing facilities. All administration
is dealt with by our Centre staff.

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FACILITIES

No need to miss those big sporting occasions on Sky
with our large screen T.V. Relax over a drink with
friends!

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FAMILY FUN

Weddings, Anniversaries, Birthdays, whatever the
occasion, we'll make every effort to ensure your
special day is a great success.

The function room with a large dance area is
available for hire.

FITNESS CLASSES

LESS SUITE

<u>ing times</u>	<u>P/port</u>	<u>Non P/port</u>
lay - Sunday 8.30p.m. to 10.00p.m. times (4.00pm-10.00pm)		
ay to Friday	2.90	3.30
ak times (before 4.00pm)		
l weekend	2.20	3.30

CITONS

	<u>1st Induction</u>	<u>Last induction</u>
ay	12.00p.m.	6.00p.m.
ay - Friday	9.00a.m.	8.00p.m.
ay and Sunday	9.00a.m.	5.00p.m.

**INDUCTION: £5.50 ADULT
£2.75 JUNIOR**

MING CLUB - Saturdays (12.00pm-1.00pm)

(WEIGH IN ONLY - 11.30A.M.)

for further details, phone: 0500-161412

TIAL ARTS

Tuesday	6.15pm-7.45pm
Sunday	11.30am-1.00pm
Friday	8.00pm-9.00pm

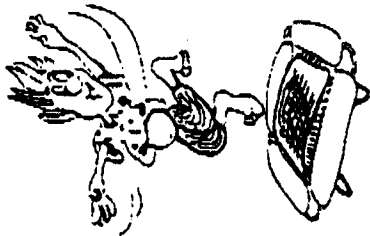
**FOR FURTHER INFORMATION
CONTACT FIT CITY CADISHEAD
TELEPHONE: 0161-775-7928**

FITNESS SUITE BLOCK PAYMENTS

Monthly Pass	£22.00
Yearly Pass	£198.00 (includes free swim at Irlam and Eccles)
Junior Monthly Pass	£12.50

Passes also entitle you to Cadishead's
Fitness Classes, on Sunday mornings,
Monday and Thursday evening)

Fitness Suite Passes only entitled to
Passport Members



**THE PASSPORT MEMBERSHIP SCHEME
OFFERS DISCOUNTED PRICES AND IS
AVAILABLE FROM THE RECEPTION**

For further information contact:

**Fit City Cadishead
Lords Street,
Cadishead,
Manchester.
M44 5EH**

TEL NO: 0161-775-7928

OPENING TIMES

Monday to Saturday 8.30a.m. - 11.00p.m.

Sunday 8.30a.m. - 10.30p.m.

	P/P	N/P/P
	£	£
Football Parties	27.00	32.00
Bouncy Castle Parties	27.00	32.00
Soft Play Parties	30.00	35.00
Combined Soft Play and Bouncy Castle Parties	40.00	45.00
Multi-activity Parties	40.00	45.00

TIMES AVAILABLE

Saturdays	1.45p.m. to 3.45p.m. 4.15p.m. to 6.15p.m.
Sundays	12.15p.m. to 2.15p.m. 2.45p.m. to 4.45p.m.

For further details of mid-week parties during term-time for toddlers, please see reception

CHILDREN'S ACTIVITIES

Monday		P/port	Non P/port
Fri Kids 4.00pm-5.00pm (6-11 years old)		£ 1.50	£ 1.50
Fri Kids & Sports 5.00pm-6.00pm		2.50 for 2 hours OR	
Tuesday			
T.D. Netball 4.00pm-5.00pm (under 11 years old) - (session commences in September)		1.05	1.25
T.D. Trampoline 4.00pm-5.00pm (5-15 years old)		1.05	1.25
T.D. Club 5.15p.m.-6.45p.m.		1.05	1.25
Wednesday			
T.D. Basketball 4.00pm-5.00pm (under 11 years old)		1.05	1.25
T.D. Hockey 5.00pm-6.00pm (under 11 years old)		1.00	1.25
Thursday			
T.D. Club 4.00pm-6.00pm (5-11 years old)		1.05	1.25
Bouncy Castle • Arts and Crafts • Football • Sports*			
Friday			
T.D. Gymnastics 4.00pm-5.00pm (under 8 years old)		1.05	1.25
T.D. Gymnastics 5.00pm-6.00pm (over 8 years old)		1.05	1.25
Saturday			
Trampoline 10.30am-11.30am 4-11 years old		1.05	1.25
T.D. Family Fun Night 6.30pm-8.00pm (6-11 years old) 8.00pm 9.00pm (11-14 years old)		1.05 1.05	1.25 1.25

FITNESS CLASSES

Monday		P/port	Non P/port
Ladies Morning (9.30am-11.30am) Creche available (9.30am-11.30am)		1.90	2.30 1st child 1.00 2nd child
Mixed Circuit Training (7.15pm-8.15pm) Ultimate Abs' Class		1.50 1.00	1.90 1.40
Thursday			
Over 50's (10.00a.m. - 12.00p.m.) (Includes Indoor Bowls, Light Aerobics, Badminton and Table Tennis) Ultimate Abs Class (6.30pm-7.00pm) Circuit (8.00p.m. - 9.00p.m.)		1.10 1.10 2.00	1.50 1.40 2.40
Sunday			
Sunday Sensation (10.00am - 11.00am) Ultimate Abs Class (11.00am-11.30am)		1.50 1.00	1.90 1.40
BOTH SESSIONS		2.00	2.40

BAR LOUNGE

We have a large screen T.V. showing top Premiership games and Internationals.

Beer prices are very competitive!

Lager £1.65 Bitter £1.35 Guinness £1.7

The bar lounge is available for private functions.



AT FIT CITY CLARENDON

<u>GYMNASTICS</u>	Saturday	10.30a.m. - 11.30a.m.
<u>TRAMPOLINING</u>	Saturday	10.30a.m. - 12.30p.m.

CHILDRENS PARTIES

Large and Small Pools, Sports Hall and Bouncy Castle are all available for hire.

<u>ROLLER DISCO</u>	Sunday	2.30p.m. - 4.30p.m.
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MARTIAL ARTS

Shorai Karate	Friday	6.30p.m. - 8.30p.m.
	Sunday	6.30p.m. - 8.30p.m.
Nasska Karate	Sunday	12.15p.m. - 2.00p.m.
Judo	Sunday	11.00a.m. - 1.00p.m.

SQUASH

Available every day between 9.00a.m. and 11.00p.m.

SUMMER
MAY - AUGUST

TEL: 0161-736-1494

OTHER ACTIVITIES AVAILABLE AT
FIT CITY CLARENDON

<u>ERGOMICS</u>	Monday	1.00p.m. - 2.00p.m.
Archery Morning	Tuesday	10.00a.m. - 12.00p.m.
	Thursday	10.00a.m. - 12.00p.m.

FITNESS SUITE

(OPEN EVERY DAY BETWEEN 9.00A.M. - 10.30P.M.)

IF QUALIFIED INSTRUCTORS ARE AVAILABLE FOR
DUCTIONS AND TO SET YOUR OWN PERSONAL
PROGRAMME.

OWN WEIGHTS

IF FITNESS SUITE IS ALSO OPEN

MONDAY, WEDNESDAY AND FRIDAY 7.00A.M. TO
10A.M.

FOOTURE PITCH

AVAILABLE FOR HIRE, CASUAL OR BLOCK BOOKINGS.

GRA PLAY SPACE

AVAILABLE FOR COMMUNITY GROUP USAGE

LE FACILITIES

Monday - Saturday	7.00p.m. - 11.00p.m.
Day	12.00p.m. - 10.30p.m.

IF ANY SPORT OR ACTIVITY YOU REQUIRE IS NOT
LISTED, PLEASE REGISTER YOUR INTEREST AT
FIT CITY CLARENDON SO THAT WE MAY FURTHER DEVELOP
OUR PROGRAMME OR OFFER ALTERNATIVES

FIT CITY CLARENDON, Liverpool Street, Salford. M5 4LY

	Time															
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MON	Main Pool		Dawn Swim		Public Swimming Schools	Public Swimming	Adults Only	Adults Only	Public		Swimming	Lessons	Adults Only			
	Teaching Area			Schools					Schools							
TUES	Main Pool				Public Swimming Schools	Public Swimming	Adults Only	Adults Only	Public Swimming		Adult Lessons (6.45p.m. - 9.15p.m.)					
	Teaching Area			Schools					Schools	Lesson						
WED	Main Pool		Dawn Swim		Public Swimming Schools	Public Swimming	Adults Only	Adults Only	Public Swimming	Schools	Splash	Aqua Fit	City of Salford Swim Squad			
	Teaching Area			Schools										Mums & Babies	50+	* See note below
THUR	Main Pool				Public Swimming Schools	Public Swimming	Adults Only	Adults Only	Public Swimming		Adults Only	City of Salford Swim Squad				
	Teaching Area			Schools					Schools							
FRI	Main Pool		Dawn Swim		Public Swimming Schools	Public Swimming	Adults Only	Adults Only	Public Swimming	Schools	Splash	Adults Only	City of Salford Swim Squad			
	Teaching Area			Schools										Schools	Lessons	
SAT	Main Pool			Adults Only	Splash Mats & Balls	Lessons	Public Swimming		Splash Inflatable	Party Hire						
	Teaching Area						Mums & Babies	Public Swimming			Party Hire					
SUN	Main Pool			Public Swimming				Adults Only	Party Hire							
	Teaching Area			Public Swimming						Party Hire						

Time 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9

SUMMER SWIMMING PROGRAMME - MAY - AUGUST

CONTACT RECEPTION FOR DETAILS OF ENROLMENT FOR ALL LESSONS AND COURSES TEL: 0161-736-1494

*CHILDREN ACCOMPANYING ADULTS ATTENDING AQUA-FIT SESSION
(WEDNESDAY 6.30P.M. - 7.30P.M.) MAY USE THE SMALL POOL (EXTRA CHARGE)

FIT CITY

ECCLES

ACTIVITY PROGRAMME

(SUBJECT TO CHANGE)



WINTER/SPRING

1ST JANUARY TO

31ST APRIL 2000

TEL: 0161-787-7107

Leisure Zone - this includes a range of activities including weight training, circuit training, aerobics, badminton, swimming, table tennis and team sports including volleyball, basketball and football.

The sessions are based on 3 x 40 minute programmes with warm-up activities.

Qualified coaches are in attendance for all activities
(ALL SESSIONS FOR ONE INCLUSIVE PRICE)

MONDAY EVENINGS 7.00p.m. - 9.30p.m.

Ladies Morning-Keep Fit classes, swimming, basketball, badminton

MONDAY, WEDNESDAY, FRIDAY 9.45a.m. - 12.00pm

50+ Group - Keep Fit, Badminton, Table Tennis, Bowls, Swimming

TUESDAY, 10.00AM-12.00 NOON (from 26/10/99)
THURSDAY, 10.00A.M. - 12.00 NOON

Martial Arts

Activity	Day	Time	Cost	Ages
Ju Jitsu	Tue	7.00pm-8.30pm	£2.00	6-10
Karate	Tues	6.00pm-7.00pm	£2.00	Open
Tai Chi	Wed	12.00pm-1.00pm	£1.50	8+
Judo	Wed	6.00pm-7.00pm	£2.50	5+
Tae Kwon Do	Thu	6.00pm-7.00pm	£2.00	6+
Karate	Fri	7.00pm-8.00pm		
Ju Jitsu	Sat	1.00pm-3.30pm		

Fitness Suite			
Flours		Non-Members (all times)	£3.00
7.30am-10.00pm		Members Peak	£2.60
8.30am-8.30pm		Members Off-Peak	£2.00

Peak Times	4.00pm-10.00pm
8.00am-7.00pm	Off Peak before 4.00pm & all weekend
8.00pm-9.00pm	
9.00am-5.00pm	

Contact Fitness Instructor on 0161-787-7107

	Day	Time	Member	Non-Member
Abs	Mon	12.00pm-12.30pm	£1.25	£1.50
	Mon	7.00pm-7.45pm	£2.50	£2.75
and Tonic	Tues	12.00pm-12.30pm	£1.25	£1.35
Up	Tues	12.30pm-1.00p.m.	£1.25	£1.35
Trim	Tues	7.15pm-8.15pm	£2.50	£2.75
training	Tues	5.00pm-6.00pm	£2.50	£2.75
ics	Wed	7.00pm-8.30pm	£2.65	£2.90
obics	Thu	7.15pm-8.15pm	£2.50	£2.75
Trim	Sun	11.00am-12.00pm	£2.50	£2.75
CS	Sun	12.30pm-1.30pm	£2.65	£2.90

	Day	Time	Member	Non-Member
ics	Mon	3.50pm-5.50pm	£1.00	£1.20
	Tue	4.00pm-5.00pm	£1.50	
all	Tue	4.00pm-5.00pm	£1.00	£1.20
ining	Wed	3.50pm-4.50pm	£1.00	£1.20
ining	Wed	4.50pm-5.50pm	£1.00	£1.20
Coaching	Thu	4.00pm-6.00pm	£1.00	£1.20
ill	Fri	5.00pm-7.00pm	£2.00	
ill Girls U-16	Fri	7.00pm-9.00pm		
ctyl	Sat	9.30am-11.30am	£1.00	£1.20
ill Girls	Sun	2.00pm-4.00pm		

OTHER ACTIVITIES AVAILABLE AT
FIT CITY ECCLES

FIT CITY ECCLES, Barton Lane, Eccles. M30 0FN

Time 7.15		8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
MON	Main Pool		Dawn Swim	Public Swimming Schools	Public Swimming Schools	Adults Only	Adults Only	Public Swimming Schools	Public Swimming Schools	Public Swimming Lessons	Adult Swim Lessons	Aqua Fit	Adults Only			
	Teaching Area															
TUES	Main Pool		Dawn Swim	Public Swimming School	Public Swimming	Adults Only	Parent & Baby	Over 50's	Public Swimming Lessons	Eccles Swimming Club						
	Teaching Area															
WED	Main Pool		Dawn Swim	Public Swimming Schools	Public Swimming	Adults Only	Public Swimming Schools	Public Swimming Lessons	Adult Swimming Lessons	Ladies Only Swim						
	Teaching Area															
THUR	Main Pool		Dawn Swim	Public Swimming Schools	Public Swimming Schools	Adults Only	Public Swimming Schools	Public Swimming Lessons	Disabled Swim	Eccles Swim Club						
	Teaching Area															
FRI	Main Pool		Dawn Swim	Public Swimming Schools	Public Swimming Schools	Adults Only	Public Swimming Schools	Public Swimming Lessons	Aqua-robics	Adult Happy Hour						
	Teaching Area															
SAT	Main Pool			Public Swimming Swimming Lessons				Splash Session	Pool Party Hire	Adults Only	Heart Care Group					
	Teaching Area															
SUN	Main Pool			Public Swimming				Splash Session	Pool Party Hire							
	Teaching Area															
Time 7.15		8	9	10	11	12	1	2	3	4	5	6	7	8	9	10

CONTACT RECEPTION FOR DETAILS OF ENROLMENT FOR ALL LESSONS AND COURSES TEL: 0161-787-7107

WINTER/SPRING SWIMMING PROGRAMME

ADULT ONLY SWIMMING

Tuesday	8.30p.m. - 9.30p.m.
Monday - Friday	7.30a.m. - 9.00a.m. 12.00 noon - 1.00p.m.

(See diagram overleaf)

LADIES ONLY SWIMMING

Friday	8.30p.m. - 9.30p.m.
"NEW" WATERAEROBICS	

Tuesday	7.45p.m. - 8.30p.m.
Thursday	8.45p.m. - 9.30p.m.

(See diagram overleaf)
PUBLIC SWIMMING OPENING TIMES

Monday	9.00a.m. - 6.30p.m.
Tuesday	9.00a.m. - 5.00p.m.
Wednesday	9.00a.m. - 7.00p.m.
Thursday	9.00a.m. - 7.00p.m.
Friday	9.00a.m. - 7.00p.m.
Saturday	9.30a.m. - 12.30p.m.
Sunday	9.00a.m. - 12.00 noon

(See diagram overleaf)

JOIN THE NEW PASSPORT TO LEISURE
AND SAVE MONEY ON EVERY VISIT!!

IF ANY SPORT OR ACTIVITY YOU REQUIRE IS NOT
LISTED, PLEASE REGISTER YOUR INTEREST AT
RECEPTION SO THAT WE MAY FURTHER DEVELOP
OUR PROGRAMME OR OFFER ALTERNATIVES

PRICES

Adult Peak (Passport)	£1.70
Adult Off Peak (Passport)	£1.00
Adult (Non-Passport)	£2.10
Junior (Passport)	£0.85
Junior (Non-Passport)	£1.05
Dawn Swim	£2.10
Wateraerobics	£2.00

SUNBED! featuring fast tan and cool breeze technology.



6 mins - £1.50

12 mins - £2.95

NEW FITNESS SUITE NOW OPEN!!!

Featuring:
Professional Staff
Quality Equipment
Air Conditioning

Opening Times:

Monday	7.30a.m. to 9.00p.m.
Tuesday	8.00a.m. to 8.45p.m.
Wednesday	7.30a.m. to 9.00p.m.
Thursday	7.30a.m. to 9.00p.m.
Friday	7.30a.m. to 9.00p.m.
Saturday	9.00a.m. to 2.00p.m.
Sunday	9.00a.m. to 2.00p.m.

IRLAM POOL

FEATURING:
33½ metre pool
3 metre Diving Platform
Spring Board
Large Inflatable Slide

ACTIVITY PROGRAMME



NEW FITNESS SUITE
NOW OPEN!!

TEL: 0161-775-4134

FIT CITY IRLAM, Liverpool Road, Irlam.

Time	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MON			Adult Only	Babies	Splash	Adults Only		Schools			Lessons			Swim Fit	Mini Canoe Polo
TUES			Adult Only	Babies		Adults Only		Schools			Lessons		Squad	NEW Water Aerobics	Adult Only Swim
WED			Adult Only	Schools		Adults Only		Schools	Babies		Lessons			Squad	Worstley Sub-Aq
THUR			Adult Only	Babies		Adults Only		Schools			Lessons			North West Divers	Water Aerobic Trafford Synchron
FRI			Adult Only	Babies		Adults Only		Schools			Lessons		Fun Night	Squad	Ladies Only Swim
SAT			Lessons	Public Swimming				T.D. SPLASH		Squad					
SUN				Public Swimming	Splash and Slide	Pool Party				Squad					
Time	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9

CONTACT RECEPTION FOR DETAILS OF ENROLMENT FOR ALL LESSONS AND COURSES TEL: 0161-775-4134

FIT CITY

ORDSALL RECREATION CENTRE

ACTIVITY
PROGRAMME



AUTUMN/WINTER
1ST SEPTEMBER TO
31ST DECEMBER 1999

OPEN: 8.30A.M. TO 10.30P.M. DAILY

TEL: 0161-848-0646

Astro Full Half	£42.50 £21.00	£46.50 £25.00	£43.50 £22.00
Sports Hall Peak Full Peak Half OffPeak Full OffPeak Half	£39.00 £19.00 £29.00 £14.00	£43.00 £23.00 £33.00 £18.00	£40.00 £20.00 £30.00 £15.00
Fitness Suite Monday - Friday 8.30am-11.30am 11.30am-4.00pm 4.00pm-10.00pm Weekends all day	£1.00 £1.40 £2.10 £1.40	£2.50 £2.50 £2.50 £2.50	
Squash (45 mins) Monday - Friday 8.30am-11.30am 11.30am-4.00pm (plus weekends) 4.00pm-10.00pm	£2.00 £3.40 £4.40	£4.80 £4.80 £4.80	
Badminton (1 hour) Monday - Friday 8.30pm-11.30am 11.30am-4.00pm (plus weekends) 4.00pm-10.00pm	£2.00 £3.70 £4.70	£5.10 £5.10 £5.10	
Bowls (per lane per hour)	£6.50	£10.00	
Sunbed 4 minutes 8 minutes 12 minutes	£1.25 £2.50 £3.75	£1.50 £3.00 £4.50	
Aerobics (12.00 noon)	£2.00	£2.75	£17.00 monthly

(PAID TO WORK OUT EXPRESS NOT THE CENTRE)
ADMISSION FEE-40p

A great favourite with the kids. Our bouncy castle is used for regular fun sessions and during holiday, activity programmes.

The Bouncy Castle can also be hired to hold your own Bouncy Birthday parties.

PARK

The Centre car park holds approximately 42 cars which is secured by a perimeter fence; is overlooked by two wide angle C.C.T.V. cameras and has a static security guard each evening Monday to Friday.

CHILDRENS PARTIES

We can cater for a variety of childrens parties, making sure the kids have a great time without any hassle or mess in your own home.

couldn't be easier, our staff will take care of your requirements.

5-side Pries

Ball Pool Pries

WE WOULD BE DELIGHTED
TO HELP PLAN YOUR CHILD'S
SPECIAL DAY!

WELCOME TO FIT CITY ORDSALL RECREATION CENTRE

This is one of three Dry Sports Complexes in the city.

Its position on Trafford Road at the end of the M602 makes it easily accessible and a centralised location for the Manchester region, not just Salford.

We aim to provide quality facilities and service for all the activities we offer.

Our programming has a mix of casual and block bookings in a wide variety of sports and games with equality in access for all.

SPORTS HALL

The Centre provides one of the largest Sports halls in the city which can cater for many team or individual sports including 5-a-side, volleyball, handball, basketball, netball, roller hockey and badminton.

The hall can be divided into two halves offering flexibility and an even greater variety to our programme.

The sports hall is overlooked by two spectator balconies which provides a great atmosphere for matches and competitions.

SQUASH COURT

Our single Squash Court is a favourite with a number of loyal regular players.

The court has a spectators balcony so you can watch even if you can't play. No partner to play against, ring the Centre, where our staff may be able to give you a game.

FITNESS SUITE

Our Fitness Suite has an excellent range of variable resistance equipment, free Weights and to complete your workout, a limited range of Cardio Vascular equipment including bike, stepper and treadmill.

All you need to do is book a safe users induction with our qualified staff who will design a programme to suit your needs on request.

AEROBICS

A wide range of classes are offered by freelance instructors "Workout Express" each lunchtime Monday to Friday.

The sessions are open to all with the aim to keep fit, have fun, meet people and maybe lose a few pounds along the way.

SUNBED

A recent addition to the Centre. We can now provide you with that holiday bronzed look all year round with our 36 tube sunbed.

BOWLS HALL

Completely refurbished in the summer of '98 with new Master Green Carpet, Gold Medal underlay and redecoration, this is now the best indoor bowling facility around.

There are 2 lanes available for casual bookings or for more experienced bowlers the afternoon Salford Vets League or evening Salford and District League.

ASTRO TURF

Our Astro Turf pitch can be booked as a full or half pitch to accommodate matches or training sessions for football, 5-a-side or hockey.

The pitch is floodlit and can be booked throughout our full opening times all year round.

Block bookings are available on request.

SAUNA AND STEAM

LADIES ONLY

Tuesday, Wednesday and Thursday 9.00a.m. - 8.30p.m.

GENTLEMEN

Monday and Friday 9.00a.m. - 8.30p.m.

Saturday 8.30a.m. - 3.00p.m.

Sunday 8.30a.m. - 1.00p.m.

JIJISU

Friday 6.00p.m. - 7.00p.m.

YOGA

Tuesday 7.00p.m. - 8.30p.m.

Wednesday 1.00p.m. - 2.30p.m.

HOLIDAY PARTIES

POOL AND ACTIVITY ROOM AND BOUNCY CASTLE
AVAILABLE FOR HIRE
SATURDAYS AND SUNDAYS

IF ANY SPORT OR ACTIVITY YOU REQUIRE IS NOT
LISTED, PLEASE REGISTER YOUR INTEREST AT
RECEPTION SO THAT WE MAY FURTHER DEVELOP
OUR PROGRAMME OR OFFER ALTERNATIVES

25M COMPETITION POOL
2 TEACHING POOLS
SPECTATOR SEATING

SAUNA/STEAM/AEROTONE

3 SUNBEDS

ACTIVITY ROOM

REFRESHMENT/SOCIAL
AND VIEWING AREA

CONTACT RECEPTION
FOR FURTHER DETAILS

WORSLEY

SWIMMING POOL



ACTIVITY PROGRAMME

MAIN POOL

TEL: 0161-790-2084

WORSLEY SWIMMING POOL, Bridgewater Road, Walkden. M28 3AB

	Time 7		8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
	Main Pool	Teaching Area	Dawn Swim		Schools											Worsley Club	Adults Only
MON																	
TUES	Main Pool	Teaching Area	Dawn Swim		Public Swimming												
					Schools		Adults Only			Schools							
WED	Main Pool	Teaching Area	Dawn Swim														
					Schools					Schools							
THUR	Main Pool	Teaching Area	Dawn Swim		Public Swimming												
					Schools		Adults Only			Schools							
FRI	Main Pool	Teaching Area	Dawn Swim														
					Schools					Schools							
SAT	Main Pool	Teaching Area	Dawn Swim		Public Swimming												
SUN	Main Pool	Teaching Area			Public Swimming												

PLEASE REFER TO SEPARATE LEAFLET FOR PROGRAMMING INFORMATION OF TEACHING POOLS
CONTACT RECEPTION FOR ALL GENERAL ENQUIRIES AND ENROLMENT DETAILS FOR ALL LESSONS AND COURSES TEL: 0161-790-2084

SAUNA

	Passport	Non-Passport
Monday - Friday	9.00a.m. - 12.00p.m. £2.15	£4.30
Monday Male	9.00a.m. - 7.00p.m. £3.90	£4.30
Tuesday Female	9.00a.m. - 7.00p.m.	
Wednesday Female	9.00p.m. - 7.00p.m.	
Thursday Male	9.00a.m. - 1.00p.m.	
Female	2.00p.m. - 4.00p.m. Conc. For Passport Holders	
	4.00p.m. - 8.30p.m. Normal Price	
Friday Male	9.00a.m. - 7.00p.m.	
Saturday Male	8.30a.m. - 3.00p.m.	
Sunday Male	8.30a.m. - 12.00p.m.	
Ladies Evening Thursday	7.00p.m. - 10.00p.m.	
Samia Swim Weights		£5.90 £6.60
Sunbed Sundome		£1.75 (5 minutes) £3.50 (10 minutes)
Lie Down Bed		£1.50 (4 minutes) £2.95 (8 minutes)
Yoga	Tuesday 7.00p.m. - 8.30p.m. Wednesday 1.00p.m. - 2.30p.m.	£2.50
Ju-Jitsu	Friday 6.30p.m. - 7.30p.m.	

SMALL POOL ACTIVITIES

Monday	9.30a.m. - 4.00p.m.		
Tuesday	9.00a.m. - 12.00p.m. 1.00p.m. - 4.00p.m.		
Wednesday	12.00p.m. - 4.00p.m.		
Thursday	9.45a.m. - 12.00p.m. 2.00p.m. - 4.00p.m.		
Friday	9.00a.m. - 4.00p.m. 6.00p.m. - 8.00p.m. (Family Night)		
Sunday	8.00a.m. - 12.00p.m.	Passport	Non P/Port
Aqua Natal (Thursday)	12.00p.m. - 1.00p.m.	1.80	2.20

Parents/Toddlers

Tuesday	2.00p.m. - 4.00p.m.	
Thursday	2.00p.m. - 4.00p.m.	

Water Aerobics

Alternate Tuesday	9.00p.m. - 9.45p.m.	2.50	2.90
Alternate Wednesday	8.00p.m. - 9.00p.m.		
Every Thursday	8.00p.m. - 9.00p.m.		

DATES AVAILABLE FROM RECEPTION

Pool Parties

Saturday	3.30p.m. - 5.30p.m.
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FIT CITY WORSLEY POOL		TEL: 0161-790-2084	
<u>LARGE POOL OPENING TIMES</u>			
<u>Dawn Swim</u>			
	Monday to Saturday	£	£
	7.00a.m. - 9.00a.m.	1.80	2.20
<u>Adults Only</u>			
	Monday to Friday	1.80	2.20
	12.00p.m. - 1.00p.m.		
<u>Public Swimming</u>			
Passport Session Monday to Friday			
	9.00a.m. - 11.30a.m. and	1.20	2.20
	1.30p.m. - 3.30p.m.		
Monday	9.00a.m. - 7.30p.m.	1.80	2.20
Tuesday	9.00a.m. - 5.00p.m.		
Wednesday	9.00a.m. - 7.00p.m.		
Thursday	9.00a.m. - 7.30p.m.		
Friday	9.00a.m. - 7.30p.m.		
Saturday	9.00a.m. - 12.00p.m.		
	10.00a.m. - 12.00p.m. (Splash Session)		
Sunday	8.30a.m. - 12.00p.m.		
30 minutes swim after last ticket sold			
<u>Happy Hour Sessions</u>			
Passport Non-Passport			
£ £			
Monday - Friday 3.30p.m. - 4.30p.m.			
	Adult	1.15	1.55
	Junior	65	85
Monday (Adults Only) 9.00p.m. - 10.00p.m.			
		1.15	1.55
Wednesday	7.30p.m. - 9.00p.m.	1.15	1.55
Thursday (Ladies Only)	9.00p.m. - 10.00p.m.	1.80	2.20

PLEASE CHECK NOTICE BOARDS FOR
FORTHCOMING EVENTS

PLEASE CHECK NOTICE BOARDS FOR FORTHCOMING EVENTS

FITNESS SUITE	
Monday	7.00a.m. - 9.00p.m.
Tuesday	7.00a.m. - 9.00p.m.
Wednesday	7.00a.m. - 8.00p.m.
Thursday	7.00a.m. - 7.00p.m.
	7.00p.m. - 10.00p.m. (FEMALE ONLY)
Friday	7.00a.m. - 9.00p.m.
Saturday	7.00a.m. - 4.00p.m.
Sunday	8.30a.m. - 4.00p.m.
THE FITNESS SUITE WILL CLOSE 1 HOUR AFTER THE ABOVE TIMES	
MONDAY - FRIDAY	
* Passport holders between 7.00a.m. and 12.00p.m. - £1.10	
Weights Off Peak 12.00p.m. - 4.00p.m. (Passport Holders) £1.90	
Weights Off Peak (Non-Passport Holders) £3.00	
Weights Peak (Passport Holders) £2.60	
Weights Peak (Non-Passport Holders) £3.00	
Weights Off Peak Sat and Sun (Passport Holders) £1.90	

FIT CITY BROUGHTON SWIMMING POOL, Great Cheetham Street West, Salford. M7 9DN

		Time 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9									
MON	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
TUES	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
WED	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
THUR	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
FRI	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
SAT	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
	Main Pool	SCHOOL LESSONS									
	Teaching Pool										
SUN	Main Pool	SCHOOL LESSONS									
	Teaching Pool										

CONTACT RECEPTION FOR DETAILS OF ENROLMENT FOR ALL LESSONS AND COURSES TEL: 0161-792-2847