



Clements Hall Leisure Centre

Clements Hall Way
Hawkwell
Essex
SS5 4LN

T: 01702 207777
W: www.clements hall.co.uk
E: info@clements hall.co.uk

Centre Opening Times*:

Mon-Fri: 06.30-23.00
Sat: 08.00-18.00
Sun: 08.00-23.00

Gym Opening Times*:

Mon-Fri: 06.30-22.00
Sat: 08.00-18.00
Sun: 08.00-20.00

*Subject to change

For public swimming and studio class times please consult our pool and studio programme.

Our facilities and activities price list

	Concession Price*	Price
Admission to Centre	FREE	£0.85

Gym		
Gym session (60mins)	£5.20	£6.05
Gym session (60mins) - Junior/Senior/Disabled	£3.15	£3.90
Gym induction	£22.80	£31.00
Gym induction - Junior/Senior/Disabled	£11.65	£15.85

Studio		
Class (45min)	£3.30	£3.80
Class (60mins)	£4.45	£5.10
Aqua Aerobics**	£4.35	£5.00
Aqua Natal**	£3.05	£3.15
BTS Class (Body Pump, Combat, Balance, Attack)	£4.90	£5.55
BTS Class (Body Pump, Combat, Balance, Attack) 45mins	£3.75	£4.15
Fit Fifties	£2.95	£3.25
Pilates	£4.90	£5.55
RPM (Cycle)**	£3.75	£4.15
Yoga (60mins)	£4.90	£5.55
Yoga (90mins)	£5.90	£6.60

Our facilities and activities price list

Pool**		
Swim - Adult	£2.75	£3.15
Swim - Junior/Senior/Disabled	£1.65	£1.85
Swim - Under 5s	FREE	FREE
Family Ticket (2 adults & 2 children)	£7.25	£8.00
Family Ticket (1 adults & 3 children)	£6.05	£7.25
Family Ticket (additional child)	£1.05	£1.05
Fun Swim	£2.00	£2.25
Fun Swim (Fridays)	£2.40	£2.65
Sunrisers - Mon-Fri 0700-0845 (12 tickets)	£24.65	£28.35

Sports Activities		
Multi Purpose Outdoor Pitch Peak (60mins)	£32.60	£37.00
Multi Purpose Outdoor Pitch Off Peak (60mins)	£24.75	£29.85
Floodlights	£9.45	£9.45
Badminton/Tennis Peak (60mins)	£7.50	£8.25
Badminton/Tennis Off Peak (60mins)	£6.70	£7.40
Squash Peak (40mins)	£6.90	£7.70
Squash Off Peak (40 mins)	£6.10	£6.80
Climbing Wall - individual (60mins)**	£3.80	£4.30
Climbing Wall - group (60mins)**	£37.30	£37.30
Table Tennis (60mins)	£3.50	£4.00
Active Life Over 50s Recreation (2hrs with free swim)**	£2.75	£3.15
Ladies Recreation**	£3.50	£3.90

Club V		
Creche - 60mins	£2.40	£2.70
Creche - 90mins	£3.50	£3.70
Creche - 120mins	£4.40	£4.70

24 hours notice is required for the cancellation of any booking, including creche and Club-V activities.

* Rochford Leisure Card holders and Virgin Active Health & Fitness members where applicable

** Clements Hall only
Off Peak: Mon-Fri 07.00-17.30 and all day Saturday
Peak: Mon-Fri 17.30-23.00 and all day Sunday



A more **leisurely**
exercise experience

Clements Hall Leisure Centre



working in partnership with



Work out, splash out, or just chill out...

Clements Hall Leisure Centre, and our sister site, **Rayleigh Leisure Centre**, are both managed by Virgin Active Health Clubs, on behalf of Rochford District Council.

It's a unique partnership that lets you benefit from the latest exercise innovations, exhilarating studio classes, sports courses and activities for all ages and fitness levels, and relaxing pool and spa facilities – all in a fun, family-oriented environment.



Our doors are open

Anyone can come along and use our facilities on a Pay and Play basis. Or if you buy an annual Rochford Leisure Card, you'll get free admission to the centre and a concession rate on all activities and courses. But to really make the most of our facilities and save money, we have a range of flexible Virgin Active membership options, including no contract and no commitment!

Gym & studios

Run, step, cycle, climb, or lift your way to wellness in the gym, which is equipped with all the latest Technogym® cardio and resistance equipment and mounted TV screens for your entertainment. Or take advantage of three massive aerobics studios, which offer a packed timetable of over 60 weekly classes, ranging from high-energy workouts to rejuvenating mind/body sessions. We also have a dedicated V-Cycle studio so you can go for a spin any day of the week!



Personal training

Get results faster, safer and more effectively with the expert advice and guidance of a Personal Trainer. Choose from a range of affordable packages, which offer great value for money and potentially life-changing rewards!



Pool & spa

Our impressive facilities include a 25-metre swimming pool with spectator seating, a separate teaching pool, and daily swim sessions for family, ladies-only and retirement. Afterwards, relax and unwind in the poolside sauna, steam room & spa pool.

*For more information on studio classes and swimming times, pick up a copy of our pool & studio programme from reception.

Sports facilities and courses

Our facilities include badminton and squash courts, an outside Astroturf pitch, and even an indoor climbing wall! And we offer a wide variety of enrolment sports courses and Pay & Play sessions for all ages.

- Active Life for the over 50s
- Badminton
- Cheerleading
- Climbing
- Judo
- Trampoline



Swim school

Pick up new skills and confidence in the water with our hugely successful swimming instruction programme. Monitored by the ASA, our programme meets the very highest standards of teaching and student care and is available throughout the year, during term time. Pick up one of our Swim School leaflets or contact us for more information.



Kids' Club-V & crèche

We provide childcare for kids from six weeks up to eight years of age in our OFSTED registered crèche. Relax in the knowledge your little ones are safe in our excellent care - with a bucket load of toys and daily activities to suit their age!

Mon-Fri: 09.00-15.00
Sat: 09.00-12.00

Please call the Crèche on 01702 562643

Kids' activity sessions

- Baby V Mother & Toddlers (0-5yrs) Tuesdays 13.30-15.00
- Messy Play (18mths-5yrs) Wednesdays 13.30-14.30
- Jumping Beans (18 mths – 3 yrs) Thursdays 09.30-10.30
- Gym Tots (3-5yrs) Thursdays 10.30-11.30
- Tramp o' Bounce (18 mths – 5yrs) Saturdays 12.30-13.30



Birthday parties

Leave the mess and stress to us and celebrate your kids' birthday in our fully supervised facilities. We have loads of sports, games and activities to choose from, plus a tasty menu of party food available - and will even do all the cleaning up!

Party (min 10 children)	Min Age	Max Nos	Price per child
Tramp o' Bounce	18 mths	20	£8.95
Jumping Beans	18 mths	20	£8.95
Bouncy Castle	3 yrs	25	£8.95
Football	3 yrs	20	£8.95
Trampoline	5 yrs	12	£8.95
Slam Dunk	6 yrs	20	£8.95
Climbing Party	8 yrs	10	£8.95
Fun Splash Teaching Pool	3 yrs	25	£8.95
Fun Splash Main Pool	8 yrs	25	£8.95
Swim Party 2 Lane Float	8 yrs	12	£8.95
Jumping Jo (Traditional party games & magic tricks)	2 yrs-10 yrs	25	£150 per party

All food to be booked via Squires Café at an additional cost

Rochford Leisure Card

Get the card, and then get free admission to Clements Hall and Rayleigh Leisure Centres, plus a reduced rate on all activities and courses as you Pay and Play. Ask our reception team for a registration form to purchase yours.

	Adult	Juniors (under 17)	Seniors (over 60)	Family (2 adults)	Family (1 adult)	Couple
Rochford Resident	£22.55	£13.40	£13.40	£45.15	£38.90	£34.40
Non-Resident	£29.15	£17.55	£17.55	£60.40	£52.50	£46.80

But remember if you use the leisure centres twice a week or more, you could **save EVEN more money with a Virgin Active membership**. Speak to our reception team for more details.

Facilities hire

Our facilities are available to hire, which includes use of two main sports halls, an outdoor Astroturf pitch, squash and badminton courts, three changing rooms, swimming pool and spa facilities, plus loads more. Speak to our reception team on **01702 207 777** for prices and information.

Serenity Spa

Take advantage of five treatment rooms and a range of relaxing, rejuvenating, pampering and invigorating face & body treatments in our luxurious spa. Treatments are available for men and women, and are all performed by expert health & beauty professionals.



Squires café/bar

Catch up with friends for a bite to eat, enjoy a refreshing drink after a hard workout, or treat the family to a range of healthy options from our children's menu.

Indoor bowls

Our sister site, Rayleigh Leisure Centre, offers an impressive Indoor Bowls Arena with four rinks. You can use the facilities on Pay & Play or 'roll up' hire, or you can become a member of Rayleigh Leisure Indoor Bowls Club, which is accredited to the English Indoor Bowling Association.

Want to find out more about Rayleigh Leisure Centre? Call 01268 654510 to speak to the reception team today!

