

Now FREE
Swimming Sessions
for those aged 60 years and
over and 16 years and under

Everything you need to know

...about our sport and leisure centres



WELCOME TO THE
WONDERFUL
WORLD OF ONE

The ONE Card – a “passport” that gives you more for less when visiting a wide variety of facilities on offer throughout the District.
With six all-year-round centres, you really will be spoilt for choice.

Tendring
District Council

www.tendringdc.gov.uk



For those wishing to PAY ON THE DAY...

Charges are based on three levels as outlined below:

LEVEL 1

Full paying adult – a ONE card is not required, although registration will allow us to provide you with a more efficient service.

LEVEL 2

Under 16s and those in full time education/ including E2E schemes, over 60s, registered disabled and Job Seekers Allowance Contributory – ask at reception for an application form.

LEVEL 3

Those in receipt of means tested benefits and their dependents including education maintenance allowance (EMA). To access this level, proof of eligibility needs to be shown. Simply ask for an application form at reception. District residents and their children only.

BOOKING CARD

For those wishing to book racket sports in advance a booking card is required. A booking card allows the holder to book 7 days in advance by phone and pay on the day (refer to the application form).

Pay on the day prices		Level 1	Level 2	Level 3
Health & Fitness				
Fitness suite at Clacton		5.00	4.00	2.50
Fitness suite - Dovercourt & Brightlingsea		4.60	3.60	1.50
Fitness suite - Manningtree		3.10	2.00	1.00
Fitness Classes - Clacton		5.20	4.10	2.60
Fitness Classes		3.60	3.10	1.60
Inductions for Fitness Suite		15.00	15.00	10.00
Health spa - Clacton		5.10	4.00	2.50
Racket Sports per person				
Tennis		2.50	2.00	1.10
Badminton		2.50	2.00	1.10
Squash		3.10	2.00	1.10
Table Tennis		2.50	2.00	1.10
Swimming	From April 1 16s and under and 60s and over swim free in all general sessions			
Swimming - public sessions including Lido		3.20	2.50	1.10
Parent & child		3.20	2.50	1.10
Aquacise		4.10	3.60	1.50
Swimming Lessons group*		4.50	4.10	4.10
Other				
The ONE Booking card		5.00	5.00	5.00
Pitch and Putt 18 holes		3.30	2.20	1.50
Crazy Golf		1.00	0.75	0.50
Equipment Hire		2.00	1.50	1.00
* Lessons sold in blocks of 10 Lessons are of a 30 minute duration, entry to the pool is included within price Please note adult classes at Clacton are 45 minutes in duration. Prices available at reception.				



For those wishing to PAY IN ADVANCE either monthly or 12 months...

ONE LIFESTYLES

Lifestyles+

Activities include all fitness suites at all centres including Clacton plus all exercise classes, pools, rackets, spa.

Focus - Lifestyles at Clacton

Who should use it - all adults

For details contact: 01255 686669

Lifestyles

Activities includes Lifestyles Fitness Suite, Studio and Health Suite.

Focus - Lifestyles at Clacton

Who should use it - all adults interested in Lifestyles Clacton only.

For details contact: 01255 686669

- ADVANTAGE

Focus - Lifestyles at Clacton

Who should use it - anyone in receipt of means tested benefits – please note that the agreement will need to be renewed every six months on the basis of validation

Cost:

Monthly direct debit £23.00 Monthly cash £30.00
6 months in advance £132.00

- YOUTH

Focus - swimming including group lessons, racket sports and fitness suites (13 – 15 yrs, sessions only)

Who should use it - anyone in full time education from 5 yrs upwards

Cost:

Monthly direct debit £17.00 Monthly cash £24.00
12 months in advance £187.00

- PREMIUM

Activities - unlimited access to all facilities at all times, (excluding the fitness suite, dance studio and health suite at Clacton Leisure Centre)

Focus - Health Suites at Dovercourt, Brightlingsea and Manningtree

Who should use it - all adults except those in full time education

Cost:

Monthly direct debit £32.30 Monthly cash £39.30
12 months in advance £355.30

ONE ACTIVE

Activities - swimming, racket sports + other activities such as health spa and summer facilities

Focus - swimming and racket sports

Who should use - all adults

Cost:

Monthly direct debit £23.00 Monthly cash £30.00
12 months in advance £253.00

FAMILY DISCOUNTS AVAILABLE FOR ALL OPTIONS - there are discounts in numbers

Direct Debit

Discounts start at 10% for two persons and up to 25% for five and upwards. Payments must be made through one bank account only for all the cards to qualify for the discounts. A maximum of two adults can join on a family membership plan. Please fill in the details of each participating member on the back of the application form.

Get the most from the ONE card

Your benefits at a glance

	Lifestyles +	Lifestyles	- ADVANTAGE	- YOUTH	- PREMIUM	ONE ACTIVE
START-UP FEES	*		£5		£10	£10
Fitness suite at Lifestyles Clacton	✓	✓	✓	✓		
Fitness classes at Clacton	✓	✓	✓			
Fitness suites (exc. Clacton)	✓		✓	✓	✓	
Health suite - Lifestyles	✓	✓	✓			
Casual swimming	✓		✓	✓	✓	
Group swimming lessons **	✓		✓	✓	✓	✓
Fitness classes (exc. Clacton)	✓		✓	✓	✓	
Aquacise	✓		✓		✓	✓
Badminton per person	✓		✓	✓	✓	✓
Squash per person	✓		✓	✓	✓	✓
Table Tennis per person	✓		✓	✓	✓	✓
Tennis per person	✓		✓	✓	✓	✓
Brightlingsea open-air pool	✓		✓	✓	✓	✓
Happy Valley - Pitch & Putt and Tennis	✓		✓	✓	✓	
Coronation Gardens - Crazy Golf	✓		✓	✓	✓	
Equipment Hire	✓		✓	✓	✓	✓
Active 4 Life	✓		✓		✓	

✓ = Unlimited free use after monthly or annual payments

✓ = Teen-fit sessions only

All activities and classes are subject to availability

* For Lifestyles details contact 01255 686669

** One block of 10 lessons per card holder, per enrolment.

Applies to Direct Debit arrangement only.

Please note that all One Card offers give unlimited access to the designated facilities for all public sessions seven days a week throughout the year to all our indoor facilities and during the summer for the three seasonal facilities. Please see table above for details.

The first payment amount varies according to the date you join and is calculated on a daily pro-rata basis, based on the date you join and the number of days up to the first of the following month. Payments will be taken from your bank on the 1st of the calendar month (subject to Bank Holidays).

Centres offer
the following
activities.

The **ONE CARD**
is accepted at all.

Brightlingsea Sports Centre

Tel: 01206 304946

- 4 Court Sports Hall
- Fitness Suite
- Dance Studio
- 2 Squash Courts
- All Weather Pitch

Brightlingsea Open Air Swimming Pool

Tel: 01206 303067
(May to September only)

- 50 Metre Swimming Pool and
Toddler Area

Clacton Leisure Centre

Tel: 01255 686688
Lifestyles reception: 01255 686669

- 25 Metre x 6 Lane Swimming Pool
- Fitness Suite
- 6 Court Sports Hall
- Ancillary Hall
- Lifestyles Studio
- Health Suite
- All Weather Pitch
- Floodlit Skate Park
- Tennis Courts
- Multi Outside Courts
- Coffee Shop
- Meeting Room

Coronation Gardens Putting (Walton-on-the-Naze)

Tel: 01255 676608

- 9 Hole Crazy Golf
- 18 Hole Putting

Dovercourt Swimming Pool

Tel: 01255 508266

- 25 Metre x 6 Lane Swimming Pool
- Fitness Suite
- All Weather Pitch
- Floodlit Skate Park

Frinton & Walton Swimming Pool

Tel: 01255 676608

- 25 Metre x 4 Lane Swimming Pool
plus Free Form Area with Aqua Slide

Happy Valley Recreation Ground (Holland-on-sea)

Tel: 01255 686688

- 9 Hole Pitch & Putt Course (par 3)
- 4 Grass Tennis Courts

Harwich Sports Centre

Tel: 01255 504380

- 4 Court Sports Hall
- 2 Squash Courts
- 4 Tennis Courts
- Multi-use Games Area

Manningtree Sports Centre

Tel: 01206 393003

- 4 Court Sports Hall
- Fitness Suite
- 2 Court Ancillary Hall
- Tennis Courts (summer term only)
- Climbing Wall



Tendring
District Council



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Clacton Leisure Centre
Vista Road
Clacton-on-Sea
Essex
CO15 6DB

Tel: 01255 686688