

# 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.lifestylesatcentralbedfordshire.co.uk](http://www.lifestylesatcentralbedfordshire.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 and badminton courts, 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.

## opening times

Monday to Friday - 6:00am to 11:00pm  
Weekends - 8:00am to 8:00pm

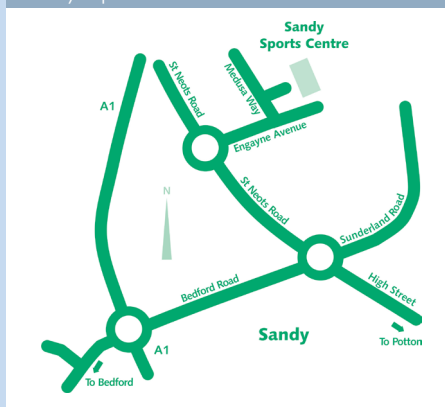
These times may be subject to change over the Summer months.



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.

## Sandy Sports Centre



Sandy Sports Centre  
Engayne Avenue, Sandy, Beds SG19 1BL

0300 300 8075

E. [enquiries.sandy@stevenage-leisure.co.uk](mailto:enquiries.sandy@stevenage-leisure.co.uk)

... be healthy

Working in partnership

[www.lifestylesatcentralbedfordshire.co.uk](http://www.lifestylesatcentralbedfordshire.co.uk)



sandy  
pricelist  
april 2011



lifestyles @ centralbedfordshire

...be healthy



0300 300 8075

Sandy Sports Centre  
Engayne Avenue, Sandy, Beds SG19 1BL

A facility of

Central  
Bedfordshire

managed by  
Stevenage Leisure Limited

# price list april 2011

## Activity

## Price

Non-Member    Member    Concessionary  
Member

### centre membership@lifestyles

Family	£44.00		
Adult	£22.00		
Junior/Student/Senior Citizen	£7.00		
Concession	N/A		

### gym@lifestyles

4 Step Pathway	£50.00	£50.00	£25.00
Adult session	£8.30	£7.00	£3.50
Senior Citizen/Student session	£4.15	£3.50	N/A
Junior session (see reception for details)	£4.15	£3.50	£1.75
Programme Review	£8.30	£7.00	£3.50
Personal Training	£30.00	£30.00	N/A

### workout@lifestyles

45 mins class	£5.05	£3.75	£1.90
1 hour class	£6.30	£5.00	£2.50
1.5 hour class	£8.80	£7.50	£3.75

### astro turf@lifestyles

Full Pitch		£60.00	£30.00*
Half Pitch		£30.00	£15.00*
Grass Pitch		£20.00	£17.50*
Grass Field - per hour		£15.00	

### sports hall@lifestyles

Badminton	£9.80	£8.50	£5.00*
Team Games - whole hall	£35.30	£34.00	£21.00*
Cricket - whole hall	£39.30	£38.00	£19.00*
Cricket - 2 lanes	£21.30	£20.00	£10.00*

### squash@lifestyles

40 minutes	£7.30	£6.00	£3.00*
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## Activity

## Price

Non-Member    Member    Concessionary  
Member

### table tennis@lifestyles

1 hour hire	£6.10	£4.80	£3.00*
Racquet hire		£2.00	
Deposit (refundable)		£5.00	

### hard play area@lifestyles

Tennis - 1 hour	£7.30	£6.00	£3.00*
Netball - game		£16.00	£10.00*

### children's activities@lifestyles

Trampolining - courses per session (Pre-paid termly)		£3.90	
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Bouncy Castle Parties (up to 25 children)		£70.00	
Football Parties (up to 16 children)		£64.50	
Football Parties (up to 25 children)		£79.00	
Trampoline Parties (up to 16 children)		£79.00	

All parties are supervised by a qualified member of staff

### facilities@lifestyles

To hire the Theatre Hall, Function Room, Conference and Sports Bar call the Sports Centre.

Please note: Student and low income concessionary prices apply to centre members only.

\* All those playing must be entitled to concessionary rates.

## memberships



We have a wide range of membership options from pay-as-you to monthly direct debit. To find out the best option for yourself or for more information on membership please call a Customer Advisor on 0300 300 8075.

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

[www.lifestylesatcentralbedfordshire.co.uk](http://www.lifestylesatcentralbedfordshire.co.uk)