

BenfieldCentre

FOR SPORTING EXCELLENCE

PRICE LIST

Casual Sessions	Junior	Member	Adult	Member
Basketball	£3.40	£2.80	£3.80	£3.40
Trampoline	£3.40	£2.80	£3.80	£3.40
Judo	£3.40	£2.80	£3.80	£3.40
Table Tennis	£2.50	£2.00	£3.00	£2.50
Badminton (per court)	£5.60	£5.00	£7.00	£6.40
Off Peak	£4.75	£4.75	£4.75	£4.75
10wk Junior Courses	Junior	Member		
Swim (30mins)	£47.00	£37.00		
Swim (45mins)	£57.00	£47.00		
Trampoline (1hr 45)	£45.00	£35.00		
Trampoline (1hr15)	£42.50	£32.50		
Trampoline (1hr)	£40.00	£30.00		
Facility Hire (per hour)	Casual	10 week		
Full Astro	£60.00	£50.00		
1/2 Astro	£40.00	£30.00		
Full Hall	£45.00			
1/2 Hall	£27.50			
Swimming Pool	£50.00			
Multi-use Sports Hall	£22.50			
Drama Studio	£22.50			
Club Room	£20.00			
Centre Party	Please ask at reception for details			
MEMBERSHIP PRICES				
Membership A	£8.00	Adult outside local residency		
Membership B	£6.00	Adult local resident/Junior outside local residency		
Membership C	£2.50	Junior local resident/CNGA/NBA Concession		

PROGRAMME/PRICE LIST 2006/07



For further information on any activities shown above - please ask at reception or
Telephone: 0191 275 9009 Textphone users call: 18001 0191 275 9009

Benfield Road • Walkergate • Newcastle upon Tyne NE6 4NU
Tel/Fax: 0191 275 9009

ACTIVITIES & TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sports Hall							
Trampolining - U8's Trampolining - Open Session Trampolining - Open Session Trampolining - Open Session Trampoline Course - U8's Trampoline Course - U8's Trampoline Course - Any Age Trampoline Course - Any Age Trampoline Course - Any Age Trampoline Course - Any Age Trampoline Club Basketball - 16+ Basketball - U12's Basketball - Girls Only Basketball - Open Session Badminton Courts Lucky Stars		5.00-6.00pm 6.00-7.00pm 7.00-8.00pm		5.00-6.00pm 6.00-7.00pm 7.00-8.00pm 5.00-6.00pm 6.00-7.00pm		9.15-10.30am 10.30-11.45am 1.00-2.45pm 2.45-4.30pm 4.30-6.00pm	
	5.00-10.00pm	5.00-6.30pm 6.30-8.00pm	5.00-10.00pm	8.00-10.00pm 5.00-6.30pm 6.30-8.00pm	5.00-10.00pm	1.00-3.00pm	9.00-8.00pm
Multi Use Sports Hall							
Judo - 5-16 yrs Tae Kwon Do Jui Jitsui Tang Soo Do Circuits Boxercise	5.00-6.30pm 7.00-8.00pm 8.30-9.30pm		6.30-8.00pm	6.00-7.30pm	8.00-9.00pm	11.15-12.15pm	1.30-2.30pm
Drama Studio							
Drama Theatre East Uni-teds Uni-teds / Cheerleading Yoga Shelley's Dance	12.00-1.00pm 5.00-8.00pm		5.15-6.45pm 7.00-9.00pm	6.00-7.30pm 5.00-6.00pm 7.30-9.15pm		9.30-6.00pm	
Fitness Suite							
Session Times Teen Fitness	5.00-10.00pm	5.00-10.00pm	5.00-10.00pm 5.00-7.00pm	5.00-10.00pm	5.00-10.00pm 5.00-7.00pm	9.00-5.00pm 9.00-5.00pm	9.00-5.00pm
Swimming Pool							
Lesson Times Aqua North	4.45-5.50pm	4.45-5.50pm				8.30-5.00pm	10.00-11.00pm

Above times / sessions may change - For further information on all activities ask at reception or telephone 0191 2759009

BACKGROUND OVERVIEW

Benfield Centre for Sporting Excellence opened in 2001 and is a dual use sports facility. Benfield School use the facilities during term time and the community has access at all other times.

The centre boasts the largest indoor Gymnastics facility in Europe along with a 6 court Sports Hall. Other facilities on site include a Multi Use Sports Hall, Swimming Pool, Fitness Suite, Dance/Drama Studio, Astro turf and Playing Fields.

The City of Newcastle Gymnastics Academy and Northumberland Badminton Association are on site Partners who run their programmes alongside the main community programme. As a busy and popular centre the operation and maintenance of the facilities are tackled by our friendly team of dedicated staff. As a Community Facility we are always looking to improve the service we provide. For comments and suggestions the Centre Manager can be contacted at malcolm.munro@benfield.newcastle.sch.uk

HOW TO FIND US

Benfield Centre for Sporting Excellence is located in the east end of Newcastle upon Tyne in Walkergate.

From Newcastle City Centre

Take the A1058 Coast Road East for approx 2 miles, take the slip road to Walker and turn right at the lights onto Benfield road. Go under the railway bridge and take the first left on to Cherrywood, follow the signs to Benfield Centre for Sporting Excellence.

From The Coast

Take the A1058 Coast Road West and leave at the Walker junction. Turn left at the lights onto Benfield Road. Then follow instructions shown above.

Walkergate Metro

From the Metro Benfield Centre for Sporting Excellence is approximately a five minute walk up Benfield Road.



TRAMPOLINING - Courses and open sessions available for all ages.

BASKETBALL - Working in partnership with the Newcastle Eagles, Benfield Basketball club is currently the biggest development club in the area.

BADMINTON - Benfield is the base for Northumberland Badminton Association. More details are available from the NBA.

GYMNASTICS - Europe's largest gymnastics facility provides a wide range of activities, ranging from toddlers to adult sessions. More details are available from the City of Newcastle Gymnastics Academy.

LUCKY STARS - Drop in Sports Session for Disabled people.

JUDO - Throw yourself into Judo with the BBJA.

TAE KWON DO - A fun martial art for all ages and abilities.

JUI JITSUI - Makes use of all available combat techniques to provide a full system of self defence, physical and mental training.

TANG SOO DO - Campbell's karate club; style studied - Tang Soo Do Improves your self defence ability, Fitness and Coordination skills. Minimum age 5, under 14s free, 14+ £1.

SHELLEY'S DANCE - Provides a wide range of classes ranging from Uni-teds to Ballroom & Latin. Further information can be found in Shelley's School of Dance programme.

THEATRE EAST - Amateur dramatics hits Benfield with Theatre East, part of the Live Theatre.

UNI-TEDS - A fun class to build confidence and try all styles of dance and drama. Bring a Teddy Bear!

FITNESS SUITE - One of Benfield's newest facilities which has recently gained Inclusive fitness accreditation.

YOGA - A relaxed and calming session for all ages and abilities. Free to Fitness Suite members.

BOXERCISE - A Fun exercise class combining the skill of Boxing and fun of exercise. Free to Fitness Suite members.

CIRCUITS - A qualified member of our fitness suite team will deliver a fun circuit routine. Free to Fitness Suite members.

TEEN FITNESS - Anyone aged 13 - 16 years old can come along and use Benfield Fitness Suite. During designated sessions.

SWIMMING POOL - Due to be refurbished in 2006, the pool offers a wide range of water based activities.

