

**amy davison
nail technician**

nail treatments for both hands and feet
at your fingertips

choose from a simple file & polish
or why not treat yourself to a luxury manicure or pedicure

take your pick from numerous nail polish colours
or try bio sculpture gel for a long lasting,
chip proof solution to all your nail worries

**call to book an appointment
07899 796212**
(home salon in hawley)



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for every occasion

Sugarplum Visit our website
for dates and venues
to see the latest designs

To book a party or have Sugarplum at your event, please
contact Julia on 07831785844 or visit www.sugarplumonline.co.uk



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Join our weekly social events, meet single
People in your area and make new friends.

Non-members may attend an event
once to try before they join visit: www.fdl.org.uk

For our special introductory offers and
To view our programme of events

For further information contact: 01252-835829

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Camberley	£40	£55	£70	£85	£110
Fleet	£40	£55	£70	£85	£110
Blackwater	£40	£55	£70	£85	£110
Crowthorne	£40	£55	£70	£85	£110
Sandhurst	£40	£55	£70	£85	£110



07902 697385





Teen Sessions

Teen Gym

Sessions geared towards getting 11 – 16 years olds on the road to fitness.

Monday – Friday 3.30pm – 5.00pm
 Saturday 2.00pm – 3.30pm
 Sunday 2.00pm – 3.30pm

£3.10

Register at reception for your pass.

Teen Aerobics

Have fun, keep fit and meet new friends.

A fun aerobic session especially for teenagers aged 12 to 16 years.

Wednesday 4.30pm – 5.30pm

£2.50 Non-Members FREE to members

Book at reception or pay on the day.

Swimming Clubs / Programme

Disabled Swim

Saturday 12.30pm – 2.15pm

Bracknell

Keith Hufton 01344 773634

Sunday Mixed Standards 8.30pm – 9.30pm

Hart

Karen Marchant 01252 684385

Wednesday Mixed Standards 7.00pm – 9.00pm

Rushmoor Royals

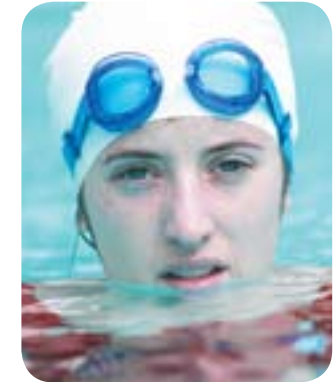
01252 330666

Monday Mixed Standards 7.30pm – 9.30pm

Sandhurst and Yateley

Ann Hutchins 01252 872328

Friday Mixed Standards 8.30pm – 9.30pm
 (adult only)



Swimming Programme

A separate timetable is available from reception.

Members Only

Start your day with a refreshing swim. You will have the advantage over your colleagues as you arrive at work feeling fresh, active and ready to meet the demands of the day.

Fun Sessions

These sessions are great fun for children who can already swim and are water confident. Inflatables or mats in the pool. Provisions are made during these sessions to cater for all age groups.

Lane Sessions

These popular sessions are for adults who wish to swim lengths with lanes in the pool.

Aqua Post/Ante Natal Exercise

These sessions offer gentle exercise before and after babies birth. Ideal for toning muscles after pregnancy and meeting other mums.

Bobbing Babies

Exclusive use of the learner pool for parents and under 3s.

Water Workouts

Stimulating and enjoyable exercise to music. The resistance to the water intensifies the exercises but also supports the limbs helping to activate your muscles to maximum effect.

Limited numbers, advance booking recommended. A separate workout class timetable is available from reception.

A hoist is available for any customer who needs assistance accessing the water. Available for both the Main Pool and the Learner Pool. Simply ask at reception.

For kinetika and swimming membership details see pages 4 & 5.

Private Swimming Lessons

A chance to have one to one or one to two sessions with a qualified instructor.

For children aged 4 years to adults, all abilities.

After school hours and weekends. £16 per ½

hour session. For further information telephone

the Swimming Office on 01276 417119.

Collect a full swimming timetable from reception or view on the website at www.arenaleisurecentre.co.uk



SWIM ACADEMY

We have upgraded our swimming lessons at The Arena Leisure Centre and you can now enjoy the many benefits listed below:

- Guaranteed placement on our programme
- Fast track development
- Free junior swimming
- No booking days or queuing
- Easy payment scheme

For further information please contact the Courses Office during the following hours or pick up a leaflet.

Mon and Tues 9.00am - 12.00pm

Thurs 9.00am - 12.00pm and 4.30pm - 6.30pm

Lessons are for ages 4 months through to adults.

CALL NOW ON 01276 417119

We follow the Amateur Swimming Association national teaching plan.



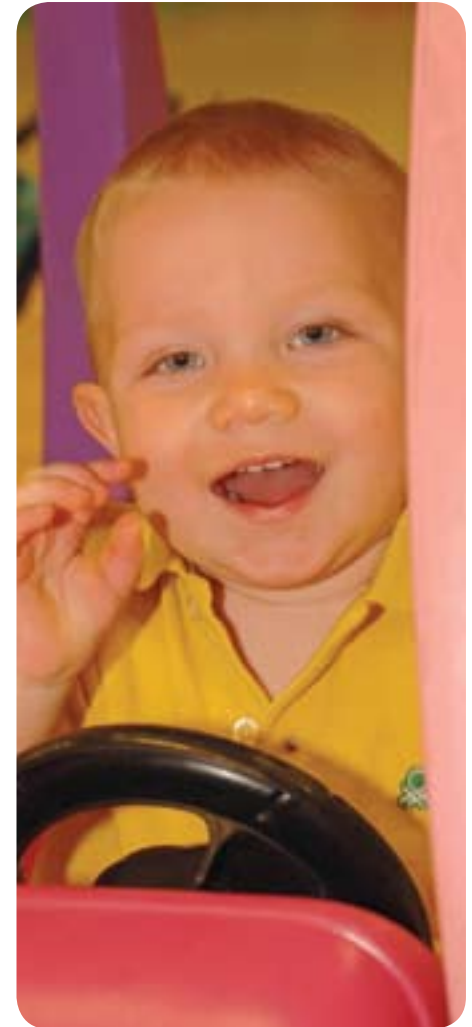
Crèche

Our comfortable and well equipped Crèche is available for centre users for up to 4 hours

Time enough for you to participate in your chosen activities at the Arena or just find some time to yourself. Favourite toys or dummies often help when settling in and you are welcome to send these in with your child.

**Open Monday to Friday
9.00am – 2.00pm**

The Crèche will close at 1.00pm daily if there are no bookings 48 hours notice required for cancellations
Book to avoid disappointment
Telephone **01276 417124**



Costs:

First hour	£2.70
Two Hours	£5.40
Siblings two hours	£2.70
Per 15 minutes extra	£0.70
Member Off-site hourly	£3.60
Non-member off-site hourly	£4.60

Sibling rates do not apply



Under 5's Club

Calling all mums and dads

Do you want your children to take part in activities that help them to develop, keep them healthily, entertained and well looked after, then here's your answer. Visit Under 5's Club.

We offer a world of activities to keep your child busy and entertained for the morning.

Tuesday

Bouncy castle, ball pond, climbing frame and song time

Wednesday

Bouncy castle, ball pond, climbing frame and trampolining

Friday

Bouncy castle, ball pond, climbing frame and trikes

Sunday

Bouncy castle, ball pond, Soft play, climbing frame and trikes

For session costs and times please see page 20.

We are fully registered with OFSTED

**See you soon at
The Arena Leisure Centre!**

For a full timetable visit www.Arenaleisurecentre.co.uk and download the drop in session information or telephone 01276 417111.

Holiday Activities

Arena Leisure Centre is your local baby sitter and more.

School holidays a complete nightmare...

Who's going to look after the children, panicking?

Well don't, help is at your local leisure centre.

We offer fully supervised, OFSTED registered Day Camps, packed full of great activities for children aged 5 - 11 years .

**Call 01276 417111
for more information**



Birthday Parties

All you need to bring is the cake and the children!

Lets us take the stress out of organising your child's birthday party. There is no mess, no fuss and we will do all the work so you, your children and their friends have lots of fun.

We now have even more choice than before!

Super Splash
Splash Around
Disco
Crazy Creepers
Go-Karting

Cool Pool
Roller Disco
Pick 'N' Mix

What's Included?

The cost of the party includes
Chosen activity
Party Bags
Party menu
Invitations
Party organisers



**To book your party, please see reception
or telephone 01276 417111.**

Saturday Night Specials

Relax and enjoy a purely social approach to leisure or hold a fundraising event by inviting friends, colleagues and associates along to a Saturday Night Special. Exclusively hire our sports and swimming facilities and use of our function rooms. We can construct programmes of events to suit your specific requirements. For further information on function hire and the full range of menus available please contact our special events co-ordinator on 01276 417111.



Drop In Sessions

Children can take part in activities to help them develop, keep them healthy and entertained. Drop in Sessions are non bookable

Bobbing Babies £3.60

UNDER 3 years only

Exclusive use of the learner pool for parents and under 3's.

Wednesdays 11.15 – 12.15pm

Mini Dribblers £3.50

3-5yrs

A fun introduction to Football with CHELSEA qualified coaches. This is an ideal chance to see if your child likes football before enrolling them on our Chelsea courses.

Please note that although this is a drop in session it is bookable two weeks in advance. Payment is required at the time of booking and refunds will not be given due to the high demand for the class.

Friday 3.45 – 4.30pm

Creepy Bugs £3.00

Under 5's (ACC)

Bouncy castle, ball pond, soft play, frames and parachute song time.

Tuesday 9.30 – 10.15am

Tuesday 10.15 – 11.00am

Tuesday 11.00 – 11.45am

Creepy Bouncers £3.00

Under 5's (ACC)

Bouncy castle, soft play, frames and trampolining with qualified instructor.

Wednesday 9.30 – 10.15am

Wednesday 10.15 – 11.00am

Wednesday 11.00 – 11.45am

Creepy Crawlies £3.00

Under 5's (ACC)

Bouncy castle, ball pond, soft play, frames and trikes.

Friday 9.30 – 10.15am

Friday 10.15 – 11.00am

Friday 11.00 – 11.45am

Sunday 9.30 – 10.15am

10.15 – 11.00am

SK8 JAM Coaching Session £2.65

Saturday 8.30 -9.30am

5yrs to adults (under 8's ACC)

all abilities welcome

SK8 JAM Supervised Session £3.25

Saturday 9.30 – 10.45am

5-8yrs

Our coach will supervise a group in casual skating and games.

SK8 JAM £3.25

Saturday 9.30 – 11.20am

5yrs to adults (under 8's ACC).

All abilities welcome to our open skating session.



Dryside Courses

All courses take place during term time only

(ACC) = Where parents are required to accompany their child during the session.

Tots Ballet

3-4yrs

A fun introduction into the world of Ballet.

Children will have the opportunity to progress to further levels once attending school.

Monday 1.15 – 2.00pm

Monday 2.00 – 2.45pm

Ballet

Ballet classes for children in full time school upwards. Children do not have to have taken part in the pre school course to do this course. Beginners welcome.

Wednesdays 3.45pm until 7.00pm.

Class time will be dependant on ability level.

Trampolining

3yrs to adults.

Working towards B.A.G.A National Trampolining Proficiency Awards. All Trampolining classes are split according to age not ability. Each class has one instructor and one bed, with between one and three classes running at any time.

3-6yrs classes take place Monday to

Thurs after 3.45pm.

6yrs + classes take place Monday to

Thurs after 4.30pm

Teen sessions take place Monday, Wed &

Thursday at 6.30 – 7.30pm

Adult session take place Thursday evening

7.30 – 9.00pm all abilities welcome.

Funfit Gym

3yrs to full time school.

Pre school Gymnastics working with a qualified instructor. Children have the opportunity to progress to further levels.

Monday 1.00 – 1.45pm

Monday 1.45 – 2.30pm

Mini Tennis

3yrs +

Coaching with AD tennis.

For further information or to book call AD Tennis on

079561 53040

Gymnastics

Full time school upwards.

Working with qualified coaches towards the British Gymnastics Proficiency awards scheme.

Children are also given the opportunity to take part in additional competitions and displays throughout the year.

Friday 3.45 – 4.30pm Beginners

Friday 4.30 – 5.30pm Intermediate

Friday 5.30 – 6.30pm Advanced.

Chelsea Football Club Coaching

All of our Football courses are coached by qualified Chelsea Football coaches. Certificates are awarded to all children at the end of each term.

The age groups and times are as follows:

Mini Dribblers 3-4yrs

Tuesday 3.45 – 4.30pm

Wednesday 3.45 – 4.30pm

Mini Soccer 4-5yrs

Tuesday 4.30 – 5.15pm

Wednesday 4.30 – 5.15pm

Sharp Shooters 5-6yrs

Wednesday 3.45 – 4.45pm

The Skills Squad 6-7 years

Wednesday 4.40 – 5.30pm

Chelsea All Stars 7 years +

Wednesday 5.35 – 6.25pm

Street Dance

Street Dance is great fun for boys and girls and combines fun, funky dance moves to the latest hip-hop, R&B and chart tunes.

6-9yrs

Monday 3.30 – 4.15pm

10-12yrs

Monday 4.20 – 5.05pm

13-16yrs

Thursday 5.00 – 6.00pm

Café & Bar

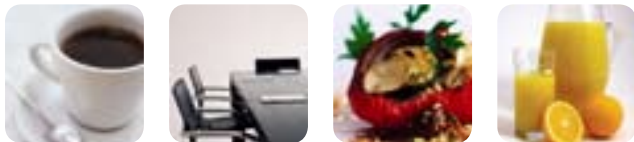
Come and spoil yourself at The Arena's stylish café, where the aroma of tea, coffee and fresh cookies smell and taste so good.

We can provide you with the following

- Children's meals / Lunchboxes
- Snacks
- Hot and cold food available all day*
- Homemade specials
- Tea (including Speciality tea), Coffee and Hot Chocolate
- Assorted Baguettes/Jacket Potatoes/Paninis
- Soft Drinks
- Fresh Cookies
- Healthy Options

We also cater for adult and kids Birthday Parties, Conferences, Business meetings, and Special events held here at Arena.

* Hot food served up until 30 mins before closing.



Special Events, Functions and Party Celebrations

Heathland Suite

The Heathland Suite has full air-conditioning, a sprung dance floor, full presentation equipment and is the ideal venue for private meetings, conferences, small receptions and private parties for up to 60 people.

Party Celebrations

Hire the Heathland Suite and the Sportsman's Bar together to accommodate 150 people. We can cater for any occasion including birthdays, weddings, anniversaries, discos and live bands. From sandwiches to samosas, we also have a wide range of finger buffet food available.

Saturday Night Specials

Relax and enjoy a purely social approach to leisure or hold a fundraising event by inviting friends, colleagues and associates along to a Saturday Night Special. Exclusively hire our sports and swimming facilities and use of our function rooms. We can construct programmes of events to suit your specific requirements.

For further information on function hire and the full range of menus available please contact our special events co-ordinator on

01276 417126

Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

www.purelime.com

PURE LIME



Dive in with us!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **LITEX** chlorine proof swimwear.



www.zoggs.com

At Zoggs we have a passion for swimming, we want to share that passion with you!

Bluebell Ballet School

Why choose an RAD registered teacher?

RAD teachers adhere to a carefully constructed syllabus, which is both fun and safe.

RAD teachers have the training and qualifications necessary to teach dance to young children and students.

RAD teachers continue to train throughout their career to update their skills and knowledge.

Terms and locations

Classes are held in and around central Camberley & nearby to Leatherhead

Contact Sarah Birch R.A.D., B.Ed. (Hons.)
Telephone: 01273 489403 Email: sarah.birch@bluebellballet.co.uk
www.bluebellballet.co.uk

Great fun!

What our classes comprise of

Classes for ages 2 to adults, progressing to master

RAD ballet, creative, leading towards exam and presentation classes

Regular theatre performances to give the children a chance to perform on stage

Watch out for posters on the notice board of each term

Regular events organised by the R.A.D., public open days in London



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ROLLER SKATING SATURDAYS

AT THE ARENA!

SK8 JAM COACHING SESSION

Saturday 8.30 - 9.30am £2.65
5yrs to adults (under 8's ACC)
All abilities welcome.

SK8 JAM SUPERVISED SESSION

Saturday 9.30 - 10.45am £3.25
5-8yrs

Our coach will supervise a group in casual skating and games.

SK8 JAM

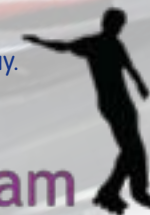
Saturday 9.30 - 11.20am
5yrs to adults (under 8's ACC).
All abilities welcome to our open skating session

ADULT SK8 JAM

Saturday 5.00 - 6.00pm £2.65
A session just for the grown ups

No need to book, just pay and play.
Skate hire available for £1.60

Sk8Jam



Temple Martial Arts

Kickboxing & Wushu

World, British & European full contact Kickboxing Champion.
1st British Wushu team member.



iwak UK

Health in mind and body for the future » Call NOW for classes near you & for a FREE trial session

Academy Sport Centre, Northumberland Ave, Reading RG2 8DF **Mondays 8pm**

Arena Leisure Centre, Grand Ave, Camberley, Surrey GU15 3QH **Thursdays 7pm, Sundays 6pm**

GROUP OR 1 to 1 CLASSES FOR: Adults, Families & Children (from 5 years)

- » Boost your energy, focus your mind
- » Train as a family
- » Strength & Fitness (1½ hours non-stop training)
- » Self Defence, weapon training
- » All this in a safe, exciting and dynamic environment

Tel: 07925 139103

www.templemartialarts.com

E mail: info@templemartialarts.co.uk

» Technique training



» Musical Forms



» Strength, power and endurance



Get a recognised certificate Black Sash with Temple Martial Arts.

All instructors are insured and CRB checked with 8-25 years experience affiliated AMA GBMAA.

Regular full and semi contact tournaments.



» Self defence and confidence



» Weapon training and action



» Fitness training and discipline