

What are the opening hours...?

The centre is open from 7am-10pm, Mon-Sun.

How many sessions do I get at the reduced rate...?

You are entitled to thirty sessions at the reduced rate. At the end of the scheme you should go back to your health professional to feedback on your progress and be re-assessed. You may be eligible for concessionary rates offered through the leisure centre when you leave the scheme.

Is there anyone I can talk to if I have any problems...?



Yes. Your exercise instructor will be pleased to help you. There is also further support from the scheme co-ordinators, Francesca and Marianne, You can contact them on 01858 821284.

If there is any change with your medical condition you should report this to your GP.

Do any bus services go to the leisure centre...?

The X7 runs half past every hour, 9.30am-8.30pm from the centre of Market Harborough and stops across the road from the Leisure Centre.

The X7 then runs back through Market Harborough from Lathkill St every hour from 7.57am-18.57pm

HARBOROUGH Leisure Centre

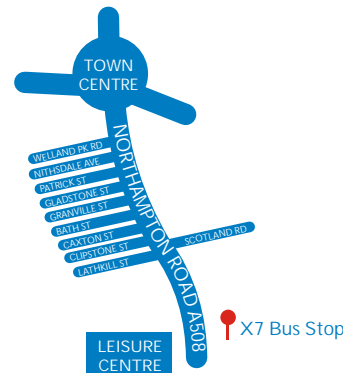
There are crèche facilities and a café open to all at the centre.

Parking is free of charge for all centre users.

Directions

Exit the motorway M1 at Junction 20 Lutterworth And take 1st exit to Kilworth following signs for Market Harborough.

As you leave the Town centre along the A508 Harborough Leisure Centre is located on the right, signposted Harborough Leisure Centre.



Harborough Leisure Centre
Northampton Rd
Market Harborough
Leicestershire
LE16 9HF

Phone: 01858 410115

Fax: 01858 469533

Website: www.harboroughleisurecentre.com

Provided by Harborough District Council
Managed for you by Serco



HARBOROUGH Leisure Centre



ACTIVE LIFESTYLE

EXERCISE REFERRAL SCHEME



Leicestershire County and Rutland



FEEL GOOD... HAVE FUN...

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What is Active Lifestyle?

Active lifestyle seeks to introduce referred individuals to the benefits of physical activity in a safe and supportive environment. The scheme offers activity at a reduced rate under the guidance of a qualified exercise professional.



Why Exercise?

It has been proven that there are enormous mental and physical health benefits to be reaped from physical activity. Your own fitness levels should meet the needs of everyday life. Regular, structured exercise improves circulation, lowers blood pressure and cholesterol levels, assists weight control and makes you feel better about yourself.

Harborough Leisure Centre and Lutterworth Sports Centre are partners in the Active Lifestyle scheme.

What people say about the scheme:

"Despite initial hesitation, I have really enjoyed the sessions."

"My joints have loosened up; I'm getting stronger and have more muscle. I have more energy and sleep better."

"There is a lot more I have got to do, but I have come from nothing to this. My diabetes will never get better but my willpower is doing things now."



ALL YOU NEED TO KNOW...

How much does it cost...?

Each session will cost £2.10*. If you need to use the lockers you will require a deposit of £1.00, refunded when you leave.
(* Current 2007 prices)

What should I wear...?

The most important thing is that you feel comfortable. We would recommend loose fitting clothing and soft-soled, flat footwear.

Are there Changing facilities...?

Yes. There are male and female changing rooms, with lockers and free showers. You might prefer to arrive dressed ready for exercise so you do not need to change.

Will there be anyone to meet me when I first arrive...?

Yes! On arrival at the leisure centre you will be greeted by a qualified exercise instructor. They will show you around the facility and discuss your needs with you. This is your induction and you will not be expected to have a full workout, although you are more than welcome to.

What facilities can I use...?

The gym and swimming pool are part of the scheme. You could even alternate your sessions between the two! There are also various community classes linked to the scheme. (See Insert)



When is the quiet time to go...?

The gym and swimming pool are quietest between 11am-4pm. (Please refer to advertised timetables during school holidays as sessions may be busier)



Is there disabled access...?

Yes. There are lifts and wheelchair access to all areas of the centre.

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