CLASS PRICES

	With Active Discount Card	Without Active Discount Card
ADULT PRICES		
Friday Night	£1.55	£1.55
Active for Life Badminton	£2.50	£2.90
Social Badminton	£3.50	£3.90
Active for Life Activities/Health through Activity	£2.50	£2.90
Casual Running at Clairville	£3.65	£4.25
Trampoline 6 Week Course	£27.50	£31.00
Martial Arts/Teesside Fencing Club/Rollerhockey	Pay Club	
JUNIOR PRICES		
Casual Running	£2.30	£2.90
Adventure Tots	£3.10	£3.40
Trampoline 6 Week Course	£16.50	£18.60
Kidz Get Active	£1.55	£1.55
Gymnastics at Southlands/Sports Acro/ Junior Football Coaching/Karate Beginners/ Karate	£2.75	£3.20
Roller Hockey/Tang Soo Do/ Judo/Boro Soccer/Gymnastics at Rainbow/ Teesside Fencing Club/Aikido	Pay Club	
Youth Project at Southlands	Contact Centre	

ROOM HIRE PER HOUR (Discounts apply for multiple bookings)

	1 Hour	1/2 Day	Full Day
Gallery/Active Zone/Community Room at Southlands	£15.00	£60.00*	£100.00*
Dance Studio at Rainbow	£15.00	£60.00	£100.00
Meeting/Training Room at Neptune	£15.00	£60.00	£100.00

Complimentary tea and coffee

COURT HIRE/TRACK HIRE

NON TEAM SPORTS	Full With Active Discount Card	Full Without Active Discount Card	Conc With Active Discount Card	Conc Without Active Discount Card
Badminton/Short Tennis	£7.80	£9.40	£4.70	£5.35
Squash	£7.25	£8.40	£3.90	£4.90
Table Tennis	£3.70	£4.50	£2.55	£2.95

Full: Full paying adult
Conc: Juniors, Full Time Students, 60+ and those in receipt of eligible benefits (see webiste for details www.middlesbrough.gov.uk/activemiddlesbrough)

TEAM SPORTS	Junior With Active Discount Card	Junior Without Active Discount Card	Adult With Active Discount Card	Adult Without Active Discount Card
Rainbow medium size hall	£22.00	£28.00	£36.00	£38.00
Rainbow large size hall	£39.00	£43.00	£49.00	£55.00
Southlands hall	£34.00	£37.00	£39.00	£43.00
Outdoor 7 a side	£33.00	£38.00	£37.00	£42.00
Daytime Outdoor 7-a-side until 4pm	£20.50	£20.50	£20.50	£20.50
Outdoor 11 a side	£65.00	£75.00	£75.00	£85.00
Daytime Outdoor 11-a-side until 4pm	£60.00	£60.00	£60.00	£60.00

Adult track hire	£325.00
1 hour rate	£65.50
Junior track hire	£260.00
1 hour rate	£53.00

*Please note for Junior pitch bookings ALL the participating teams must be under 17 years of age

SAUNA/STEAM ROOM PRICES

	With Active Discount Card	Without Active Discount Card
Full	£2.85	£3.55
Concession	£2.55	£2.85
Added to an activity	£1.75	£1.75

Booking Information

- All activities, unless stated last 55 minutes
- Payment must be made prior to playing
- Bookings available from 9.00am and can be booked 7 days in advance with an Active Discount Card or 3 days in advance without a card

Active Discount Card offers fantastic benefits including:

- Reduced payments on activities throughout all our venues
- Deposit for hire of equipment
- 7 day advance booking

To apply for an annual Active Discount Card please ask at reception or download the form from www.middlesbrough.gov.uk/activemiddlesbrough

Clairville Stadium
Tel: 01642 246767

The Neptune Centre
Tel: 01642 230106

Southlands Leisure Centre
Tel: 01642 300428

Rainbow Leisure Centre
Tel: 01642 592800

www.middlesbrough.gov.uk

JUNIOR & ADULT Activities

'making more people more active'

/activemiddlesbrough

Middlesbrough moving forward

Activities

JUNIOR & CLUB ACTIVITIES

MONDAY

TIME	CLASS	VENUE
9.30am - 12.55pm	**Aqua Tots** (swimming pool)*	Rainbow
9.00am - 2.00pm	**Adventure Tots**	Rainbow
9.30am - 3.00pm	**Adventure Tots**	Neptune
4.45pm - 5.45pm	**Athletics**	Clairville
4.15pm - 6.45pm	**Boro Soccer School** (Nursery/Reception)	Rainbow
5.45pm - 6.45pm	**Boro Soccer School** (Y1/Y2) Rainbow	Rainbow
6.00pm - 7.00pm	**Kidz Get Active**	Southlands
7.00pm - 8.00pm	**Karate**	Rainbow

TUESDAY

9.00am - 2.00pm	**Adventure Tots**	Rainbow
9.30am - 12.55pm	**Aqua Tots** (swimming pool)*	Rainbow
4.00pm - 5.00pm	**Trampoline Course**	Rainbow
5.15pm - 6.15pm	**Trampoline Course**	Rainbow
5.45pm - 6.45pm	**Athletics**	Clairville
6.00pm - 7.00pm	**Karate** (beginners)	Southlands
7.00pm - 8.00pm	**Karate**	Southlands

WEDNESDAY

9.00am - 2.00pm	**Adventure Tots**	Rainbow
9.30am - 3.00pm	**Adventure Tots**	Neptune
9.30am - 12.55pm	**Aqua Tots** (swimming pool)*	Rainbow
4.00pm - 5.00pm	**Basketball/Tees Valley Mohawks**	Southlands
5.30pm - 7.00pm	**Judo** (5-10yrs)	Rainbow
5.30pm - 6.30pm	**SportsAcro**	Southlands
6.00pm - 7.00pm	**Kidz Get Active**	Southlands
6.00pm - 7.00pm	**Tang Soo Do**	Rainbow
7.00pm - 9.00pm	**Judo** (junior & senior)	Southlands

THURSDAY

9.00am - 2.00pm	**Adventure Tots**	Rainbow
9.30am - 12.55pm	**Aqua Tots** (swimming pool)*	Rainbow
4.15pm - 5.00pm	**Boro Soccer Schools** (3-4yrs)	Southlands
5.00pm - 6.00pm	**Boro Soccer Schools** (5-6yrs)	Southlands
5.00pm - 6.00pm	**Gymnastics**	Rainbow
5.45pm - 6.45pm	**Athletics**	Clairville
6.00pm - 7.30pm	**Karate**	Southlands
6.30pm - 10.00pm	**Teesside Fencing**	Southlands
7.00pm - 9.00pm	**Aikido**	Rainbow

FRIDAY

9.30am - 12.55pm	**Aqua Tots** (swimming pool)*	Rainbow
9.00am - 2.00pm	**Adventure Tots**	Rainbow
11.30am - 3.00pm	**Adventure Tots**	Neptune
7.00pm - 8.00pm	**Roller Hockey**	Rainbow
7.00pm - 9.00pm	**Tang Soo Do**	Rainbow
7.00pm - 9.00pm	**Youth Project**	Southlands

SATURDAY

9.00am - 10.00am	**Junior Football Coaching** (6-9 yrs)	Rainbow
9.15am - 10.15am	**Gymnastics**	Rainbow
9.30am - 10.30am	**Judo** (junior)	Southlands
10.00am - 11.00am	**Junior Football Coaching** (9-12 yrs)	Rainbow
10.30am - 12.00pm	**Judo** (senior)	Southlands
11.00am - 12.00pm	**Tang Soo Do**	Rainbow

SUNDAY

9.45am - 10.45am	**Gymnastics**	Southlands
10.45am - 12.00pm	**Gymnastics**	Southlands

*Please note that these sessions must be pre booked.
Changes to this leaflet can change at any time. Correct at time of print April 2013.

ADULT ACTIVITIES

MONDAY

10.00am - 12.00pm	**Active for Life Badminton**	Rainbow
12.00pm - 1.30pm	**Health Through Activity**	Southlands
2.00pm - 3.30pm	**Tai Chi**	Rainbow

TUESDAY

10.00am - 12.00pm	**Active for Life Badminton**	Rainbow
1.30pm - 3.00pm	**Health Through Activity**	Clairville
7.00pm - 8.00pm	**Karate**	Southlands
6.15pm - 7.45pm	**Trampoline**	Rainbow
7.00pm - 8.00pm	**Tai Chi**	Rainbow
7.00pm - 8.00pm	**Karate**	Southlands

WEDNESDAY

10.00am - 12.00pm	**Social Badminton**	Rainbow
12.00pm - 1.30pm	**Health Through Activity**	Southlands
1.00pm - 3.00pm	**Active for Life Activity**	Rainbow
7.00pm - 8.00pm	**Tang Soo Do**	Rainbow
7.15pm - 8.45pm	**Judo**	Rainbow
8.00pm - 10.00pm	**Social Badminton**	Rainbow

THURSDAY

1.30pm - 3.00pm	**Health Through Activity**	Clairville
6.30pm - 10.00pm	**Teesside Fencing**	Southlands
7.30pm - 9.00pm	**Aikido**	Rainbow

FRIDAY

1.00pm - 3.00pm	**Social Badminton**	Rainbow
7.00pm - 8.00pm	**Friday Night Club**	Southlands
8.00pm - 9.00pm	**Tang Soo Do**	Rainbow
8.00pm - 10.00pm	**Roller Hockey**	Rainbow

SATURDAY

11.00am - 12.00pm	**Tang Soo Do**	Rainbow

SUNDAY

8.00pm - 10.00pm	**Social Badminton**	Rainbow

RELAX IN OUR SAUNA OR STEAM ROOM

SOUTHLANDS

Sauna • Steam Room • Relaxation

Monday	Female	8.00am - 9.00pm
Tuesday	Male	8.00am - 9.00pm
Wednesday	Male	8.00am - 4.00pm
Wednesday	Female	4.30pm - 9.00pm
Thursday	Female	8.00am - 3.00pm
Thursday	Male	4.00pm - 9.00pm
Friday	Male	8.00am - 9.00pm
Saturday	Male	9.00am - 4.00pm
Saturday	Female	5.00am - 8.00pm
Sunday	Male	9.00am - 1.00pm
Sunday	Female	2.00pm - 8.00pm

CLAIRVILLE

Sauna • Relaxation

Monday	Female	7.30am - 3.00pm
Monday	Male	3.30pm - 9.00pm
Tuesday	Male	7.30am - 3.00pm
Tuesday	Female	3.30pm - 9.00pm
Wednesday	Female	7.30pm - 3.00pm
Wednesday	Male	3.30pm - 9.00pm
Thursday	Male	7.30am - 3.00pm
Thursday	Female	3.30pm - 9.00pm
Friday	Male	7.30am - 1.00pm
Friday	Female	1.30pm - 7.00pm
Saturday	Female	7.30am - 1.00pm
Sunday	Male	7.30am - 1.00pm

NEPTUNE

Sauna • Steam Room • Relaxation

Monday	Male	6.30am - 2.00pm
Monday	Female	2.30pm - 9.00pm
Tuesday	Female	6.30am - 2.00pm
Tuesday	Male	2.30pm - 9.00pm
Wednesday	Male	6.30am - 2.00pm
Wednesday	Female	2.30pm - 9.00pm
Thursday	Male	6.30am - 2.00pm
Thursday	Female	2.30pm - 9.00pm
Friday	Female	6.30am - 2.00pm
Friday	Male	2.30pm - 9.00pm
Saturday	Male	8.00am - 1.00pm
Saturday	Female	1.30pm - 4.00pm
Sunday	Mixed	8.00am - 3.00pm