



The King's School Recreation Centre

*Activities*



## Swimming

The Recreation Centre is able to offer a co-ordinated Swimming Programme for everyone, from Adult & Baby through to Adult. All our Swimming Instructors are ASA qualified.

### Individual Swimming Lessons

These ½ hour sessions are available for adults and children of all abilities and are with a qualified instructor. Please ask for further details at Reception. Lessons only at set times as shown in the opening times leaflet, and will be restricted to one lane only at the given times.

Price: Platinum: £19.50 Gold: £20.50 Silver: £21.50 Non Member: £26.50

### Booking Guidelines

- If you are unable to make your appointment, please contact the Centre and we will make arrangements for another time.
- Please report to Reception on your arrival.
- Please note: For cancellations you must provide at least 24hrs notice. Failure to do so will result in you being invoiced for the cost of the session.
- 2 people maximum may share a private 1/2 hour lesson or 3 may share a 3/4 hour lesson.

### Deep Aqua Aerobics

Take the plunge with this 45-minute class of rhythmic and dynamic exercise, using full range of movement incorporating cardiovascular training and muscular endurance. You are supplied with an aquatic buoyancy belt to help you with your exercises during the class. Why not make our Aqua class part of your weekly fitness programme?

Day: Thursday Time: 20.00 - 20.45

Price per session:

Platinum: Free Gold: £3.80 Silver: £4.40 Non Member: £6.20

### Five-O Aqua Aerobics

A work-out in the pool which is ideal for all fitness levels. The water creates resistance and lends support enabling a safe but effective work-out.

Day: Tuesday Time: 12.30 - 13.00  
Wednesday Time: 13.00 - 13.45

Price per session:

Platinum: Free Gold: £2.70 Silver: £3.00 Non Member: £5.40

### Family Splash

Family Splash Every Sunday 13.30 - 14.30

The family splash session is especially for families. Our pool equipment will be available for your enjoyment.

Special Family Price: Silver £9.00 (2 adults & 2 children)

### Adults Only Swim

Don't forget that during the holiday periods there are adult only swimming sessions.

Monday to Friday from 12.00 - 13.00

## Children's Swimming Lessons - 12-week course

### Adult & Child/ Under 5's

The ASA Duckling Awards 1 - 5 have been primarily designed to introduce very young children and an accompanying adult to the pleasures of being in the water. These awards have been specifically developed to support the new foundation level for the National Teaching Plan for Teaching Swimming. They place great emphasis on enjoyment and developing water confidence taking the baby from initial introduction to the water through to achieving independence.

### National Teaching Plan for Swimming stages 1-7 – Journey Through Aquatics (Brief Overview of levels below)

All outcomes in the new plan have to be achieved before a child can be awarded a badge. However, if, after considerable effort, over a few terms, a particular skill is still not achieved, a child may move on to the next stage/class without issue of the badge. The teacher will be required to keep practising this missing skill with the child in their new class and once achieved, the badge can be issued. Additional stroke/distance specific badges will be available to order. There will be some additional/amended outcomes as set by the Kings School Recreation Centre based on our sound experience and these will be shown in the notes at the bottom of the child's report. Adaptations will be made where participants are physically unable to ever achieve an outcome as listed.

**Stage 1** (non-swimmer).

**Stage 2** (confident non-swimmer).

**Stage 3** (able to travel 5m unaided on front and 5m unaided on back).

**Stage 4** (able to travel 10m unaided on front with face in the water, and 10m unaided on back).

**Stage 5** (able to swim 10m confidently to a basic standard on a recognised stroke of choice).

**Stage 6** (able to swim all four strokes for 10m to a basic standard, with one stroke of choice to an efficient standard).

**Stage 7** (advanced and the last stage before joining the School of Swimming).

The Stages above show a brief overview only. For a more detailed description of each stage content, please ask at reception or visit our website [www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk) where a full description is available for download as a PDF.

## Swimming Course Dates

### Weekend Swimming Lessons

Start Date	Finish Date	Excluding	Duration
11th & 12th Sept	11th & 12th Dec	23rd, 24th & 30th, 31st Oct	12 Weeks

### Weekday Swimming Lessons

Start Date	Finish Date	Excluding	Duration
13th - 17th Sept	6th - 10th Dec	25th-29th Oct	12 Weeks

## Swimming Course Prices

	<i>Children's NTP</i> (12 Week Course)	<i>Adult &amp; Child</i> (12 Week Course)
Platinum	£55.00	£53.00
Gold	£58.00	£56.00
Silver	£70.00	£65.00
Non Member	£92.00	£92.00

SWIMMING BADGE & CERTIFICATE PRICE: £3.50

## The King's School Recreation School of Swimming

The King's school of Swimming runs along similar lines to a junior swimming club and is available for swimmers stage 8 (NTP) upwards. The main emphasis is on the development of underpinning skills and effective techniques, to include starts, turns, use of pace clock, simple land based loosening exercises, racing procedures and relevant drills appropriate to the four competitive strokes. An internal mini gala is held once a year.

<b>Monday</b> 18.00 – 19.00 (8 – 11 years)	<b>Tuesday</b> 17.30 – 18.30 (8 – 12 years)	<b>Wednesday</b> 18.00 – 19.00 (12-13yrs) 19.00 – 20.00(13 – 16 years)
<b>Friday</b> 17.45 – 18.45 (7 – 10 years)	<b>Saturday</b> 18.00 – 19.00 Mini Polo (11 – 15 years)	<b>Sunday</b> 17.00 – 18.00 (7-9 years) 18.00 – 19.00 (10-12 years) 19.00 – 20.00 (12-16 years)

(Please always check the notice boards for dates of sessions during the holiday period)

Price per whole Summer term:

Platinum: Free      Gold: £46.80      Silver: £54.90      Non Member: £77.40

For children choosing more than once a week, there is an additional saving of 5%

## Adult Swimming Lessons

### Kings School Recreation Centre Adult Training

These sessions follow the same structure as the School of Swimming and incorporate training schedules for fitness, coaching tips on stroke technique, and diving and turns' instruction.

Session Times: Wednesday 20.00 – 21.00 hours & Sunday 20.00 – 21.00 hours

Costs, payable in advance every term or half term:

Prices are the same as The King's School of Swimming. (PLEASE SEE ABOVE)

### Adult Swimming Lessons for beginners and improvers (6 week courses)

Time: Friday 18.45 – 19.30 hours

Course Dates: 17th Sept – 22nd Oct  
5th Nov – 10th Dec

Cost per 6 Week course:

Platinum: Free      Gold: £36.50      Silver: £39.50      Non Member: £46.00

### Adult Swimming Lessons for advanced improvers

Time: Wednesdays 07.50 – 08.35 am

Costs per 45 minute session:

Platinum: Free      Gold: £6.00      Silver: £6.50      Non Member: £7.50

## Enrolment Guidelines

If you wish to join any of the swimming courses, follow these steps:

- Complete a waiting list application form and leave it at reception.
- You will receive an email or letter inviting you to enrol on your required course when there is space available. You will need to bring this letter to the centre to make the appropriate payment. Places are allocated on a "first come, first served" basis.

## Re-Enrolment Guidelines for Children's Swimming Courses, including Junior King's Pre-Prep lessons

### *General Guidelines*

You are not automatically registered for the next course! Cut-off dates are displayed around the centre, and in the newsletter (a copy of this is always displayed on the notice board behind the spectator area). No reminders will be issued and we are unable to telephone members who forget to enrol – so please do so in good time. If you fail to do this your child's place will be offered to someone from the waiting list. Your place is only secure once full payment of course fees has been made. However, if you know you will be away for this date, please let Pam Murray or Sandra Smith know and your place will be saved until you return.

National Plan for Teaching Swimming – (Known as "Journey through Aquatics").

We follow the ASA programme. At the end of every term, on the last lesson, you will need to collect your child's report from the desk opposite reception; take this to reception and enrol for the next term, or very latest by the advertised cut-off date. The report will indicate which stage your child will be working towards at the start of the next term, including any badges achieved. There are 7 stages in the teaching programme before moving to competitive swimming (stages 8-10) and children may need two or three terms to complete a stage, especially at the higher stages. New classes are formed at the start of the academic year (September 2010 – July 2011). During the first few weeks, adjustments may be necessary, to create evenly matched classes. Generally, children stay with the same teacher for the whole year, although occasionally a change of class and teacher may be required.

If you require a change of day, this is usually done once a year and you would need to let Sandra Smith know by June 10th.

### **Adult and Child Lessons**

Unlike the NTP lessons, you may request a change of day from one term to the next to fit around nursery/work hours, but there are no guarantees. Please try to give us as much notice as possible but at least four weeks before your last lesson so that we can formulate new classes – after this time it will not be possible to consider any changes. Registers will be placed in the folder at reception on the last week of each course for re-enrolment. Please be aware that lesson times may vary from term to term due to The King's School timetable for P.E. lessons. Children moving to primary school in September will receive a letter in May listing the options available in our group lessons.

## Book of Swimming Tickets

Buy a book of 25 tickets and get 2 FREE SWIMS. This is available to Silver Adult, Children and Senior Citizen members.

Price per book: Adult: £75.90 Child/Senior Citizen: £55.20

PLEASE NOTE; Tickets are non-refundable and can only be used by Members of The King's School Recreation Centre and must be presented with your valid membership card before each swim.

## Guest of a member swim

Members may take up to 2 guests swimming at one time. The Member must sign their guest into the visitors book and accompany them into the pool.

Price: Adult: £7.00 Child/Senior Citizen: £5.30

## Swimming Courses and Classes at a glance

	Day Time	Evening		Day Time	Evening
<b>MONDAY</b>			<b>THURSDAY</b>		
Duckling Lessons	11.30 - 13.00		Duckling Lessons	09.15 - 11.15	
N.T.P. various levels	16.00 - 17.00		Deep Aqua Aerobics		20.00 - 20.45
		17.30 - 18.00			
N.T.P JKS		17.00 - 17.30	<b>FRIDAY</b>		
King's Rec School of Swimming		18.00 - 19.00	N.T.P JKS	16.00 - 16.30	
			U 10's Club Development	17.45 - 18.45	
			Adult Beginners		18.45 - 19.30
<b>TUESDAY</b>			<b>SATURDAY</b>		
Duckling Lessons	10.45 - 12.15		N.T.P. various levels	08.00 - 10.30	
50+ Aqua	12.30 - 13.00		Mini Polo		18.00 - 19.00
N.T.P. various levels	16.30 - 17.30				
King's Rec School of Swimming		17.30 - 18.30	<b>SUNDAY</b>		
			N.T.P. various levels	08.30 - 10.30	
<b>WEDNESDAY</b>			Family Splash	13.30 - 14.30	
Adult Advanced	07.50 - 08.35		King's Rec School of Swimming		17.00 - 20.00
Duckling Lessons	10.00 - 11.30				
50+ Aqua Class	13.00 - 13.45		Adult Swimming Training		20.00 - 21.00
King's Rec School of Swimming		18.00 - 20.00			
Adult Swimming Training		20.00 - 21.00			

## Fitness Suite

Working with weights is one of the most efficient ways of toning and strengthening muscles. Our Fitness Suite offers an extremely high standard of Cybex resistance machinery, free weights and aerobic equipment, suitable for both beginners and experienced trainers.

### Inductions

If you are interested in using the Fitness Suite, you will be required to attend an Induction. Our qualified Instructors will show you how to use the equipment safely and effectively. They will also cover general aspects related to health & fitness and, if required, can provide a starter programme.

**Time:** Contact Reception to book an appointment on 01227 - 595602/595618

**Price:** Platinum: Free    Gold: Free    Silver: £15.00    Non Member: £25.00

**Please note:** an Induction MUST be completed before you may use the Fitness Suite.

### Under 16s Inductions & Gym Times

Below are times when the gym is supervised for under 16s to use the gym without a guardian needing to be present. Please contact reception for more information.

Saturday 12.30-13.30 & 15.30-17.00

Sunday 12.30-13.30 & 16.30-17.30

### Personal Training

Personal Training consists of a free initial consultation followed by individual one hour sessions. These sessions can cover a complete programme or target specific areas based on your personal needs. We can also provide advice on diet and nutrition and have instructors qualified in sports injury treatment and rehabilitation. Please see our separate leaflet or ask at Reception for further details.

**Time:** This is arranged at a time convenient to you and the instructor.

Price:	Platinum	Gold	Silver	Non Member
	£36.00 per session	£38.00 per session	£41.00 per session	£49.50 per session
	£162.00 x 5 sessions	£171.00 x 5 sessions	£184.50 x 5 sessions	£223.00 x 5 sessions
	£584.00 x 20 sessions	£616.00 x 20 sessions	£1,181.00 x 40 sessions	£1427.00 x 40 sessions

### Fitness Testing & Exercise Therapy

Are you FIT? Are you UNFIT? Do you have high blood pressure? Are you suffering from any injuries? Steve Castle will complete a full fitness test covering Blood Pressure, Resting Pulse, Lung Capacity, % Body Fat, Aerobic Stamina, Flexibility, Muscle Strength and Abdominal Condition. Once the test is complete you will receive a fitness test assessment summary and several suggestions on how to improve on any weak areas. Steve is also an Exercise Therapist and GP Referral qualified, so, if you have any recurring injuries or concerns about taking up exercise, Steve will be more than happy to help you.

**Price:** £30.00 per one hour session

### Fitness Suite Supervision

One of our qualified Fitness Instructors will be on hand to provide you with any health and fitness queries that you may have, and, if necessary, to assist you with use of the equipment. Our aim is to offer a range of quality classes to suit all tastes and abilities. If you have any views or suggestions please talk to one of our Instructors.

## Don't miss out on our fantastic selection of classes!

### Studio Cycling...

Take part in this fun & energetic class on a stationary cycle. The instructor will take you through a varied cycle journey building endurance, speed & recovery powers. Not forgetting, burning plenty of calories! Class duration is 45minutes. It is advisable to arrive slightly early to make necessary adjustments to your cycle. Please bring a drink & towel with you. *Booking for this class is essential.*

### Pilates...

The Pilates method is an exercise system focused on improving flexibility & strength for the whole body without building bulk. Pilates can dramatically transform the way your body looks, feels & performs. It teaches body awareness, good posture & easy graceful movement, it can even help alleviate back pain. Many of the exercises are performed in a reclining or sitting position & most are low impact & partially weight bearing. Pilates runs as a course. *Booking for this course is essential.*

### Ladies Only...

A total body workout in the Fitness Suite. Aerobic circuit and lower body conditioning using Cybex and free weight machines. All abilities welcome. For your safety, and the most effective workout, a Fitness Suite induction is required before attending the class.

### Yoga...

Yoga is beneficial to everyone. Develop a supple, healthy body; create a relaxed powerful mind; fulfil your potential! Yoga includes relaxation exercises, breathing practices and stretching postures. This class is suitable for all levels of fitness or experience. Our classes are 1 hour sessions. Bring a mat & blanket (optional) and wear loose clothing.

### Circuit Training...

Everything you want in an exercise class. Warm up followed by approximately 30 minutes of cardiovascular stations combined with intense upper and lower body weight work. Cool-down and stretch. Geared to Intermediate - Advanced exercisers.

### Fitball...

Fitball is a new and exciting exercise class that uses the Swiss ball to challenge your muscles in new ways, helping to strengthen and build up the "core" muscles in the body, such as abdominals, back, buttocks & thighs, which in turn stabilises and plays a major role in maintaining good posture.

### Chair Workout...

This 45 minute class is designed for those who struggle to walk unaided. The class involves movements based around a chair, mobility work, cardiovascular work and muscle strengthening.

### Boxercise...

An energetic workout using a series of boxing and kickboxing based exercises. Incorporating medicine ball work, C.V. exercises, and pad work. This fantastic form of exercise will increase your cardiovascular fitness as well as your muscle tone and strength.

### Ab Attack...

Core Stability training is essential, not just for sporting performance, but also for injury prevention and is fundamental to achieving and maintaining correct postural alignment. Ab Attack is a 45 minute workout consisting of a range of exercises focussed towards improving all of your muscles associated with Core Stability; therefore we won't purely be focusing on working your abdominal muscles alone!

### Tone Zone / Total Body Conditioning

This class targets individual cardio fitness, core strengthening and upper/lower body strengthening. The class will be broken down into three areas including studio cycling, ab exercise and a range of upper and lower body training. The class is aimed at participants with an intermediate to advanced level of fitness.

Prices of Fitness Class Sessions **\*\*Please note these prices do not include Pilates\*\***  
(For Pilates prices see below, other course prices are available from Reception)

	1 hour Classes	Studio Cycling
Platinum	Free	Free
Gold	£4.10	£5.15
Silver	£4.80	£5.90
Non Member	£6.80	£7.50

Please see the Studio timetable for class dates & times.

PLEASE NOTE: Classes are FREE to Platinum Members, (this excludes courses).

Prices for Pilates (based on a 5 week course)

Platinum	£48.50
Gold	£50.50
Silver	£56.00
Non Member	£61.00

### Five-O Active Sessions with Denise & Kate

Fitness classes suited to our more senior members. Denise is specially trained in the fitness requirements for all age groups, so you are in safe hands.

Monday	11.10 – 12.10	Five – O AEROBICS & SWIMMING
Thursday	10.10 – 11.10	Five – O AEROBICS & SWIMMING (Term depending)

This class is one hour of varying intensity exercise to music. It provides a great way to keep fit and make new friends. The one hour session for both ladies and gentlemen is followed by swimming, (please contact reception for available swimming times).

Monday	12.30 – 13.15	CHAIR WORKOUT
Platinum: Free	Gold: £3.30	Silver: £3.90 Non Member: £6.20

Tuesday	10.10 – 11.10	Five – O STEP & SWIMMING
Alternating each week between step and studio cycling, followed by swimming, (please contact reception for available swimming times).		

*Booking is essential for this class.*

Platinum: Free	Gold: £3.30	Silver: £3.90	Non Member: £6.20
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### Five – O AQUA CLASSES

Tuesday	12.30 – 13.00
Wednesday	13.00 – 13.45

A workout in the pool, which is ideal for all fitness levels. The water creates resistance and support, enabling a safe but effective workout.

Platinum: Free	Gold: £2.70	Silver: £3.00	Non Member: £5.35
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### Fitness Class Tickets

Buy a book of 15 tickets and get 2 free sessions. These tickets are only valid for all 1 hour long fitness classes. (Therefore not valid for Studio Cycling). These tickets **can not** be used as part payment for any class. Tickets can only be used by Members of The King's School Recreation Centre and must be presented with your valid membership card before each class.

Price per Book: Gold: £53.30 Silver: £62.40

To upgrade Fitness Class Tickets so they can be used for Studio Cycling classes the following upgrade fee's must be paid.

Gold: £13.65 Silver: £14.30

PLEASE NOTE: Refunds for books of tickets/remaining tickets cannot be given under any circumstances.

## Booking Guidelines

- If you are unable to make your appointment, please contact the Centre and we will endeavour to make arrangements for another time.
- Please report to Reception on your arrival.
- Do not forget to bring along any questionnaires you have been asked to complete.
- Please ensure you have the appropriate clothing, (e.g. tracksuit, training shoes).
- Please note: for cancellations, you must provide at least 24hrs notice. Failure to do so will result in you being invoiced for the cost of the session.

## Junior Trampolining

We run courses on a termly basis for children and adults of all abilities. Ginette Ward, our resident coach, will give you the opportunity to aim for the British Amateur Gymnastics Association Awards. Tracksuit bottoms or shorts and socks need to be worn, no jeans. For more information and for course dates please contact Reception. (Participants must be 4+ years & no jewellery is to be worn to any classes, this includes earrings)

Times:

Junior lessons are available on Saturday (Day Time)

Price per 12 week course:

	1 Hour
Platinum	£51.50
Gold	£55.00
Silver	£66.50
Non Member	£79.50

Start Date	Finish Date	Excluding	Duration
11th September	11th December	23rd & 30th October	12 weeks

## Course Cancellation Charges

Refunds will only be given in exceptional circumstances. All requests for a refund of course fees must be put in writing to the Centre Manager. If cancellation is due to illness then the letter must be accompanied by a doctor's note. If the Centre Manager agrees a refund, the following policy will be followed:

Notice given before the course start date	% of course fee refunded
More than 30 days	90%
From 29 - 20 days	70%
From 19 - 10 days	50%
From 9 - 1 days	30%

No refunds thereafter, except in the case of a doctor's note presented in person to the Centre Manager. All refunds are at the Manager's discretion.

## MASSAGE

Stress, tension, muscle aches and pains are all too common place these days. Many people live with these disabilities on a daily basis. Massage can help with all these issues by attacking the problem at it's core point, enabling the body to relax and your mind to work better. Why not treat yourself with one of our fully qualified massage therapists, and allow yourself a few moments of relaxation, away from your busy work schedule.

Below is a selection of massages available at the Centre. If you are interested in booking a massage please ask at reception for further details. We have both male and female masseuse's available depending on your personal preference, please stipulate at reception when booking.

Full Body Massage – £40.00 (1 hour)

Leg Massage – £25.00 (30 mins approx)

Back/Neck/Shoulders Massage – £25.00 (30 mins approx)

## Reiki Healing

Reiki is a natural form of healing that can help re-balance the body's natural energy flow, helping to improve mental, physical, emotional and spiritual well being.

Please contact reception for further details.

Price per session: £25.00 (Each session will last approximately 30 minutes)

## Wall Climbing

Many people enjoy the fun and thrill of our climbing wall and the sense of achievement of getting to the top and down again on their own. Users of the climbing wall must complete an "Outdoor Climbing Wall Registration Form" which includes a "Competency Check List". These are available from Reception.

Price per person:

Platinum: Free      Gold: £4.50      Silver: £5.50      Non Member: £9.10

All children under the age of 16 must be accompanied by an adult.

PLEASE NOTE: All users must supply their own climbing safety equipment.

## Junior Football Coaching

Junior football has changed! We now run two one hour structured coaching sessions on a Saturday morning. Sessions are structured and conducted to F.A. guidelines by our F.A qualified coaches for boys and girls aged 5 - 14 years. All players must wear shin pads and bring a water bottle, outside clothing may also be required as football sessions will be held on our outdoor astro pitch whenever possible. *(Age ranges are a guideline only, which session you attend will be based on ability and decided by the coaches at your first session.)*

### 10am – 11am (ages 9 – 14 years)

Players will be coached to improve their basic skills through a combination of both drills and conditioned games and practices. Players will also be taught the principles of attack and defence through small sided games. All sessions will be structured to improve ability and will be based on F.A. coaching practice.

### 11am – 12noon (ages 5 – 8 years)

Players will be taught the basic skills of the game, through the use of basic drills, games and matches. Sessions are structured based on F.A. coaching methods and aim to teach and improve the player's ability in a fun, energetic and logical order.

Price per hour session: Plat: Free      Gold: £3.00      Silver: £3.50      Non Member: £5.00

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Also call us for  
Gatwick, Heathrow  
etc!

## ADDITIONAL COMPANIES

**Paul Purkess**  
The Mortgage and Finance Centre Ltd  
Tel:01227-282233 Mob:07974718491  
14, Major Close, Mariners View, Whitstable Kent CT5 3RE email:  
paul@mortgagesuk.biz  
(NO BROKERAGE OR ADVICE FEE  
to all King's School Recreation Centre Members).

**The Abode Hotel**  
High Street Canterbury Kent, CT1 2RX  
Tel: 01227-766266  
email:  
reservationscanterbury@abodehotels.co.uk

(Free Glass of house wine or soft drink with every main course ordered in the Michael Caines Fine Dining Restaurant or Old Brewery Tavern at lunch or dinner & Complimentary 1/2 Bottle of House Champagne in your room on arrival with every accommodation booking)

**Pourquoi Pas**  
Beauty Salon - Book three full body Hot Stone Therapy Session and receive a fourth free