



Renfrew  
leisure centre

Renfrew  
swimming pool

# Guide

# 2011/2012

*swimming*  
*aqua aerobics*   *fitness classes*  
*basketball*   *badminton*

# Leisure

## Renfrew Leisure Centre and Victory Baths



## Welcome to Renfrew Leisure Centre

The centre has a 4 court multipurpose sports hall, flexible to accommodate a wide range of sporting activities and programmes, exercise studio offering an extensive range of fitness classes, health suite with sauna and steam room, spin studio and our fitness suite with a selection of cardiovascular equipment, weights and weights resistance equipment.

### Fitness Suite

At Renfrew Leisure Centre the Fitness Suite offers state-of-the-art equipment ranging from cardiovascular to weights for a full body workout. The ground floor section of the gym includes equipment with integrated televisions and iPod docking stations and the upper floor gym offers cardio theatre entertainment. Our highly qualified staff are on hand to deliver advice or assistance and personal training sessions tailored to meet your needs. Fitness suite can be accessed on a pay as you play basis or by joining the club.

### Main Charges

	Adult	Jun/Con
Fitness Suite Session	£5.00	£3.50
Fitness Classes	£5.00	£3.50
Sauna/Steam	£3.40	£1.70 (over 16s)
Outdoor Football (per game)	£39.80	£27.90
4 Court Hall Hire	£47.00	£32.90
Badminton Court	£9.40	£6.60

### Fitness Classes

We offer a full range of fitness classes, to suit all ages and abilities, including:  
 ■ Zumba ■ Belly Dancing ■ Body Attack ■ Body Combat ■ Pilates ■ Vibe Cycle  
 ■ Boxercise ■ Body Pump ■ Cheerleading ■ Tone ■ Pilates ■ Yoga  
 Ask for a copy of our latest fitness timetable at reception, for dates and times.  
 Times of availability for concession rates may vary. Please check your activity at reception.

### Sports Clubs

Renfrew Leisure Centre offers a wide range of weekly sports clubs for all ages, toddler to adult. Sports clubs are all happy to accept new members. Why not get in touch and get involved. Contact the club directly for further details on how to join. ■ Badminton ■ Aikido ■ Basketball ■ Gymnastics ■ Karate ■ Cheerleading ■ Tae Kwon Do ■ Tigers Club Tae Kwon Do ■ Jogging Buddies

### Centre Opening times

Monday to Friday 9.00am-10.30pm  
 Saturday & Sunday 10.30am-6.30pm

### Gym Opening times

Monday to Thursday 7.00am-10.00pm  
 Friday 7.00am-9.00pm  
 Saturday 9.30am-5.30pm  
 Sunday 10.00am-5.00pm

Please note last entry to the gym is half an hour before the stated closing time.

Renfrew Leisure Centre  
 Paisley Road Renfrew PA4 8LJ  
 Tel 0141 886 6916



## Welcome to Renfrew Victory Baths

Renfrew Victory Baths is an Edwardian 25 yard swimming pool with a great sense of history and tradition. Just by being in the pool you can experience this history. 'Dip back in time' with the baths 1920's layout of cubicles around the pool, arched doorways, memorabilia and viewing gallery.

### Main Charges

	Adult	Jun/Con	OAP
Swim	£3.40	£2.40	£1.70
Aqua Aerobics	£5.00	£3.50	
Fun Sessions	£3.40	£2.40	
Parent and Toddler Swim	£2.40	N/A	
Family Swim			
2 Adults & 2 Children	£9.00		
Family Swim Extra Child		£1.15	
Annual Swim Pass	£206.00	£144.00	£103.00
Family Annual Swim Pass	£360.00		

(Annual Passes when paid monthly by direct debit, family £30.00 OAP £8.58)



### Special Swim Offers

Call into any of our pools to claim your **Making Waves** (over 60's) or **Make a Splash** (Under 18's) cards offering free visits to the pool of their choice to our most loyal swimmers. See back page for full details. Also you can take advantage of our newly introduced family Annual Swim and over 60's Annual Swim passes which can be paid on a monthly basis making for massive savings all round!

Renfrew Victory Baths  
 Inchinnan Road Renfrew PA4 8ND  
 Tel 0141 886 2088

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



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