



Linwood  
sports complex

Guide

*gym suite*  
*athletics*      *fitness classes*  
*basketball*    *badminton*    *football*

Leisure

Linwood  
Sports  
Complex

2011/2012



## Welcome to Linwood Sports Complex

Linwood offers a range of activities that can be enjoyed by the whole community. Offering a wide range of sports and activities and with the building of a brand new Community Sports Hub at Linwood planned for the next 18 months, our centre has something for all the family.

### Fitness Classes

Every day of the week some or all of the following classes are available

■ Zumba ■ Body Attack ■ Mixed Circuit ■ Kick Aerobics ■ Pilates ■ Vibe Cycle ■ Body Pump  
■ Tone ■ Yoga ■ Live Active

All fitness classes are priced £5.00/£3.50 junior or concessions or free to club members. Times of availability for concession rates may vary. Please check your activity at reception. Booking line opens at 9.15am.

Pick up a copy of our up to date class timetable at reception and book early to avoid disappointment!

### Kids and Families

Our Friday Night Fun Club is a huge hit with kids age 8+. From 6.30pm till 9.00pm they can enjoy a wide range of sports and activities supervised by qualified staff. Theme nights and parties are an added bonus!

### Clubs

Sports and activity clubs run weekly at Linwood, including ■ Archery ■ Akido ■ Badminton ■ Junior Badminton ■ Gym Joeys ■ Jam Dance ■ Judo ■ Karate ■ Dancing School ■ Gymnastics ■ Tae Kwon Do ■ Thai Boxing ■ Weight Watchers. Call the centre to book on 01505 331233

Enquire at reception for full details of how to join.

Come and enjoy a game of badminton, short tennis, or five a side indoor football in our 8 court sports hall. Our specialised coaches are available for individuals or groups on request and all equipment can be hired. Call the centre to book.

### Main Charges

	Adult	Junior
Full Sports Hall Hire	£47.00	£32.90
Badminton Court	£9.40	£6.60
Fitness Classes	£5.00	£3.50
Fitness Suite (single visit)	£5.00	£3.50
Synthetic Football Pitch (per hour)	£89.60	£62.72
Athletics Track from	£2.90	£2.05
Birthday Parties from	£45.00	

## Gym Joeys @ Linwood

Pre-School Movement & Learning Programme, from walking to 5 years.



**Booking NOW!**

Call Jaq or Julie  
07779 152304 / 07590 367763



**THE CLUB**

@ Renfrewshire Leisure

**The Club @  
Renfrewshire Leisure**  
Join today

### Birthday Parties/Events

Come and enjoy your birthday party or function at the Sports Complex. A range of fun options and prices available. Call in at reception for full details.

Linwood Sports Complex has a newly refurbished **Multi Purpose Conference Room**, available now. It has a capacity for a maximum of 50 people, with a fully equipped kitchen and toilets en-suite. We can organise catering and refreshments if required.

### Linwood Sports Complex Opening Times

#### Sports Hall

Monday – Friday 9.00am – 10.00pm Sat 9.00am – 5.30pm Sun 9.00am – 6.00pm

#### Fitness Suite

Monday – Friday 7.00am – 9.30pm Sat/Sun – 8.00am – 5.30pm

#### Gym Juniors (over 12's)

Monday – Friday 3.00pm – 5.30pm unaccompanied, after 8.00pm accompanied  
Sat/Sun – Anytime between 8.00am and 5.30pm

Last entry to the gym is half an hour before closing time.

Website [www.renfrewshireleisure.com](http://www.renfrewshireleisure.com)

Email [info@renfrewshireleisure.com](mailto:info@renfrewshireleisure.com)



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## Building Better Communities

Renfrewshire Leisure Centres and Pools are currently preparing to undergo what is probably the biggest investment programme it has ever seen. As part of a major 92 million investment in Building Better Communities, Renfrewshire Leisure is preparing for the creation of Paisley, Linwood and Johnstone Community Sports Hubs.

Linwood Sports Complex is to be replaced with a brand new Community Sports Hub with enhanced facilities, including the creation of its own Swimming Pool, as part of a 24 million pound new build.

Work begins March 2011 but your normal classes and activities will still be on offer. The existing complex will still be open and providing its full range of activities until the new centre is finished. We will endeavour to make sure that customers will not be affected by the gradual changes and we thank you in advance for your continued custom in these exciting times for the future of Renfrewshire Leisure.

Contact us:  
Linwood Sports Complex  
Brediland Road Linwood PA3 3RA  
Tel 01505 331233



Working together...  
Building Better  
Communities

### New for 2011

Save time with our all new Book & Pay Online service for everyone ...

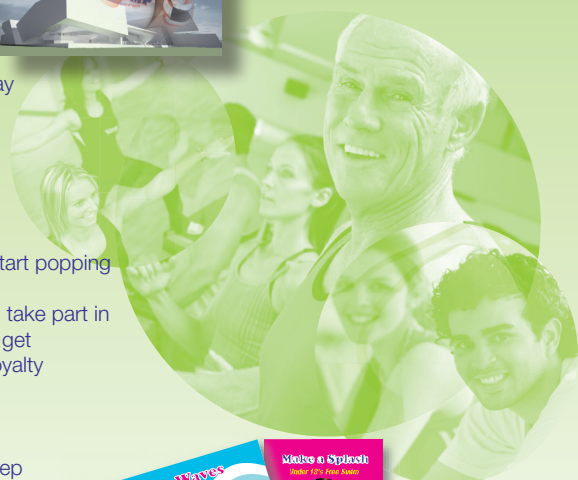
For 2011 Renfrewshire Leisure are introducing the ability to book and pay online to make your visit to us even more enjoyable.

Pick up your Saver Card today and start popping your swimming bubbles!!!

If you're under 18 or over 60 you can take part in our Swimming Loyalty Schemes and get your 6th swim FREE! Pick up your Loyalty Card at your nearest pool now!

### We're on Facebook!!

Join our Facebook page and we'll keep you up to date with what's going on in your area!!



Website [www.renfrewshireleisure.com](http://www.renfrewshireleisure.com)

Email [info@renfrewshireleisure.com](mailto:info@renfrewshireleisure.com)



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