



Lynnsport & Leisure Park Programme

2011

Issue 3



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Our mission

To provide an excellent and inclusive customer focused service which promotes repeat business, new business and value for money.

Our values

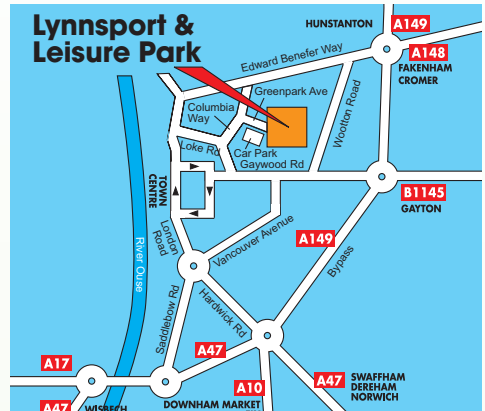
- Attention to detail and consistency
- Respond positively
- Always looking to improve

Contact information

Lynnsport & Leisure Park
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB

tel: 01553 818001 fax: 01553 776309
Tynetalk: 18001

www.west-norfolk.gov.uk/lynnsport
email: lynnsport@west-norfolk.gov.uk



Lynnsport demonstrates a commitment to quality, health, safety and customer care through:

- Inclusive Fitness Initiative (IFI) Accreditation, ensuring that disabled people can expect a truly inclusive experience when visiting.
- GymMark accredited facility.
- Accredited Child Protection Policy.
- Criminal Records Bureau (CRB) checks making safer recruitment decisions.
- Coaches employed are appropriately qualified and CRB checked.
- Lynnsport is included within London 2012 pre-games training camp guide.
- Awarded by the National Benchmarking Service for high standards of customer satisfaction.

General opening times

Monday - Friday	Saturday - Sunday
8.30am - 10.00pm	8.00am - 9.00pm

Bodyworks opening times

Monday - Friday	Saturday - Sunday
7.30am - 10.00pm	8.00am - 9.00pm

Customer service

Our staff are happy to assist you with your bookings and any enquiries that you may have.

For example:

- Customer bookings
- General enquiries
- Courses
- Children's parties
- Special events/functions

How to book activities

- In person
- Telephone – 01553 818001
- Post
- For prices please refer to our Fees & Charges or specific leaflets
- Major credit and debit cards accepted
- 7 day advance booking
- Block booking by application
- Advanced booking for special events

Bookings can be taken from 8am, 7 days in advance. All activities must be paid at the time of booking; this is the same for Leisure Card & Non Leisure Card customers. The Leisure Card number must be quoted at the time of booking to receive membership and Leisure Card benefits. Customers are also asked to produce their Leisure Card on arrival.

Cancellations

At least 24 hours notice of the booked activity, including group fitness classes, must be given to avoid payment in full unless otherwise agreed in booking arrangements. Please note – Management reserves the right to change or cancel advertised activities, particularly during school and Bank Holidays.



Lynnsport E - Newsletter

To receive regular updates and special offers, leave your email address with our receptionist or email lynnsport@west-norfolk.gov.uk

twitter 

Follow us on
[twitter@Lynnsport](https://twitter.com/Lynnsport)

4 Activities timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Gym Pit Fun Time 9.30-10.30am Under 5's	Gym Pit Fun Time 9.30-10.30am Under 5's	Gym Pit Fun Time 9.30-10.30am Under 5's	Over 50's Activity Morning 9-12noon	Gym Pit Fun Time 9.30-10.30am Under 5's	Football for Special Needs 9-10am	Gym Pit Fun Time 9.30-10.30am Under 5's
Ladies Badminton 9.30-11am	Tumble Teds 12-1.45pm 18 months - 4 years	Women's Wednesday 9.30 -12noon	Gym Pit Fun Time 9.30-10.30am Under 5's	Recreational Gymnastics 4-6pm	Tumble Teds 9-10am 3-4 years	
Tumble Teds 12-1.45pm 18 months- 4 years	Junior Trampoline 4-5pm	Bowls Roll Up 10.30-12.30pm	Tumble Teds 1-2pm 18 months- 4 years		Roller Skating 10-12noon	
Recreational Gymnastics 4-5pm	Recreational Gymnastics 4-8pm	Tumble Teds 1-2.45pm 18 months- 4 years	Pre-School Trampoline 2-2.45pm		Recreational Gymnastics 10-2pm	
		Bowls for Wheelchair Users 2-4pm	Top Coaching Soccer Skills 5-6 pm 5-11 yr olds		Inclusive Table Tennis 11am - 12.30pm	
		Recreational Gymnastics 4-5pm				

In addition to the junior activities below, various courses will take place throughout the year. Please look out for separate leaflets for further information.

Soccer Skills Studio

- Thursdays 5-6pm (during term time)
- In association with Top Coaching
- For children 5 to 11 years old
- New skill every week



Roller Skating

- Saturdays 10-12noon
- For the whole family
- Beginners to experts welcome
- Price includes hire of skates although sizes are limited; you may bring your own
- We advise the use of personal safety equipment which is not provided



Holiday Activities

During school holidays Lynnsport offers a wide range of activities to keep the children entertained. Sessions are available for children 18 months to 16 years.

- Sport specific courses led by fully qualified, experienced, CRB checked local coaches
- Play sessions
- Gymnastics and trampolining

Holiday activity brochures are available 3 weeks prior to school holidays – contact us to be included on the mailing list and/or e-newsletter.

For Junior Bodyworks see page 19.



6 Gymnastics

Lynnsport School of Gymnastics



Our Gymnastics Centre is ranked as one of the best in the country and hosts a comprehensive programme for beginner to advanced gymnasts. The centre has been awarded GymMark accreditation demonstrating a commitment to a safe, effective and child friendly environment.

Gym Pit Fun Time

- Play session for under 5's
- Equipment includes bouncy castle, soft play, floor area, foam pit and trampoline
- Parents are responsible for supervising children

Recreation Gymnastics

For class times, term dates and booking form refer to separate Recreation Gymnastics leaflet. Terms run for approximately 12 weeks and courses must be booked and paid for in advance.

Tumble Teds

- 18 months – 4 years
- Structured courses led by qualified coaches
- Teaching actions, co-ordination & balance
- Working towards Fundamental Movement for Early Years award scheme

Pre-School Trampolining

- 3-4 years
- Structured courses led by qualified coaches
- Working towards British Gymnastics Trampoline award scheme



Junior Gymnastics

- 5-15 years
- Structured courses led by qualified coaches
- Working towards British Gymnastics award scheme

Junior Trampoline

- 5-10 years
- Structured courses led by qualified coaches
- Working towards British Gymnastics Trampoline award scheme

Special Needs Gymnastics

- 5-15 years
- One to one coaching
- Group coaching
- Competition groups

General Gymnastics Squads

- Development groups
- Competition groups
- Working towards general gymnastics competitions

King's Lynn

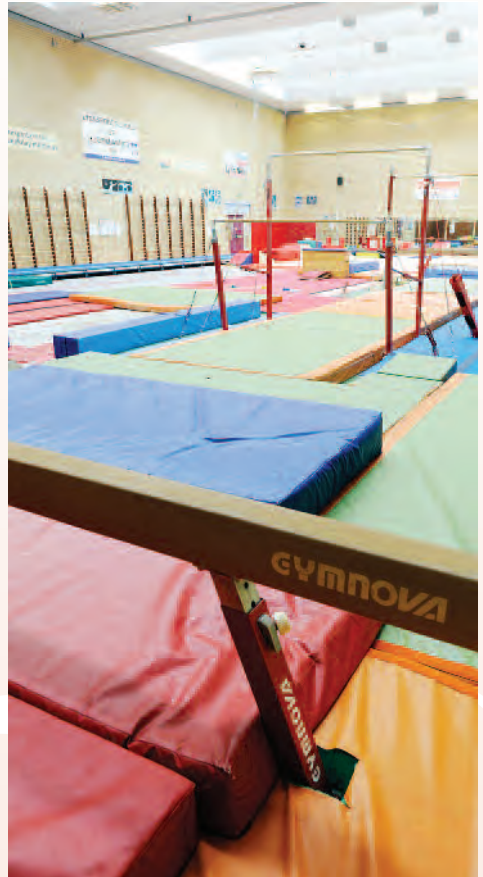
Gymnastics Club



With success at County, Regional, National and International level, the club has a talent identification programme with the Lynnsport School of Gymnastics.

The club has elite training squads in Acrobatic Gymnastics & Tumbling.

For more details please see Gymnastics leaflet available from reception or email gymnastics@west-norfolk.gov.uk



8 Birthday parties, Childcare & Sports shop

Children's birthday parties

Why not let us take care of your child's birthday party. We have a team of trained party leaders waiting to ensure your party is fun, stress free and successful. Options to choose from include:

- **5-A-Side**
- **Bouncy castle & party games**
- **Roller skating**
- **Face painting**
- **Gymnastics**
- **Pre-school gymnastics**
- **Gymnasticator**
- **The Hangar Climbing Party**

See separate leaflet for details.



Childcare

For childcare or crèche facilities we work in partnership with Mr Bee's. Based at St Augustine's Centre or Mr Bee's North Lynn conveniently located near Lynnsport.

To register and book call 01553 692797.



Sports shop

LYNNSPORT

A range of equipment is available to hire or purchase. Please ask at reception for further details.





The Shed was the first ever local authority owned indoor skatepark in the UK.

Skateboarders, in-line skaters and bmx riders are all welcome.

All our sessions are monitored by trained staff for your safety and we always have a first aid trained member of staff close at hand.

During term times the shed will be closed to the public on Tuesdays to provide a venue for the KLAS-A Academy.

Term time

Monday to Friday

3.00pm – 9.00pm

Closed Tuesdays

Saturday and Sunday

10.00am – 6.00pm

School holidays

Monday to Friday

10.00am - 9.00pm

Saturday and Sunday

10.00am – 6.00pm

Helmets are compulsory

Please note opening times are subject to change, speak to staff about school holiday dates.

For further enquiries call 01553 818002

www.theshedskatepark.com

theshed@west-norfolk.gov.uk



10 Inclusive activities

Lynnsport caters for all types of impairment groups.



inclusive fitness

Activities include;

- Bodyworks Fitness & Toning Studio (Inclusive Fitness Initiative Accredited)
- Football for Special Needs
- Gymnastics
- King's Lynn Day Services – This organisation provides care and activities for adults with learning disabilities (ask for details)

Bowls for wheelchair users

- Specialist Bradshaw Buggies are used on the green.
- Wednesdays 2.00 - 4.00pm

Inclusive Table Tennis

- Suitable for those with learning disabilities or other impairments.
- 16+ years
- Saturdays 11.00am - 12.30pm

Kandoo Club

The Kandoo Club is aimed at young people between the ages of 8 and 16 with disabilities. There is a wide range of sports on offer and the club is run by fully qualified and experienced coaches. The emphasis of the club is on inclusion and participation although when young people get together to take part in sport it can get competitive! The activities on offer range from football to table tennis to fencing and no one week will ever be the same. The Kandoo Club gives young people a chance to make new friends and take part in meaningful physical activity.

- Every Wednesday during term time
- 6pm – 7.30pm
- £2 per week.

The Kandoo Club showcased their talent during a visit by Her Royal Highness the Countess of Wessex.



Here are some of our resident clubs, see website for more clubs available.

Ryston Runners

Martin Ive
01366 328456
martin@ive23.freeservice.co.uk
www.rystonrunners.org.uk

Kings Lynn Badminton Club

R. Cetti – Seniors
01553 761502
N. Bowen – Juniors
01553 671414

YMCA Girls Only Badminton

Janis Baker
01553 776426
janisb1@btinternet.com

Clenchwarton Bowls Club

Mrs M Doughty
01553 763715

West Norfolk Carpet Bowls

Norman Smith
01553 775681

Lynnsport Indoor Bowls Club

Arthur Bedford
01553 762955

Kings Lynn Community Football

Jess Ibrom
07775 796131
jicommunitycoaching@hotmail.co.uk

Norwich City Football in the Community

01603 761122
steve.eastaugh@ncfc-canaries.co.uk
darran.lovell@ncfc-canaries.co.uk

Forward & Future

Samantha Jennings
01553 776910
forwarddaycentre@forwarddaycentre.fsnet.co.uk

SKAC Karate

Jim Whitmore
01485 600957

Football Mundial

Ben Richards
01937 841440
footballmundial@aol.com
www.footballmundial.com

West Norfolk Netball League

Vicki Hopps
vjh1973@hotmail.com
www.westnorfolknetball.co.uk

Lynnsport Petanque

Bob Rawlings
01553 670039
bobrg@live.co.uk

Kings Lynn Roller Hockey Club

www.kingslynnrhc.co.uk

Lynnsport Squash Club

Phil Davies
01553 631663
pasdavies@btinternet.com

Kings Lynn Table Tennis Association & Superblades Coaching Club

John Pringle
01553 768119
pringle.john@sky.com

Secret Salsa

Mark Winterford
07863 291074

West Norfolk School for Parents – Little Discoverers

Holly Clements
07805 427044
littlediscoverers@wnsfp.co.uk

County 5ives

01603 704050
County5IVES@NorfolkFA.com

West Norfolk Athletics Club

Wally Oliver
01760 337186
www.westnorfolkac.co.uk
info@westnorfolkac.co.uk

12 Adult activities

At Lynnsport we have a variety of activities designed to keep you active while providing the perfect opportunity to socialise and meet new people in a warm and friendly environment.

Lynnsport Ladies' Badminton

- Mondays 9.30-11am
- Open to all standards
- Badminton Coach available if coaching is required
- Games played on a 'peg system'
- Complimentary refreshments served at 11am from the Coffee shop



Women's Wednesday

Designed to keep ladies active, have fun & meet new friends

- Structured coaching sessions in different activities take place in six week blocks 9.30-10.30am
- Aerobics 10.30-11.30am (booking required)
- Badminton, table tennis and squash available 9.30-12noon
- Equipment provided
- Complimentary refreshments served at 11.30am from the Coffee shop

Bowls Roll Up

- Monday & Wednesdays 10.30-12.30pm
- For players with some experience
- Play with new players every week
- Early booking advised
- Equipment provided





Lynnsport Joggers

- Meet Wednesdays 6.45pm
- Everyone is welcome for fun, no pressure, running on the track.
- For more information, ring Paul on 01553 675586

Lynnsport Ladybirds

- All women's running club from 16 years of age
- Meet on Wednesday nights at Lynnsport during winter months and at various locations locally during the summer.
- For more information contact Sharon Fettes on 01485 543096



County 5IVES Small Sided Football

"...providing Small Sided Football opportunities for adults to play structured football at times convenient to their lifestyles..."

Norfolk County FA, in partnership with the Football Foundation, Active Norfolk and UMBRO, has chosen Lynnsport as a County 5IVES Centre.

All County 5IVES Centres boast 3rd Generation artificial grass pitches, a surface that simulates the qualities of natural grass and accommodates moulded football boots. Open to all adult males aged 16 or over, all County 5IVES fixtures are officiated by a qualified, registered referee.

For more information regarding County 5IVES please see separate leaflet or contact the County Headquarters on 01603 704050 or email County5IVES@NorfolkFA.com.

Over 50's Activity Morning

Designed for those who wish to stay active, have fun and meet new friends

- Thursdays 9-12noon
- Badminton, table tennis, darts, snooker & bowls 9-12noon
- Equipment provided
- Gently Does It Aerobics Class 10-11am (booking required)
- Complimentary refreshments served at 11am at the Coffee shop



See from page 18 for Bodyworks Fitness and Toning Studio, including memberships for the over 60's.

14 Other facilities

Main Hall

- Eight court main sports hall
- Available to hire on both a casual and block booking basis
- Sports performed include:
 - Badminton
 - 5-a-side football
 - Mini tennis
 - Volleyball
 - Basketball

Excellent setting for competitions and shows. For further information please contact the Bookings Officer on 01553 818013



Squash

- Three squash courts available
- Two glass backed and one hard backed
- Provides the ideal arena for clubs and casual use

Table Tennis

- Available for both casual and club use
- Sport specific room

Synthetic Pitches

Three new FIFA-approved floodlit synthetic pitches are now available following the completion of a £307,000 project. Third generation synthetic turf is the latest development in sports surfaces with a grass-like appearance sharing similar characteristics to real grass playing surfaces. As a result, players can make the transition between the two surfaces more easily. There are three 5-a-side pitches or one full sized pitch.



Grass Pitches

- Number of grass pitches
- Available for casual or block booking
- Suitable for football or cricket
- Dutton Pavilion
- Contact our Bookings Officer on 01553 818013



Athletics Track

- Available for hire on a private basis, casual use or block booking
- School sports days
- Home to two resident clubs
- Fully floodlit

Indoor Athletics Centre

Athletics events include

- Pole vault
- Hurdles
- Sprints
- Long jump
- Triple jump
- High jump
- Indoor shot
- Facility is also used for football, tennis and netball



Petanque Terrain

- Floodlit petanque terrain
- Available on individual basis or for clubs
- Home to Lynnsport Petanque Club
- Please note, equipment is not available for hire



Carpet Bowls

- Available for club or casual use
- Local leagues

Indoor Tennis

- Two courts available for hire

Indoor Bowls Hall

- 7 rinks available
- Casual for one or two hours or block booking
- Home to Lynnsport Indoor Bowls Club
- Equipment is available
- Bowls roll up (see page 12)



16 Business & conference facilities



The Wembley Room

- Accommodates up to 60 delegates
- Full IT, Internet and PowerPoint facilities available

The Sandringham Suite

- Accommodates up to 300 delegates
- Backdrop and lectern facilities available
- PowerPoint facilities available

Booking arrangements allow for a flexible approach to individual business needs, including:

- Room only rates
- Fully inclusive delegate rates
- Choice of buffet
- Breakfast menu
- Refreshments



For more information please contact the Bookings Officer:

Tel: 01553 818013

Fax: 01553 776309

Email: lynnsportsspecialevents@west-norfolk.gov.uk

Coffee shop, Sports bar & Sandringham Suite 17



The Coffee shop serves a range of beverages and light bites while the Sports bar serves a selection of wines, spirits, beers and soft drinks.

The comfortable furniture and modern decor include a giant television screen showing top sporting events including Premier League fixtures on Skysports.

The area can be hired out for private functions, providing an ideal setting for smaller events where catering can also be provided.

A full size snooker table and dartboard are available within the bar area.

The Sandringham Suite can accommodate up to 300 guests and has a dedicated dance floor with stage area adjoining the Sports bar. Suitable for a number of different style of events all supervised by our dedicated Events Manager.

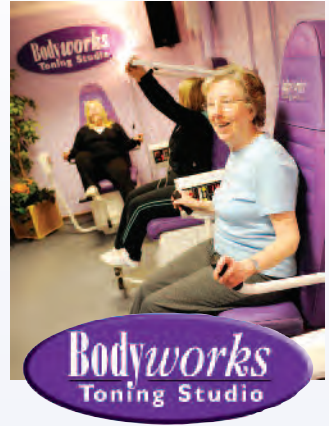
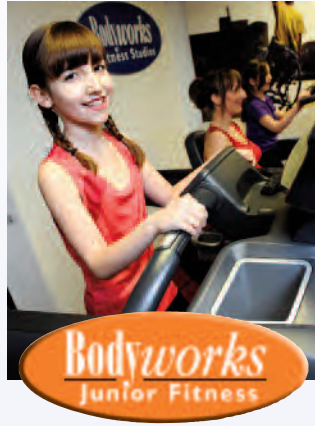
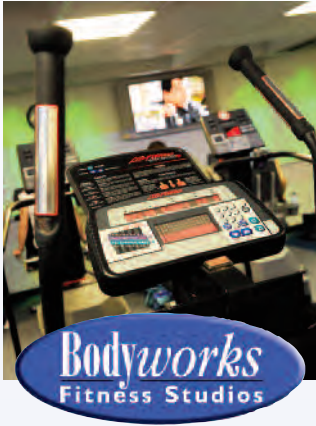
- Wedding receptions
- Birthdays/anniversaries
- Dinner dances
- Parties
- Sporting events
- Trade shows
- Fayres

For more information please contact the Bookings Officer: Tel: 01553 818013
Fax: 01553 776309. Email: lynnsportspecialevents@west-norfolk.gov.uk

Coffee shop
LYNSSPORT

Sports bar
LYNSSPORT

The Coffee shop and Sports bar are open 7 days a week to the general public.



Bodyworks Fitness Studios - A club with a difference

Lynnsport is home to the largest of the four Bodyworks fitness studios in the Borough, offering unique facilities that encompass all ages, sizes and abilities.

Membership benefits

- A one-to-one personalised fitness induction and workout plan devised by your own Fitness Consultant to ensure your member journey will achieve your fitness aims and goals
- Health measurements & FREE one-2-one shadow sessions with your Fitness Consultant to build confidence and ensure you are on the right path towards achieving your aims and goals
- Club 90 loyalty scheme where you win prizes just for exercising
- Free passes for your family and friends
- Money back guarantee



Junior Bodyworks

For 8-15 year olds

Juniors are welcome to discover the benefits of Bodyworks Fitness Studio.

Your Fitness Consultant will show you a fun and educational approach to fitness including an induction and workout programme based on what you want to achieve.

You can also enjoy exercising together with your friends and family in the new dedicated circuit area, an all over express workout for all ages and abilities.

Junior Fitness **£14.25**

(Prices shown are per month unless stated otherwise)

Junior Bodyworks opening times

Mon – Fri	7.30am-10.00pm
Sat – Sun	8.00am-9.00pm

Contact details

For further details or to book consultations please call our Lynnsport Customer Service Advisors on 01553 818019.



**Junior
Fitness
from 47p
per day**





Toning Studio

An alternative way to become active

The toning studio provides an exercise programme to improve body tone and reduce inches. It also improves circulation and fitness.

These can help anyone who has:

- Joint problems
- Limited mobility
- Lack of muscle tone
- Any medical condition that can be helped by exercise

Toning membership **£28.50**
Over 60's **£17.10**

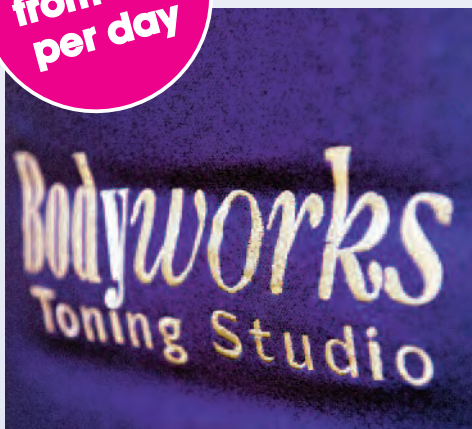
(Prices shown are per month unless stated otherwise)

Contact details

For further details or to book a consultation, please call our Lynnsport Customer Service Advisors on 01553 818019.



**Toning
from 56p
per day**



Choice! Memberships - the choice is yours!

There are many different types of Bodyworks Membership options from which to choose. All offering great activities at great prices.

Choose your:

- venue(s) • membership package
- personal workout programme
- level of commitment

Great value for money membership packages:

Fitness £28.50

**Fitness & swimming
or group fitness** £34.15

**Fitness, swimming &
group fitness** £39.80

(Prices shown are per month unless stated otherwise)

We also have packages for:

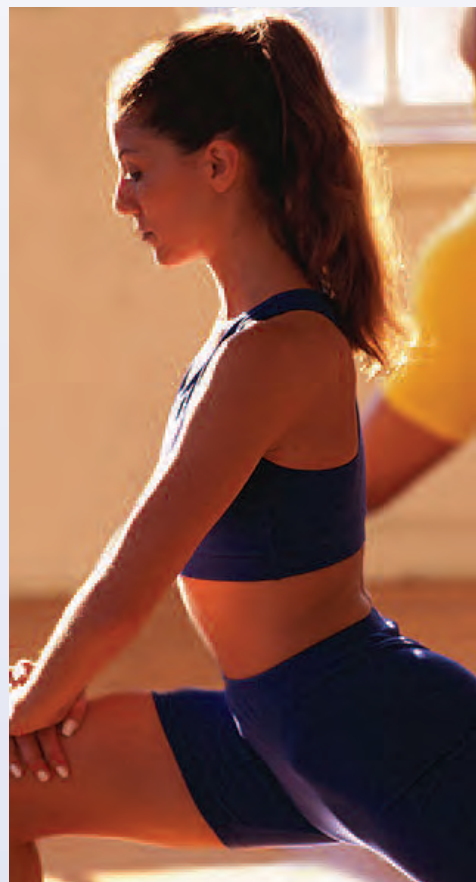
- Over 60's • Corporate groups • Juniors
- Students • Joint / Family

To find out more about memberships or to book a consultation you can call in, email bodyworks@west-norfolk.gov.uk or call free **01553 818019**.



**Fitness
from 94p
per day**





Group Fitness

With over 20 group fitness classes per week at Lynnsport, there is something for everyone! Non members are welcome, however booking is essential. Below is a flavour of some of our popular classes; see separate leaflets for timetable.

Yoga

Strengthen, lengthen and unwind with traditional Sivananda Hatha Yoga. Suitable for all ages and abilities, this 90 minute class will improve your body, mind and emotions. Great for your back, fantastic for your flexibility, wonderful for relieving your stress.

Step BLT & Aero BLT

These classes use simple yet effective choreography combined with powerful, athletic moves. Excellent for toning butts & thighs whilst paying special attention to tummies.

Aero Core

Combines low impact moves choreographed to music incorporating a mat based workout to strengthen those all important core muscles.

Pilates

Making a welcomed comeback. This class is designed to concentrate on inner core strength, balance & stability. This will lead to longer, leaner muscles and improved posture.

Circuits

Circuits will take your fitness levels to new heights, this high intense class combines many different types of exercises to give a great calorie burning workout.

Bodypump

The world's first class to combine high repetition weight training with aerobic conditioning to ultimately change your body shape in record time.

Bodypump

The world's first class to combine high repetition weight training with aerobic conditioning to ultimately change your body shape in record time.

Bodycombat

A fun & energetic cardio class incorporating elements of martial arts, tai chi & boxing. An excellent full body workout!

Indoor Group Cycling

This is an indoor cycling-inspired class that combines sound training principles and expert coaching at a self directed pace. Non impact but high intensity. Classes are 45 or 60 minutes in duration.

Aerobics

Still a must on any timetable. This energetic workout combines hi and low impact moves to music creating a challenging but effective workout.

Step & Condition

A great all over workout which combines the sound principles of traditional step and aerobic classes including the use of dumbbells or resistance bands.

Tai Chi

A Chinese system of slow meditative physical exercise designed for relaxation, balance and health.

Body Conditioning

A great all over workout which combines the sound principles of traditional step and aerobic classes whilst utilising other equipment in the studio such as dumbbells or resistance bands.

Gently Does It

Aimed at the over 50's this fun but effective low impact class gives a great workout.

N.I.A.

Known these days as Neuromuscular Integrative Action (formerly known as "Non-Impact Aerobics") fuses dance movement, martial arts and healing arts into an invigorating cardiovascular fitness programme. In essence, NIA combines elements of tai chi, yoga and dance.

Zumba

Zumba has become one of the fastest growing dance based fitness class workouts. This Latin based aerobic - cardio dance workout uses high intensity interval training as one of the methods of burning maximum calories. It is a blend of body sculpting dance movements and easy to follow dance steps. It is an excellent way to keep fit, tone your body, lose weight and have fun.

Cancellations must be made giving at least 24 hours notice.



Try our Bodyworks activities for free for 7 days



A gift
of fitness



An appointment is required with a Customer Advisor to activate the pass. For further details contact us on **01553 818019**

Terms and conditions apply. Valid for residents only, over 16 years of age.

Valid until:



Borough Council of
**King's Lynn &
West Norfolk**



www.west-norfolk.gov.uk

Leisure and Public Space

Lynnsport & Leisure Park
Greenpark Avenue, King's Lynn,
Norfolk PE30 2NB

Tel: (01553) 818001

Fax: (01553) 776309