

Ponds Forge Pronts Centre Pron

	Our Members		lifeCARD		
	Adult	Junior	Adult	Junior	
Swimming					
Lane Swimming	£3.45	FREE	£4.65	£2.60	
Leisure Swimming	£3.45	FREE	£4.65	£2.60	
Family Leisure Swim (2 adults and 1 child or 1 adult and 2 children)	£6.45		£8.65		
Family Leisure Swim (2 adults and 3 children)	£10.85		£14.55		
Age UK Swim	£1.90		£2.55		
Baby Splash	£2.85	FREE	£3.85	£2.55	
Shallow Water Swimming	£2.85	FREE	£3.85	£2.55	
Disability & Autism Friendly Sessions	£2.85	FREE	£3.85	£2.55	
Ladies Only	£2.85	FREE	£3.85	£2.55	
Swimming Lessons (Paid via monthly direct debit)		£24.00			
Fitness					
Pay as you go Gym	£5.25	FREE	£7.00		
Gym Induction	£15.00	FREE	£20.00		
Active Lifestyles	£3.50	FREE	£4.70		
Silver Circuits	£3.75	FREE	£5.00		
Fitness Class	£5.25	FREE	£7.00		
Fitness Class Bundle of 12	£75.00 (£6.25 per class)				
Fitness Class Bundle of 24	£145.00 (£6.04 per class)				
Fitness Memberships	Available from £26.00 per month				
Sports					
Badminton/Table Tennis	£7.40	£7.40	£9.90	£9.90	
Football/Netball/Basketball/Volleyball/Futsal	£52.00	£52.00	£52.00	£52.00	
Coached Activities					
Trampoline Lessons (Paid via monthly direct debit)		£19.00		£19.00	
Freestyle Trampolining	£	£3.50		£4.65	
Badminton Coaching		£3.05		£4.25	
Table Tennis	£4.00		£4.00		
Kids & Young Adults					
Kids Holiday Camps	£2	£21.50		£21.50	
Birthday Parties		From £8.99 per child			
Junior Membership		From £5.00 per child			
oncessions receive 30% discount. Ask at reception for details					

Concessions receive 30% discount. Ask at reception for details



Non-lifeCARD holders: Enjoy our activities by paying a per-activity charge of £3 per adult or £1.50 per child



Download our App for timetables, offers & bookings Search 'SIV lifecard' Available on the iPhone App Store Google play

