Be Inspired
Adults and Children's Activities
About Us

Coventry Sports Trust (CST) was formed in April 1999 as a ‘not for profit’ company and gained charitable status in August 2002.

The Trust plays a crucial role in the health and wellbeing of the people of Coventry by promoting healthy lifestyles through the delivery of health and fitness, play, relaxation and sporting activities to those who live, work or visit the City.

"Coventry Sports Trust is committed to contributing to, improving and maintaining the physical, mental and social wellbeing of the community with a balanced and diverse choice of good value sport and leisure facilities."

Customer Care

The Trust is committed to providing a high quality service to all of our customers and values their feedback and opinion as an integral aspect of continually improving our range and delivery of services. If you would like to make a comment:

- Complete a customer comments card in centre
- Email: enquiries@coventrysports.co.uk
- Visit coventrysports.co.uk/contact-us

Accessibility

We have taken steps to ensure that customers with disabilities are able to access all of our venues and enjoy the activities on offer.

Specific activities have been arranged in certain instances for customers with disabilities (i.e. swimming) where additional staff are on hand to assist if required. Otherwise, fully integrated use of the facilities is encouraged in other activities on offer.

For those with a hearing impairment you can contact the Coventry Sports Trust for further details by calling the minicom number on (024) 7625 2527.

A hearing loop is installed at the reception desk at both Coventry Sports & Leisure Centre & Moat House Leisure & Neighbourhood Centre to assist you on your visit. Please enquire at the reception point which displays the hearing loop sign.

Facilities and activities include:

- Fitness gym and health suite
- Group exercise classes
- Spinning studio
- Three swimming pools (50m Olympic pool, leisure splash pool and teaching pool)
- Inspire Swim School swimming lessons
- Casual swimming
- Birthday party packages
- Sports Hall
- Badminton, squash, table tennis, and more
- Over 60’s club
- Indoor bowls hall
- Rooms of various sizes for parties, seminars and conferences
- Cola’s Café

Opening Times

<table>
<thead>
<tr>
<th>Days</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>6:45am - 11:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:35am - 10:30pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:35am - 10:30pm</td>
</tr>
</tbody>
</table>

Please note that the reception closes 9:15pm on the weekdays and 6:00pm on the weekend.

Facilities and activities include:

- Fitness gym
- Group exercise classes in an air conditioned studio
- Junior Fitness
- Full size floodlit third generation artificial grass pitch to FA specification
- Separate referees rooms
- Multi-use games areas
- Sports Hall
- Seminar rooms
- Free parking
- Café

Opening Times

<table>
<thead>
<tr>
<th>Days</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>6:45am - 10:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:45am - 6:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:45am - 6:00pm</td>
</tr>
</tbody>
</table>
Inspire Fitness offers great value Adult, Student and Junior membership packages at Coventry Sports & Leisure Centre and Moat House Leisure & Neighbourhood Centre. Membership offers access to the two centres and facilities include:

Swimming Pools
Health Suites
Fitness Suites
Group Exercise Classes

Please note:
• Students must present a valid NUS Extra card upon joining.
• Minimum payment options include monthly Direct Debit and annually up-front.
• Minimum 6 month term for the legacy membership.
• Junior Memberships available please enquire at Reception.
• Pay as you go access to facilities also available.

Membership Packages

Student
Full Access to facilities at your chosen Centre. A valid NUS Extra card is required upon joining. No contract, terms & conditions apply.

Adults
Full Access to facilities at Coventry Sports & Leisure Centre and Moat House Leisure Centre.

Swim Only*
£21.00 per month

Junior
£10.35 per month

Added Value Benefits

FREE
Swim Only**
£14.00 per month with passport to leisure.

Children’s Activities

VALUE
Convenient Leasoprs

DISCOUNTED
Round of Golf

EXCLUSIVE
Ladies Only Sessions

EXCLUSIVE
Members Challenges

EXCLUSIVE
Technogym Wellness System

Please note:
* On-site parking only available at Moat House Leisure & Neighbourhood Centre
** Creche only available at Coventry Sports & Leisure Centre
† Technogym Wellness Keys only available at Coventry Sports & Leisure Centre
†† Off peak only, subject to availability

Moat House Leisure Centre

“Great stuff, very friendly place. Best gym for personality I have been to in a long time at a great price including membership to the sports centre in town.”

- Anonymous -

If you are looking for a sports facility that offers a personal touch then look no further than Moat House Leisure and Neighbourhood Centre. Close to major road links and just 2 miles from Coventry City Centre making us an ideal venue for a range of special events. Free off road parking is an added advantage.

So, whether you are planning your first gym session, hiring a badminton court, a football pitch or booking a major event, we will look after you and make you feel welcome.
Fitness Suites

All of our fitness suites are fully equipped with the latest equipment. They offer a variety of exercise stations and consist of cardio, resistance and free weights areas.

Coventry Sports & Leisure Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Gym Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£5.50</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£4.30</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>Member FREE</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:45am - 10:00pm</td>
<td>£20.00</td>
</tr>
<tr>
<td>Friday</td>
<td>6:45am - 8:00pm</td>
<td>£20.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 6:00pm</td>
<td>Member N/A</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00am - 6:00pm</td>
<td>Member N/A</td>
</tr>
</tbody>
</table>

Moat House Leisure & Neighbourhood Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Gym Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£3.30</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£3.60</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>Member FREE</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:45am - 10:00pm</td>
<td>£16.00</td>
</tr>
<tr>
<td>Friday</td>
<td>6:45am - 8:00pm</td>
<td>£10.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 10:00pm</td>
<td>£5.20</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00am - 6:00pm</td>
<td>£6.60</td>
</tr>
</tbody>
</table>

Group Exercise

Inspire Fitness offers a variety of group exercise classes focusing on 5 key characteristics: Tone & Strength, Re-energise & Relax, Cardio Workouts, Lets Dance and Full Body Workout. Classes are suitable for all levels and abilities, unless specified.

For more information about the classes we offer pick up a Group Exercise timetable in centre or visit www.coventrysports.co.uk

Coventry Sports & Leisure Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£5.70</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£5.90</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>£4.40</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:45am - 10:00pm</td>
<td>£7.60</td>
</tr>
<tr>
<td>Friday</td>
<td>6:45am - 8:00pm</td>
<td>£4.40</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 10:00pm</td>
<td>£4.40</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00am - 6:00pm</td>
<td>£5.20</td>
</tr>
</tbody>
</table>

Moat House Leisure & Neighbourhood Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£4.50</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£3.30</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:45am - 10:00pm</td>
<td>£2.00</td>
</tr>
<tr>
<td>Friday</td>
<td>6:45am - 8:00pm</td>
<td>£2.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:45am - 6:00pm</td>
<td>£2.00</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:45am - 6:00pm</td>
<td>£2.00</td>
</tr>
</tbody>
</table>

Health Suite

The Suite at Coventry Sports and Leisure Centre provides the ideal relaxation environment, allowing you to escape from the stresses of everyday life. It offers sauna, steam room and spa.

Coventry Sports & Leisure Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£6.20</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£4.20</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Please Note:
- Last admission is 30 minutes prior to closing.
- For all new memberships, the cost is included in your membership package.
- For Bank Holiday opening times please visit the website.

Moat House Leisure & Neighbourhood Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:45am - 10:00pm</td>
<td>£4.00</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:45am - 10:00pm</td>
<td>£3.20</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:45am - 10:00pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:45am - 10:00pm</td>
<td>£4.00</td>
</tr>
<tr>
<td>Friday</td>
<td>6:45am - 8:00pm</td>
<td>£4.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am - 10:00pm</td>
<td>£4.50</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00am - 6:00pm</td>
<td>£4.50</td>
</tr>
</tbody>
</table>

Junior Fitness

Most House Leisure & Neighbourhood Centre

Junior Fitness is a gym with dedicated equipment designed for 8 to 16 year olds. Children will learn how to exercise correctly and safely whilst improving overall fitness levels. All children receive a gym induction and programme when they first start. Junior Fitness is always fully supervised by a gym instructor.

Juniors can now join in with group exercise classes at Moat House Leisure Centre if you are aged 13+ and be accompanied by an adult aged 18+. If the class requires weights an alternative bodyweight exercise will be given. Appropriate footwear must be worn. Please note: Juniors cannot attend weight focused classes such as Kettlebell classes.

Junior Fitness is always fully supervised by a gym instructor.

Junior Fitness

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>3:30pm - 6:00pm</td>
<td>£6.20</td>
</tr>
<tr>
<td>Saturday</td>
<td>Anytime</td>
<td>£4.20</td>
</tr>
<tr>
<td>School holidays</td>
<td>Anytime</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Prices

| Gym       | £14.00 / £13.20 PTL |

Access to fitness suite available for juniors aged between 11 - 15 years. Selected Indoor Cycling classes are also available for Junior Members aged 14+ years, please see the Group Exercise leaflet or website for more information.

Ladies Only Fitness

We offer a variety of Ladies only sessions, whether it be in the gym, swimming pool or health suites.

Coventry Sports & Leisure Centre

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>3:30pm - 10:00pm</td>
<td>Sauna, Steam &amp; Spa</td>
</tr>
<tr>
<td>8:15pm - 9:30pm</td>
<td>Swimming</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00pm - 6:00pm</td>
<td>Sauna, Steam &amp; Spa</td>
</tr>
</tbody>
</table>

Prices

| Gym       | £4.00 |
| Gym Induction | £20.00 |

Pick up your copy of the Group Exercise timetable from reception, or download the PDF from our website.
Swimming Admissions Policy

- Children aged 4 years and under must be supervised on a one-to-one basis at all times.
- Children aged 5 - 7 years can be supervised on a two-to-one basis.
- All children under the age of 8 years must be supervised by a responsible adult aged at least 16 years.
- Babies must be at least 5 months and wear an appropriate swimming nappy.
- Children and adults must wear appropriate swimming costumes at all times.
- Please do not wear diving masks, snorkets, flippers or lensed goggle spectacles.

Under 8’s Competency Passport

The under 8’s Swimming Competency Passport will allow us to assess your child’s swimming ability and water confidence, and the swimming passport has been designed to complement and support our admissions policy for your safety. Please ask at reception for further details of the under 8’s Swimming Competency Passport. ONLY £3.00*!

Flume Ride Rules

- Minimum height 1m to ride alone.
- If under 1m or aged 5 or under, you may ride accompanied in the flume.
- When descending down slide, arms and legs must be kept in the flume at all times.
- Each rider must ride either sitting or lying feet first.
- No swimming aids, goggles or glasses to be worn.
- Must exit flume bay immediately after your ride via designated exit.
- Any person not adhering to these rules will not be allowed access to the flume.
### Coventry Sports & Leisure Centre
#### Olympic Pool Holiday Timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:00am - 8:45am</td>
<td>50m Swim Fit Lanes</td>
<td>[1]</td>
</tr>
<tr>
<td></td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:00am - 8:45am</td>
<td>50m Swim Fit Lanes</td>
<td>[1]</td>
</tr>
<tr>
<td></td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:00am - 8:45am</td>
<td>50m Swim Fit Lanes</td>
<td>[1]</td>
</tr>
<tr>
<td></td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>7:00am - 8:45am</td>
<td>50m Swim Fit Lanes</td>
<td>[1]</td>
</tr>
<tr>
<td></td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
</tbody>
</table>

### Coventry Sports & Leisure Centre
#### Splash Pool Holiday Timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00am - 10:00am</td>
<td>Special Needs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00am - 10:00am</td>
<td>No Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00am - 11:00am</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30am - 12:30pm</td>
<td>Full Features</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30pm - 1:00pm</td>
<td>Full Features</td>
<td></td>
</tr>
</tbody>
</table>

### Customer Notices

**Splash Pool Sessions:** You now have the option to book & pay for Splash Pool sessions over the phone 024 7625 2525. However you can only book on the day you wish to attend.

**Swimming Galas:** There may be occasions when the Olympic Pool is closed to the public due to Swimming Galas. Please check the website.

**Bank Holidays:** Coventry Sports & Leisure Centre and Moat House Leisure & Neighbourhood Centre are not open on bank holidays.

**School Holidays:** The holiday timetable will be in place during school holiday periods, please pick up a leaflet in centre or visit: www.coventrysports.co.uk

---

[1] Limited Lane Availability, between 2 and 4 lanes

---

**Key**

- Shallow Water
- Swim Fit Lanes
- Full Features
- Adults Only
- Special Needs
- Female Only
- No Features
- Crèche Available*

*Only a Crèche is spring lanes as it may only be available for part of a session, weekdays only.
Children’s Swimming Lessons

Inspire Swim School offers a variety of Swimming Lessons for both children and adults. The Swimmer’s journey through aquatics’ starts with FOUNDATION, a programme for developing early years water confidence, which is encouraged through Aquababies and Aquatots sessions.

Coventry Sports & Leisure Centre

Aquababes - This class is designed to increase water confidence for adults with babies from 5 months to 1½ years old.

Aquatots - A fun and playful class for children aged 1½ to 4 years to build water confidence in the water with the support of a swimming teacher.

Stage 1 - Designed for children aged 4 years upwards with no water confidence or experience. Children will gain confidence in the water with the support of a swimming teacher and develop basic swimming techniques and water skills.

Stage 2 - For children aged 4 years upwards to develop basic front and back stroke techniques. Children will work towards distance badges unaided and begin to reintroduce swim aids.

Stage 3 - Stage 3A - Developing the buoyancy through a range of skills, refining kicking technique for all strokes, and 10 metres to a given standard by the ASA. Stage 3A is for children aged 4 - 7 years.

Stage 4 - Developing the buoyancy through a range of skills, refining kicking technique for all strokes, and 10 metres to a given standard by the ASA.

Stage 5 - Developing watermanship through sculling, treading water skills, and complete rotation; also performing all strokes to the given standard directed by the ASA.

Stage 6 - Developing effective swimming skills including co-ordinated streamlining, water safety aspects and understanding of preparation for exercise.

Stage 7 - Developing quality stroke technique up to 100 metres incorporating skills learnt and combining them to develop a linked routine; complete successfully an obstacle course that combines a variety of skills accomplished during the previous stages.

Stage 8 & 9 & 10 (Bronze, Silver & Gold) - Children will continue to develop stamina and will be introduced to starts and turns. Working towards the challenge awards and distance badges.

Enrolment for new swimmers

From 23rd September 2018
From 30th December 2018

Term Dates

Monday 27th March – Sunday 2nd July 2017
Monday 3rd July – Sunday 24th September 2017
Monday 25th September – Sunday 2nd December 2017
Tuesday 2nd January – Sunday 25th March 2018

For illustrative purposes only.

Lesson timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30</td>
<td>Aquababes</td>
<td>Stage 1</td>
<td>Stage 1</td>
<td>Stage 1+</td>
<td>Stage 1+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>09:00</td>
<td>Stage 1+</td>
<td>Stage 2</td>
<td>Stage 2</td>
<td>Stage 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09:30</td>
<td>Stage 2</td>
<td>Stage 3</td>
<td>Stage 3</td>
<td>Stage 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Stage 3</td>
<td>Stage 4</td>
<td>Stage 4</td>
<td>Stage 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30</td>
<td>Stage 4</td>
<td>Stage 5</td>
<td>Stage 5</td>
<td>Stage 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Stage 5</td>
<td>Stage 6</td>
<td>Stage 6</td>
<td>Stage 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Stage 6</td>
<td>Stage 7</td>
<td>Stage 7</td>
<td>Stage 7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>Stage 7</td>
<td>Stage 8</td>
<td>Stage 8</td>
<td>Stage 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Stage 8</td>
<td>Stage 9</td>
<td>Stage 9</td>
<td>Stage 9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:00</td>
<td>Stage 9</td>
<td>Stage 10</td>
<td>Stage 10</td>
<td>Stage 10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:30</td>
<td>Stage 10</td>
<td>Stage 11</td>
<td>Stage 11</td>
<td>Stage 11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:00</td>
<td>Stage 11</td>
<td>Stage 12</td>
<td>Stage 12</td>
<td>Stage 12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:30</td>
<td>Stage 12</td>
<td>Stage 13</td>
<td>Stage 13</td>
<td>Stage 13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:00</td>
<td>Stage 13</td>
<td>Stage 14</td>
<td>Stage 14</td>
<td>Stage 14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:30</td>
<td>Stage 14</td>
<td>Stage 15</td>
<td>Stage 15</td>
<td>Stage 15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16:00</td>
<td>Stage 15</td>
<td>Stage 16</td>
<td>Stage 16</td>
<td>Stage 16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16:30</td>
<td>Stage 16</td>
<td>Stage 17</td>
<td>Stage 17</td>
<td>Stage 17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17:00</td>
<td>Stage 17</td>
<td>Stage 18</td>
<td>Stage 18</td>
<td>Stage 18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17:30</td>
<td>Stage 18</td>
<td>Stage 19</td>
<td>Stage 19</td>
<td>Stage 19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18:00</td>
<td>Stage 19</td>
<td>Stage 20</td>
<td>Stage 20</td>
<td>Stage 20</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact

For further information contact:
e: enquiries@coventrysports.co.uk
t: 024 7625 2525

www.coventrysports.co.uk
Exit Routes from Stage 7

Challenge Awards
Offering Bronze, Silver and Gold awards for various distances and water skills.

Bronze (Stage 8)
- Tuesday 4:15pm - 5:00pm
- Friday 4.00pm - 4:45pm
- Thursday 6:00pm - 6:45pm
- Sunday 11:30am - 12:15pm

Silver (Stage 9)
- Tuesday 5:00pm - 5:45pm
- Friday 4:45pm - 5:30pm

Gold/Swimfit (Stage 10)
- Tuesday 5:45pm - 6:30pm
- Friday 4:45pm - 5:30pm

Rookie Lifeguard
In partnership with the Royal Life Saving Society and the Amateur Swimming Association, delivering water safety skills, speed and specialist lifesaving skills and equipment. Pupils can enter the scheme at any point and progress at their own rate.

Pathways
Pathways is designed to bridge the gap between learn to swim lessons and competitive swimming, introducing swimmers into the City of Coventry Swimming Club. Swimmers develop all strokes, starts, turns and rules of competitive swimming whilst still maintaining their current learn to swim lessons. Swimmers need to be at least Stage 7 ability and swim 25m of efficient backstroke, breaststroke & front crawl and preferably have an understanding of butterfly.

Pathways 1
- Sunday 3.00pm - 4:30pm
- £25-30 payable to the club for 10-12 weeks – 10 years & under.

Invitation only. At the end of the course, swimmers are invited to join the Club Training Squads or given feedback on which skills they need to improve in order to be invited into the club. There are three courses per year, running roughly alongside school term dates.

Pathways 2
- Monday 6.00pm - 6:45pm
- Friday 4:15pm - 5:00pm
- £18.00 per month paid to CoCSC

This group is a continuous group, targeted for 11+ years. Some younger swimmers may be invited into the group if they have followed the Pathways 1 course and are close to the criteria for joining the swimming club. Swimmers stay with this group and join the swimming club if and when ready.

Pathways 3
- Friday 6:00pm - 7:00pm
- Sunday 4:30pm - 6:00pm
- £35.00 per month paid to CoCSC

This is a continuous group for swimmers who are in Stage 8 of Coventry Swimming Club’s Club right to give them access to another swim session per week.

For more information contact:
City of Coventry Swim Club
Tel: 024 7625 2579
Mobile: 07815 835526
Club Programme Manager: Jo Deakins
Email: joanne.deakins@coventry-swimming.org.uk

Adult Swim Programme
Adapted to current needs for swimmers of all ages.

Day Time Activity
Tuesday 12pm - 12:45pm Ladies Only Swimming All Abilities 12wk course
Wednesday 11.00am - 11:45am Pay as you go Term Time Only
Thursday 12:00pm - 12:45pm Nervous Adults 12wk course
6:00pm - 6:45pm Nervous Adults 12wk course
6:45pm - 7:30pm Improvers 12wk course
6:45pm - 7:30pm Nervous Adults 12wk course
Sunday 10:00am - 10.45am Adult Beginners 12wk course
10:45am - 11:00am Special Needs Adult Lessons

1-2-1 Adult Lessons
Price
Single Lesson £15.00 per half hour session* *Available for both adults and children. 1-2-1 Lessons can be booked in blocks. Please ensure for times, they are subject to availability.

For more information contact:
City of Coventry Swim Club
Tel: 024 7625 2579
Mobile: 07815 835526
Club Programme Manager: Jo Deakins
Email: joanne.deakins@coventry-swimming.org.uk

facebook.com/coventrysportstrust twitter.com/CovSportsTrust www.coventrysports.co.uk
Golf
Nestling in the heart of Warwickshire on the banks of the River Avon, the parkland course is set within some of the most picturesque countryside.

The Championship standard 18 hole course is 6,500 yards long with a par of 72. Each hole is unique in its design and character, offering the player a choice of safety or attack.

The excellent condition of the parkland course provides a test of golf for both beginners and high/low handicappers.

Brandon Wood offers exceptional value across a range of membership packages and green fee options.

The great value daily green fees offer:
- Access to Course, Practice Greens and Clubhouse
- Range of equipment hire, including clubs, trolleys and buggies

"Excellent presentation and definition on the fairways" - Sports Turf Research Institute Report.

There are a range of seasonal offers, which can be viewed at www.brandonwood.co.uk

MEMBERSHIPS
Gold membership
ONLY £699*
- Anytime Golf (7 days per week)
- Anytime Health & Fitness access (city-wide locations)
- Fully managed CONGU Handicap
- Priority tee-time booking, up to 14 days ahead
- Discounted Buggy Hire
- Discounted Food & Drink in the Clubhouse
- Full diary of competitions and fixtures

Other membership fees include:
- Joint, couple and off peak
FROM £346*  
*£381 by Direct Debit  
*Plus external affiliation fees

Ask at the Golf Reception or call 024 7654 3141 for more details.

Play Golf
The club offers exceptional value across a range of membership packages and play and play options.

The great value daily green fees offer:
- Access to Course, Practice Greens and Clubhouse
- Range of equipment hire, including clubs, trolleys and buggies

Clubhouse
Why not visit Cofa’s in the Clubhouse for quality food and drink?
Cofa’s offers:
- Speciality Coffees
- Fully Licensed Bar
- A choice of Hot and Cold Food

The refurbished Clubhouse can comfortably seat up to 50 people, ideal for Societies and Corporate Days. We can cater for all your requirements, from a plate of sandwiches to a BBQ on our terrace overlooking the 18th Green, to a fully served ‘sit down’ meal.

The Clubhouse is also available for hire to host your private function, please enquire at reception.

Facilities
Brandon Wood Golf Course & Club offers members and non-members:
- Floodlit Driving Range with ‘PowerTee’ bays
- Practice Facilities - chipping and putting greens
- Golf Shop

Also available
The Club also offers:
- Calendar of members and open tournaments
- Junior Golf Membership and sessions
- Ladies Golf Days
- Corporate Golf Days and Tournaments
- Society Days

For more information please visit: www.brandonwood.co.uk or pick up a brochure from reception.

MEMBERSHIPS
Gold membership
ONLY £699*
- Anytime Golf (7 days per week)
- Anytime Health & Fitness access (city-wide locations)
- Fully managed CONGU Handicap
- Priority tee-time booking, up to 14 days ahead
- Discounted Buggy Hire
- Discounted Food & Drink in the Clubhouse
- Full diary of competitions and fixtures

Other membership fees include:
- Joint, couple and off peak
FROM £346*  
*£381 by Direct Debit  
*Plus external affiliation fees

Ask at the Golf Reception or call 024 7654 3141 for more details.

Play Golf
The club offers exceptional value across a range of membership packages and play and play options.

The great value daily green fees offer:
- Access to Course, Practice Greens and Clubhouse
- Range of equipment hire, including clubs, trolleys and buggies

Clubhouse
Why not visit Cofa’s in the Clubhouse for quality food and drink?
Cofa’s offers:
- Speciality Coffees
- Fully Licensed Bar
- A choice of Hot and Cold Food

The refurbished Clubhouse can comfortably seat up to 50 people, ideal for Societies and Corporate Days. We can cater for all your requirements, from a plate of sandwiches to a BBQ on our terrace overlooking the 18th Green, to a fully served ‘sit down’ meal.

The Clubhouse is also available for hire to host your private function, please enquire at reception.

Facilities
Brandon Wood Golf Course & Club offers members and non-members:
- Floodlit Driving Range with ‘PowerTee’ bays
- Practice Facilities - chipping and putting greens
- Golf Shop

Also available
The Club also offers:
- Calendar of members and open tournaments
- Junior Golf Membership and sessions
- Ladies Golf Days
- Corporate Golf Days and Tournaments
- Society Days

For more information please visit: www.brandonwood.co.uk or pick up a brochure from reception.

MEMBERSHIPS
Gold membership
ONLY £699*
- Anytime Golf (7 days per week)
- Anytime Health & Fitness access (city-wide locations)
- Fully managed CONGU Handicap
- Priority tee-time booking, up to 14 days ahead
- Discounted Buggy Hire
- Discounted Food & Drink in the Clubhouse
- Full diary of competitions and fixtures

Other membership fees include:
- Joint, couple and off peak
FROM £346*  
*£381 by Direct Debit  
*Plus external affiliation fees

Ask at the Golf Reception or call 024 7654 3141 for more details.
You can hire any of our pitches and courts on a ‘pay and play’ basis and also secure regular block bookings for hire for social games, team training, or tournaments.

We run a pay on booking policy for all sports activities, therefore payment must be made at the time of booking a court to ensure that it is reserved for your chosen time and date. All courts are hired by the hour unless stated otherwise.

### Badminton

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton Standard</td>
<td>£8.35</td>
<td>£6.30</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton Standard</td>
<td>£8.00</td>
<td>£5.40</td>
</tr>
<tr>
<td>Badminton Junior &amp; Over 60's</td>
<td>£5.40</td>
<td></td>
</tr>
</tbody>
</table>

Racquet hire available for £2.00 per racquet and £10.00 deposit per item.

**No Strings’ Badminton**

Pay and play session for adults of all abilities. Guaranteed playing partner every session. For more information please contact: richard_jardim2003@yahoo.co.uk

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Session Date &amp; Time</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9.30 - 7.30pm</td>
<td>£3.00</td>
</tr>
<tr>
<td>Thursday 5.00 - 6.30pm</td>
<td>£3.00</td>
</tr>
</tbody>
</table>

*Concessions are available to PTLL card holders and over 60’s with an over 60’s card.

### Bowls

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls Standard</td>
<td>£4.20</td>
<td>£3.20</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls Club</td>
<td>£4.20</td>
<td></td>
</tr>
</tbody>
</table>

Open to the public and run by the City of Coventry Bowls Club. Please note that the small court is open from September - March.

### Football

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Pitch Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-a-side Pitch</td>
<td>£45.00</td>
</tr>
<tr>
<td>7-a-side Pitch</td>
<td>£49.00</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Pitch Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Pitch</td>
<td>£62.00</td>
</tr>
<tr>
<td>One Third</td>
<td>£24.50</td>
</tr>
</tbody>
</table>

### Handball

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Court</td>
<td>£45.00</td>
<td></td>
</tr>
<tr>
<td>Large Court</td>
<td>£49.00</td>
<td></td>
</tr>
</tbody>
</table>

### Basketball

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Court</td>
<td>£45.00</td>
<td></td>
</tr>
<tr>
<td>Large Court</td>
<td>£49.00</td>
<td></td>
</tr>
</tbody>
</table>

### Netball

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casual booking</td>
<td>£36.00</td>
<td></td>
</tr>
</tbody>
</table>

### Squash

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Price</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Court</td>
<td>£5.90</td>
<td>£3.70</td>
</tr>
</tbody>
</table>

### Table Tennis

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Price</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table Tennis Standard</td>
<td>£5.20</td>
<td>£3.70</td>
</tr>
</tbody>
</table>

### Volleyball

**Coventry Sports & Leisure Centre**

| Price                  | Full Court | £45.00 |

**Moat House Leisure & Neighbourhood Centre**

| Casual booking         | £36.00    |             |

*Reduced Rates may apply for a block booking of 10 consecutive weeks or more. Ask in centre for more details.

For bookings and enquiries contact: 0774 7448 572 – coventrian@covsf.com

For bookings and enquiries contact: Facebook: facebook.com/coventrysportstrust Twitter: twitter.com/CovSportsTrust

---

**Sports**

You can hire any of our pitches and courts on a ‘pay and play’ basis and also secure regular block bookings for hire for social games, team training, or tournaments.

We run a pay on booking policy for all sports activities, therefore payment must be made at the time of booking a court to ensure that it is reserved for your chosen time and date. All courts are hired by the hour unless stated otherwise.

**Badminton**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton Standard</td>
<td>£8.35</td>
<td>£6.30</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton Standard</td>
<td>£8.00</td>
<td>£5.40</td>
</tr>
<tr>
<td>Badminton Junior &amp; Over 60's</td>
<td>£5.40</td>
<td></td>
</tr>
</tbody>
</table>

Racquet hire available for £2.00 per racquet and £10.00 deposit per item.

**No Strings’ Badminton**

Pay and play session for adults of all abilities. Guaranteed playing partner every session. For more information please contact: richard_jardim2003@yahoo.co.uk

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Session Date &amp; Time</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9.30 - 7.30pm</td>
<td>£3.00</td>
</tr>
<tr>
<td>Thursday 5.00 - 6.30pm</td>
<td>£3.00</td>
</tr>
</tbody>
</table>

*Concessions are available to PTLL card holders and over 60’s with an over 60’s card.

**Bowls**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls Standard</td>
<td>£4.20</td>
<td>£3.20</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls Club</td>
<td>£4.20</td>
<td></td>
</tr>
</tbody>
</table>

Open to the public and run by the City of Coventry Bowls Club. Please note that the small court is open from September - March.

**Football**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Pitch Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-a-side Pitch</td>
<td>£45.00</td>
</tr>
<tr>
<td>7-a-side Pitch</td>
<td>£49.00</td>
</tr>
</tbody>
</table>

**Moat House Leisure & Neighbourhood Centre**

<table>
<thead>
<tr>
<th>Pitch Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Pitch</td>
<td>£62.00</td>
</tr>
<tr>
<td>One Third</td>
<td>£24.50</td>
</tr>
</tbody>
</table>

**Handball**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Court</td>
<td>£45.00</td>
<td></td>
</tr>
<tr>
<td>Large Court</td>
<td>£49.00</td>
<td></td>
</tr>
</tbody>
</table>

**Basketball**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Court</td>
<td>£45.00</td>
<td></td>
</tr>
<tr>
<td>Large Court</td>
<td>£49.00</td>
<td></td>
</tr>
</tbody>
</table>

**Netball**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Prices</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casual booking</td>
<td>£36.00</td>
<td></td>
</tr>
</tbody>
</table>

**Squash**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Price</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Court</td>
<td>£5.90</td>
<td>£3.70</td>
</tr>
</tbody>
</table>

**Table Tennis**

**Coventry Sports & Leisure Centre**

<table>
<thead>
<tr>
<th>Price</th>
<th>Standard</th>
<th>Concession*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table Tennis Standard</td>
<td>£5.20</td>
<td>£3.70</td>
</tr>
</tbody>
</table>

**Volleyball**

**Coventry Sports & Leisure Centre**

| Price                  | Full Court | £45.00 |

**Moat House Leisure & Neighbourhood Centre**

| Casual booking         | £36.00    |             |

*Reduced Rates may apply for a block booking of 10 consecutive weeks or more. Ask in centre for more details.

For bookings and enquiries contact: 0774 7448 572 – coventrian@covsf.com
Children's Birthday Parties

Party Food

*Cofa’s Catering* are pleased to offer Children’s Party Boxes for your Party.

The Boxes are designed to supply children with the complete party package or they can be added to food supplied by yourself. Each Box feeds five children, Boxes can be ordered and paid for up to three days before your party.

Boxes can be ordered and collected from *Cofa’s Café Bar* on the first floor overlooking Reception or email: apajdens@covsf.com. Only available for parties at Coventry Sports & Leisure Centre and Brandon Wood Golf Course & Club.

They will be supplied at the time you require. Payment may be made by cash or debit/credit card.

**Just Sandwiches - £12.00**
24 finger sandwiches, choose from: Ham, Cheese Spread, Strawberry Jam and Egg Mayo

**Box’s Box - £15.00**
5 Mini Muffins, 5 Cheese Pastries, 6 slices Cheese & Tomato Pizza, 12 Sandwich Fingers (choose from Ham, Cheese Spread, Strawberry Jam, Egg Mayo), Crisps.

**Captain’s Box - £17.00**
5 Mini Muffins, 5 Cheese Pastries, 6 slices Cheese & Tomato Pizza, 12 Sandwich Fingers (choose from Ham, Cheese Spread, Strawberry Jam, Egg Mayo), Crisps 6 Mini Tuna Wraps, Crisps.

**Other Extras Available:**
Party Bags £1.20
Jumbo Pirate Party Bags £3.00

Party Bags contain toys and puzzles, perfect as a thank you present and take home bag for the birthday cake.

*Limited Availability

Want to give your child a Birthday Party to remember? Why not choose from one of our exciting activities and invite their friends along! Whatever your child’s hobbies and interests, we offer something for everyone!

*Inspire Parties* offers a variety of activities suitable for children of all ages. Each party booking includes a birthday card for all of the children to sign, party invites and the loan of a CD Player for music.*

Party bookings can be made in person at the relevant Centre, or over the telephone using a credit / debit card. Payments must be made in full at the time of booking.

If Receptionists are unable to take your call, please leave your contact details and a brief message and a member of staff will contact you as soon as possible.

Moat House Café* are pleased to offer Children’s Party Platters for your Party.

The Platters are designed to supply children with the complete party package or they can be added to food supplied by yourself. Platters can be ordered and paid for up to three days before your party.

Platters can be ordered and collected from ‘Moat House Café’. Only available for parties at Moat House Leisure & Neighbourhood Centre. They will be supplied at the time you require.

**Option 1 - £3.50 per person (Minimum of 10 people)**
Platters of sandwiches: Egg Mayo, Tuna, Ham, Cheese and Walkers Crisps.

Drinks: Choose from Fruit Juice, Fruit Shoot or Water. Pudding: Choose from Cake, Fruibe, a piece of fruit or small chocolate bar.

All children will receive a sweetie lollipop.

**Option 2 - £3.50 per person (Minimum of 10 people)**
Party Box per person: Choose 1 meat or 1 vegetarian option from Egg Mayo, Tuna, Ham & Cheese.

1 Packet of Crisps, 1 Drink, 1 Sweet, 1 Lollipop & a napkin.

Birthday Cake and other items can be provided at an additional cost.

To order your food, please contact Moat House Café on 024 7662 2964. Unfortunately credit / debit card payments cannot be accepted over the phone.

*Allergy information available.*

Moat House Café
024 7662 2964

Looking for a meeting venue?

We cater for Special Events, Conferences, Seminars and Training. Contact us with your requirements:

Coventry Sports & Leisure Centre
024 7625 2525

Moat House Leisure & Neighbourhood Centre
024 7684 1720

facebook.com/coventrysportstrust twitter.com/CovSportsTrust

Please note: Customers providing their own food must complete a 3rd party food waiver form. Customers are reminded that they should be able to advise anyone attending their party of any allergens that may be in the food they are providing. For further information, please visit: www.food.gov.uk/allergy

**Sports Party**

**Does your child enjoy sport? Then choose from one of our great sports parties, which include: Football, Netball and Basketball.**

Your coach will organise a quick warm up and a game of two halves. Want to try out more than one sport? Why not have one of our multi-sports parties (we recommend two sports for half an hour each).

**Choose from:**
- Indoor Golf
- Kwik Cricket
- Indoor Hockey
- Basketball
- Netball
- Football

**Available Venues:**
- Coventry Sports & Leisure Centre
- Moat House Leisure & Neighbourhood Centre

**Time:**
- Everyday, subject to availability

**Duration:**
- 1 hour activity time, 45 minutes in the designated eating area

**Age:**
- up to 16 years

**Max Number:**
- 20

**Cost:**
- £60.00 at Coventry Sports & Leisure Centre
- £90.00 at Moat House Sports & Leisure Centre

---

**Rollerskating**

**Kids can whiz around on their skates to Disco. Skates, wrist guards and safety helmets are provided. Parties led by SK8 House, please email info@sk8hire.co.uk**

For further details on prices and availability.

---

**Mega Splash**

Exclusive use of the Splash Pool including the flume, lazy river rapids and plunge slide together with all the floats you could wish for.

**Available Venues:**
- Coventry Sports & Leisure Centre
- Moat House Leisure & Neighbourhood Centre

**Time:**
- Saturday 5:15pm or 6:45pm
- Sunday 4:00pm or 5:30pm

**Duration:**
- 1 hour activity time, 45 minutes in the designated eating area

**Age:**
- 2+

**Max Number:**
- 60

**Cost:**
- £150.00

---

**Disco Party**

Choose your favourite music, dance and games to celebrate in style. We’ll even dim the lighting for the ideal disco effect.

**Available Venues:**
- Coventry Sports & Leisure Centre

**Time:**
- Subject to availability, please enquire

**Duration:**
- 1 hour activity time, 45 minutes in the designated eating area

**Age:**
- up to 16 years

**Max Number:**
- 30

**Cost:**
- £200.00

An entertainer can be provided for an additional £40.00

---

**Room Hire**

Want to create your own children’s party? Why not hire a room and organise your own activity...

**Available Venues:**
- Coventry Sports & Leisure Centre
- Moat House Leisure & Neighbourhood Centre

**Time:**
- Subject to availability, please enquire

**Duration:**
- 1 hour activity time

**Age:**
- up to 16 years

**Max Number:**
- 30

**Cost:**
- **£45.00 p/h**

Instructors can be provided for additional activities for an extra charge.

---

**Are you a Team or Sports Club?**

Do you want to use the venue at the same time every week? Don’t be disappointed! Become a regular usage block booking

For more details ask at Reception

---

**Tri Golf Party**

A fun party with Golf related games led by our PGA Pro. Includes a hot Birthday meal and drinks in the Clubhouse.

**Venue:**
- Brandon Wood Golf Course and Club

**Time:**
- Subject to Availability, Please enquire at the Club

**Duration:**
- An hour for the party followed by half an hour in the Clubhouse for party food

**Age:**
- 4-8 years or 8-12 years. Games vary with age

**Max Number:**
- 15

**Cost:**
- £125.00 (Based on 10 children)
Coventry Sports Trust has a variety of facilities which can be hired for special events, training, seminars, conferences, galas, weddings, parties and functions.

We will listen carefully to all requirements and contribute with ideas and advice on how best to deliver the event. One of our managers will be your main point of contact and will be responsible for the event from start through to successful completion. They will be able to offer advice and guidance along the way should it be required.

Coventry Sports & Leisure Centre

- Rooms of various sizes are available to hire including our ‘Spire Suite’, Bowls Hall etc. for meetings, parties, seminars, conferences, shows, weddings and much more!
- The 50 metre Olympic Pool is available to hire for club, local and National Galas and other special events. Individual lanes can also be hired for club training, sponsored swims, other special events etc.
- The Splash Pool can be hired for adult and children’s birthday parties, schools and nurseries, christenings, individual groups etc.

Moat House Leisure & Neighbourhood Centre

Whether you are looking for a room for a first birthday to a 21st birthday, a formal set up for a seminar or meeting, the centre has a range of rooms suitable for most occasions... at competitive prices.

We can provide on site catering with menus to fit most budgets and we pride ourselves in working with our clients from booking to the actual day of the event to ensure their booking runs smoothly.

The centre is close to the major road links of the M6, M69 and M42 and offers free car parking.
Children's Activities

Children's After Schools Activities

Children's out of school activities are available at Moat House Leisure Centre during school term-times. These sessions provide a range of activities suitable for children aged 3 - 14 years.

Prices

<table>
<thead>
<tr>
<th></th>
<th>Standard</th>
<th>PTLL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per session</td>
<td>£2.00</td>
<td>£1.75</td>
</tr>
</tbody>
</table>

The above prices are valid from 1st September 2016 and are subject to change.

Activities Discriptions

KIDDO YOGA
KIDDO is a new and exciting form of yoga tailored to improve your child’s co-ordination, flexibility and general wellbeing.
KIDDO is essentially centred around fun. Children can expect to laugh and rhythm their way through a thoroughly enjoyable exercise session.

Gymnastics (TUMBLING TOTS)
Tumbling Tots embraces your child’s sense of adventure. Encouraging them to tumble their way through, under and over obstacles. Tumbling Tots offers you’re child a great introduction to the world of gymnastics.

Mini Kickers
Whether its diving to save the day or kicking, heading and running their way to success, this season offers it all. Learn the ins and outs of the beautiful game under the careful guidance of Coventry’s best football coach.

KIDS FOOTBALL
A chance for your child to blaze their way through to goal and learn to shoot and score from the best. A fun session for all, which promises to give your child all the tools they need to succeed on the pitch.

Boxing
A great session to help your child develop self-confidence, discipline, fitness and co-ordination whilst learning the art of boxing. Your child can duck, weave and jab under the careful watch of an experienced instructor.

Jiu Jitsu
Labelled the most effective marital art, Brazilian Jiu Jitsu’ sessions are here to help develop your child’s fitness, co-ordination and flexibility. This fun session is a chance to equip your child with the discipline and confidence to be able to learn the art of submissions, pins and locks, guided by an experienced instructor.

Indoor Play Areas

Crèche

Our Crèche at Coventry Sports & Leisure Centre is aimed at providing quality child care ensuring that parents can exercise whilst we educate, inform and entertain their child.

Please book your place before your visit. For more information, please contact us on 024 7625 2525.

Opening Times

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 - 13:00</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00 - 13:00</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 - 13:00</td>
</tr>
<tr>
<td>Thursday &amp; Friday</td>
<td>09:30 - 13:00</td>
</tr>
</tbody>
</table>

Pricing

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Standard</th>
<th>+ sibling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per session</td>
<td>FREE</td>
<td>£3.60</td>
<td>£1.60</td>
</tr>
</tbody>
</table>

Who to contact:

Daniel De Feo
Senior Sports Coach
DCDeFeo@covsf.com

Luke Cleaver
luke.cleaver@coventrysports.co.uk

Children’s Holiday Activities

During the school holidays ‘Inspire Activities’ offers a fun-packed programme for children aged 1 - 15 years.

There are a range of activities on offer, sports, swimming, arts and crafts or Moat House Day Camp to keep them entertained that little bit longer.

Pick up the latest brochure in centre or visit www.coventrysports.co.uk for more information.
“Coventry Sports Trust is committed to contributing to, improving and maintaining the physical, mental and social wellbeing of the community with a balanced and diverse choice of good value sport and leisure facilities.”

Trust us to give you more...

For Adults...
Golf, Health & Fitness (Fitness Suite, Exercise Classes, Sauna, Steam and Spa)
Swimming (Lessons and Casual), Football Pitches, Sports Courts (Badminton, Squash, Tennis, Netball, Volleyball, Basketball), and Bowls Green

For Children...
Swim Lessons, Gym, Holiday Camps and Activities, Creche and Children’s Parties (Sports Parties, Rollerskating, Pool, Disco Parties, Room Hire and Tri Golf).

For the Family...
Café Bars, Wedding and Function Rooms

For Office & Groups...
Meeting and Conference Room Hire, Sporting Event, and Open Days

For Schools...
Swim Lessons

Visit our website
www.coventrysports.co.uk

Speak to us
See Centre numbers above

Send us an email
enquiries@coventrysports.co.uk

Register for our enewsletter at
www.coventrysports.co.uk

Like us on Facebook
www.facebook.com/coventrysportstrust

Follow us on Twitter
www.twitter.com/CovSportsTrust

Please note: Activities, programming, times and prices mentioned in this literature may be subject to change. It is advised you visit our website or contact the centre prior to your visit for any updates.