

booking information

booking@lifestyles

- Direct Debit and Annual members may book up to 14 days in advance for the activities included in their membership. Centre members may book up to 8 days in advance. All members can book in person, over the telephone or on the website (www.lifestylesatmidbeds.co.uk). Non members may book up to 7 days in advance and full payment must be made at the time of booking.
- We require 24 hours notice of cancellation of squash, badminton courts and astro turf pitch, otherwise there will be a charge. This also applies to all Lifestyles inductions.
- Classes must be cancelled at least two hours in advance, otherwise there will be a charge. The charge applies to all members (including Direct Debit and Annual members).
- Day admission must be paid by all non-members taking part in centre activities. This also includes all courts, team games and any club sessions.
- Child to Adult ratio policy's apply, ask at Reception for details.

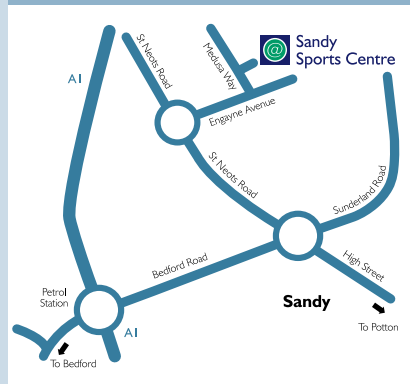


Keep an exercise kit handy, this might mean leaving clothes in your car.

If your exercise clothes are handy you can exercise whenever you get the urge.

lifestyles@midbeds...

Sandy Sports Centre



Only a 2 minute walk from the bus stop in Engayne Avenue

Sandy Sports Centre

Engayne Avenue, Sandy, Bedfordshire SG19 1BL

01767 681872

E: enquiries.sandy@stevenage-leisure.co.uk

www.lifestylesatmidbeds.co.uk

...enjoy your health!



Working in partnership:

design: out of the bleu 01767 319028



price list
april 2009

great choice, great value...

lifestyles@sandy
enjoy your health

		GYM		HEALTH		WORKOUT
LIFESTYLE			SAFETY			LIFESTYLE
SWIMMING		FUN	KIDS			
	FITNESS					

Tel 01767 681872
Sandy Sports Centre
Engayne Avenue, Sandy, Beds SG19 1BL
www.lifestylesatmidbeds.co.uk

Activity	Price Member	Concession	Activity	Price Member	Concession
day admission@lifestyles			sports hall@lifestyles		
Adult	£1.20		Badminton (1 hour)	£7.70	£5.00
Junior (4-16)	£0.60		Team Games - whole hall - 1 hour	£31.50	£21.00
Senior Citizen (60+)	£0.60		Cricket - whole hall	£36.00	£18.00
			Cricket - 2 lanes	£18.00	£9.00
centre membership@lifestyles			squash@lifestyles		
Family	£41.50		40 minutes	£5.70	£3.20*
Adult	£20.75		table tennis@lifestyles		
Junior/Student/Senior Citizen	£6.75		1 hour	£4.30	£3.00
Concession	n/a		Racquet Hire	£1.50	
			Deposit (refundable)	£5.00	
gym@lifestyles			hard play area@lifestyles		
4 Step Introduction Course	£50.00	£25.00	Tennis (1 hour)	£5.50	£2.75*
Adult session	£6.50	£3.25	Netball (Game)	£14.50	£9.00
Senior Citizen/Student session	£3.25		athletics track@lifestyles		
Junior session (see reception for details)	£3.25		Track Pass	£55.50	£27.75
Programme Review	£6.50	£3.25	Track Session	£3.35	£1.70
			Track Hire (1 hour)	£15.00	
workout@lifestyles					
1 hour class	£3.00	£1.50			
astro turf pitch@lifestyles					
Full Pitch	£50.00	£25.00			
Half Pitch	£25.00	£12.50			
Grass Football Pitch - Adult	£17.50				
Grass Football Pitch - Junior	£15.00				
Grass Field - Per Hour	£12.50				

For Track competitions please call the centre for further information.

Please note: Student and low income concessionary prices apply to centre members only. *All those playing must be entitled to concessionary rates

members prices

direct debit membership@lifestyles*

Lifestyles Xtra	£46.00 per month	Member	Concession
Lifestyles Xtra Daytime	£31.00 per month		
Lifestyles Gym	£36.00 per month	£3.50	
Gym DD Activation Fee	£25.00	£63.00	
Lifestyles Workout	£21.00 per month	£14.00	£7.00
Workout DD Activation Fee	£15.00	£58.00	£71.00

children's activities@lifestyles

Trampolining			
courses per session (pre-paid termly)			
Bouncy Castle Parties			
Run Riot Playscheme (per day)			
Football Parties			
		(up to 16 children)	
		(up to 25 children)	

Please note: Student and low income concessionary prices apply to centre members only. *All those playing must be entitled to concessionary rates.

*Annual memberships are also available – No Activation Fee & One month Free.

*Couples members receive a 5% discount off the standard DD membership fees, when purchasing two identical subscriptions.

*4 Step Introduction Course is mandatory for all Gym users. This will also apply if the gym has not been attended for a period of 6 months or more.

facilities@lifestyles

Theatre Hall, Function Room, Conferencing and Sports Bar for hire (call the Sports Centre for details).

There's lots on offer at Sandy Sports Centre, to find out more visit:

www.lifestylesatmidbeds.co.uk