

# LEISURE CENTRES

Leisure centres can be great places to learn a new sport or try out a new activity, they often run regular clubs.

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1. Applemore Leisure Centre    | 6. Jubilee Sports Centre             |
| 2. Aquadrome                   | 7. LA Fitness                        |
| 3. Bitterne Leisure Centre     | 8. St Mary's Leisure Centre          |
| 4. Chamberlayne Leisure Centre | 9. Totton Health & Recreation Centre |
| 5. Fleming Park Leisure Centre |                                      |

## 1. Applemore Leisure Centre

- ⇒ A gym, over 40 classes a week, 25m main and 12m learner pool, sauna and steam relaxation area, massage and beauty treatments, six badminton court main hall, junior and adult sport courses, five studios available for hire, a preschool, Pirates Paradise indoor play area, holiday activities and children's parties
- ⇒ The pool can be hired as a private party and have floats/balls as well as Water Walkerz, the pool will put on extra staff to supervise

 Claypits Lane, Dibden,  
Southampton, SO45 5TN

 0845 659 0845

 [applemorehealthandleisure@nfdc.gov.uk](mailto:applemorehealthandleisure@nfdc.gov.uk)

 [www.newforest.gov.uk/healthandleisure](http://www.newforest.gov.uk/healthandleisure)

*Opening Times*  
 Monday-Thursday 6.30am-10pm  
 Friday 6.30am-9pm  
 Saturday & Sunday 7.30am-8pm  
 Bank Holidays 6.30am-2pm  
 Prices vary, contact for details



## 2. Aquadrome

- ⇒ One of the largest flume attractions in the country
- ⇒ Make a splash in the Lagoon Pool at the Aquadrome. Enjoy a great family day out with three large flumes; Space Bowl, Master Blaster, and Yellow Peril; rushing rapids, water features, spa pool and a baby beach
- ⇒ 25m competition pool, 20m teaching pool
- ⇒ Children aged 4-7 must be accompanied by a responsible adult in the ratio of 2:1
- ⇒ Crèche facility, locker facilities (£1 returnable)
- ⇒ A pool hoist is available for customers with a physical disability to enter and exit the pool during public swim sessions
- ⇒ A person with a disability is entitled to free swimming as is their carer, a membership card will be provided. Initially official documentation must be provided (see website or contact for details)



Basingstoke Aquadrome, Worting Road, Basingstoke, RG22 6PG



01256 472 343



Enquiry form on website



[www.basingstokeleisure.com/aquadrome](http://www.basingstokeleisure.com/aquadrome)



*Opening Times*

**Term Time**  
Monday to Friday 4pm-8pm  
Saturday and Sunday 10am-7pm

**School Holidays**  
Everyday 10am-7pm

Bank Holidays 10am-7pm

*Prices* 

**Lagoon Swim Prices (peak/off-peak)**

<b>Senior:</b>	£3.40/ £3.70
<b>Adult:</b>	£6.30/£5.60
<b>Child (4-15):</b>	£3.70/£3.40
<b>Family (2A2C):</b>	£17.50/ £15.70
<b>Disabled:</b>	Free
<b>Carer:</b>	Free

**Peak:**  
Weekends, School holidays and bank holidays 7am-7pm

**Off-Peak:**  
Monday to Friday (term time only) 5.30am-10pm

## 3. Bitterne Leisure Centre

- ⇒ Range of facilities to keep fit and have fun: swimming pool, gym, exercise classes, indoor sports, indoor sports, children's activities and crèche
- ⇒ *Active Autism Sessions:* curling & bowling (8-16 years), soft play & coffee mornings for under 5's



Bitterne Leisure Centre, Dean Road, Bitterne, Southampton, SO18 6AQ



02380 437 647



[bitterne.lc@activenation.org.uk](mailto:bitterne.lc@activenation.org.uk)



[www.activenation.org.uk/leisure-centre/bitterne-leisure-centre-southampton](http://www.activenation.org.uk/leisure-centre/bitterne-leisure-centre-southampton)



*Opening Times*

Monday-Thursday 6.30am-10pm  
Friday 6.30am-8.30pm  
Saturday & Sunday 8.30am-6pm

Prices vary, contact for details



## 4. Chamberlayne Leisure Centre

- ⇒ Disability friendly leisure centre
- ⇒ *Active Autism Sessions*: curling & bowling (8-16 years), soft play & coffee mornings for under 5's
- ⇒ *NEW Children's Wheelchair Basketball Sessions*: for children with physical disabilities and learning difficulties, children do not have to be wheelchair bound to participate, term time Tuesdays 4pm-5pm, £2 per child, £1 per sibling
- ⇒ *NEW Children's Multi-sports & Fitness Sessions*: for children with disabilities and their siblings, term time Saturdays 2pm-3pm, £2 per child, £1 per sibling
- ⇒ See website for more information

 250 West Land,  
Southampton, SO19 9SJ  
 02380 437 668

 Chamberlayne@activenation.org.uk

 [www.activenation.org.uk/chamberlayne-leisure-centre.aspx](http://www.activenation.org.uk/chamberlayne-leisure-centre.aspx)

# ACTIVE NATION

*Opening Times*  
Monday -Thursday 6.30am-10pm  
Friday 6.30am-9pm  
Saturday 9am-6pm  
Sunday 9am-8pm  
  
Prices vary, contact for details



## 5. Fleming Park Leisure Centre

- ⇒ Gym, swimming pool and fitness classes
- ⇒ Children's courses, including free junior racket sports during off-peak times
- ⇒ Crèche for under 5's
- ⇒ Purpose built accessible changing rooms and pool hoist available

 Passfield Avenue, Eastleigh,  
Hampshire, SO50 9NL  
 02380 648 800

 enquiries@flemingparkleisurecentre.co.uk

 [www.dcleisurecentres.co.uk/centres/fleming-park-leisure-centre](http://www.dcleisurecentres.co.uk/centres/fleming-park-leisure-centre)

*Opening Times*  
Monday-Thursday 6.30am-11pm  
Friday 6.30am-10pm  
Saturday & Sunday 7.30am-8pm  
Bank Holidays 7am-8pm  
  
Prices vary, contact for details



## 6. Jubilee Sports Centre

⇒ Swimming and water sports courses, racket sports lessons and facilities, fully equipped gym, children's activities (during the summer) in swimming, lifesaving and inflatable fun time in the pool



University Road, Highfield,  
Southampton, SO171BJ



02380 592 119



sportandwellbeing@soton.ac.uk



[www.southampton.ac.uk/sportandwellbeing](http://www.southampton.ac.uk/sportandwellbeing)



### Opening Times

Everyday 7am-10pm

Varies on bank holidays and on university closure days

Prices vary, contact for details



## 7. LA Fitness

⇒ Fully equipped gym, swimming pool, sauna, steam room and fitness classes



Unit A, Shirley Retail Park, 231-239 Winchester Road,  
Southampton, SO16 6TP



08431 701 041



southampton@lafitness.co.uk or  
dutymanager@lafitness.co.uk



[www.lafitness.co.uk/gym/southampton](http://www.lafitness.co.uk/gym/southampton)

### Opening Times

Monday-Thursday 6.30am-10pm

Friday 6.30am-9pm

Saturday & Sunday 8am-4pm

Bank Holidays 8am-4pm

Prices vary, contact for details



## 8. St Mary's Leisure Centre

⇒ Sports hall, activities room, fitness suite and indoor rock climbing wall

⇒ *Solent Youth Sessions*: activities including indoor cricket, football, table tennis and ping pong, Saturdays 9.30am-12.30pm £1.60 per child

⇒ *Discipline Taekwondo*: a martial art that can help with fitness, respect, self-confidence and self-control, Saturdays and Sundays 12pm-1.30pm



St Mary's Road,  
Southampton, SO14 0BL



02380 227 579



sport.solent@solent.ac.uk



[www.solent.ac.uk/sport/facilities/stmarysleisurecentre](http://www.solent.ac.uk/sport/facilities/stmarysleisurecentre)

### Opening Times

Monday to Friday 7am-10pm

Saturday & Sunday 9.30am-8pm

Prices vary, contact for details



⇒ Some wheelchair access, contact in advance

⇒ Street parking

## 9. Totton Health & Recreation Centre

- ⇒ Holiday activities for kids, including sports, crafts, swimming, soft plays
- ⇒ Sports halls, fully equipped gym, sauna, steam room and swimming pool
- ⇒ *Therapy swims:* for children with disabilities, children need to be 8 years old to swim alone, but carers go FREE if needed. See website or contact for times of sessions, as they change throughout the year



Water Lane, Totton,  
SO40 3GX



08456 590 845



tottonhealthandleisure@nfdc.gov.uk



[www.newforest.gov.uk/healthandleisure](http://www.newforest.gov.uk/healthandleisure)



### *Opening Times*

Monday 6.30am-10.30pm

Tuesday 6.30am-10pm

Wednesday 6.30am-10.30pm

Thursday 6.30am-10.30pm

Friday 6.30am-9.30pm

Saturday 7.30am-6.30pm

Sunday 9am-8pm

Bank Holidays 6.30am-2pm



### *Prices*

**Disabled concessionary  
12 month  
centre membership: £7.60**

Session prices vary, membership gives discount on session prices, contact for details



**The Rose Road Association**