Memberships

Memberships from £23 per month!!!

- **Free induction**
- **No joining fee**
- **No annual contracts**
- **Over 90 Fitness Classes**

Come down today and get an exclusive preview;

- **State of the art fitness equipment.**
- **Integrated TV's.**
- **Swimming Pool.**
- **Free personal programmes.**
- **Free parking.**
- **A Power plate.**
- **Friendly qualified staff.**

TIME TABLE & PRICES

Monday – 9.00am – 1.00pm

Activities; Bowls, badminton, table tennis, swimming and gym.

9.30am Seniors Keep Fit
10.30am Seniors Keep Fit

Wednesday – 1.00pm

Activities; Bowls, badminton, table tennis, swimming, gym and exercise classes.

10.30am Seniors Keep Fit

Friday – 9.00am – 1.00pm

Activities; Badminton, swimming, gym and exercise classes.

10.00am Seniors Keep Fit

PRICES

Prices per Morning Activities ……..……**£3.30**
Includes specified classes, fitness suite (induction required), swimming, table tennis, bowls and badminton.

Sunrise Swim ……..**£3.95 (2.00 PTL)**
Monday to Friday …….…….7.00am – 9.00am

Adults Only
Tuesday ……8.00pm – 9.30pm

Ladies Only
Wednesday ……8.00pm – 9.30pm

All major credit Cards accepted

MANAGEMENT RESERVES THE RIGHT TO AMEND PRICES

January 2013

Healthy Lifesyles for Seniors

Cocks Moors Woods Leisure Centre

Alcester Road South, Kings Heath, Birmingham, B14 6ER

Tel: 0121 464 1996 Fax: 0121 464 0562

www.cmwlc.co.uk

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Cocks_Moors_Woods_LC@birmingham.co.uk

Cocks Moors Woods
Leisure Centre & Golf Course

Healthy Lifesyles for Seniors

INTRODUCTION

Health Lifestyles for Seniors has been developed to offer a full range of activities. The sessions are held on Monday, Wednesday and Friday mornings between 9.00am and 1.00pm. Activities on offer include Badminton, Bowls, table Tennis, Keep Fit (Aerobics) as well as use of the Fitness Suite and Leisure Pool.

A chance to meet new friends and discover hidden talents whilst keeping fit and enjoying yourself. If you would like more information either read on or come along one morning. Please note, Keep Fit is available on Monday, Wednesday and Friday

ACTIVITIES AVAILABLE

Badminton/Bowls /Table Tennis

If you have your own equipment that's great, but don't panic if you haven't, we have bats, balls, bowls and rackets for you to use and there is no need to stand around chatting (unless you want to).

ACTIVITIES AVAILABLE

Due to you having the use of two top quality bowls mats, two table tennis tables and four badminton courts to ensure everybody gets a game.

Seniors Keep Fit

Your chance to be put through your paces with some gentle keep fit exercise under the watchful eye of a qualified instructor…. (Monday, Wednesday and Friday only).

Fitness Suite

Entrance into our 54 station Fitness Suite is included in the price if you have already have a leisure card with bona fide approval. The gym is suitable for all ability levels and non exclusive 50+ sessions are held on Monday, Wednesday and Friday Mornings between 9.00am and 1.00pm.

For more information regarding the Fitness Suite do not hesitate to speak to a member of our fitness team.

Swimming

As part of the Healthy Lifestyles for Seniors sessions you may use the leisure pool and whirl pool between 10.30am and 1.30pm on Monday, Wednesday and Friday mornings. Sunrise Swimming sessions take place Monday – Friday between 7.00am and 9.00am and are Adults only (Additional cost), Saturday Swim Fit Session children are admitted.

SWIMMING LESSONS

Swimming Lessons

Whether you are a complete beginner, require a boost to your confidence or are looking for advice on your swimming technique, the Strokes Adult Instruction Programme is for you. Whatever your age, it's never too late to learn – our friendly, experienced instructors will give you confidence and make swimming fun. Lessons last for 30 minutes (including registration). Armbands, floats and other necessary equipment is provided for use during lessons.

50 + Swimming Lessons

Tuesday - 11.00am – 11.30am (Beginners)
Thursday - 11.30am (Beginners)

**Lessons are available term time only.*

HEALTHY EATING

The bar and catering services within the centre are open throughout the day, serving a wide selection of hot and cold meals and beverages. A range of healthy options are available together with information on health eating and lifestyles. Our bar has recently been awarded the "Birmingham Healthy Choices Award Gold" for promoting healthier eating for adults and children.

This building is fully accessible. If you need any assistance, please speak to a member of staff who will be happy to help.