

Junior Coaching

Wide range of activities for children supervised by professional, qualified coaches.

Activity	Day	Time
Junior Tennis	Tuesday	Various sessions 4.00pm—6.30pm
Junior Badminton	Friday	Various sessions 5.00pm—7.00pm
Junior Gymnastics	Monday/Wednesday	Various sessions 2.00pm—7.00pm
Junior Choir <small>(not running at present)</small>	Tuesday	Various sessions 5.00pm—6.30pm

For under 4's, a Soft Play session runs on a Friday morning between 10.00am—11.30am.

The cost is £2.00 per child (£1.00 for a second child).

There are large soft play shapes, a ball-pool, scooters, trikes and much more.

Runs in conjunction with our Coffee Morning.

A full sized Snooker table is available for hire.

The price is £3.00 per hour and cues and chalk are provided. The table is ready for play - Monday to Friday 9.00am - 5.00pm.

The table cannot be booked so please contact the Centre to check its availability.

Table Tennis tables are available for hire throughout the week.

We have two tables with equipment ready for use.

These sessions require prior booking to ensure availability.

For further information please contact us:

The Galtres Centre, Market Place

Easingwold, York YO61 3AD

01347-822472

galtresfitness@hotmail.com

or <http://galtrescentre.weebly.com/health--fitness.html>

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Fitness and Sport at The Galtres Centre.



Galtres Fitness Centre



Fully air-conditioned facility offering a wide range of cardiovascular and resistance equipment. Achieve your health and fitness goals in a professionally run, friendly and relaxed atmosphere. Manager - Emma Douglas.

Opening Hours

Monday - Thursday 6.30am - 9.30pm	Saturday - 8.00am—5.00pm
Friday - 6.30am—9.00pm	Sunday - 8.00am—12.00pm & 1.00pm—5.00pm

Junior session for 11 to 15 year olds. Sundays 12.00pm—1.00pm.
Full induction on all of the equipment with a personalised fitness programme to follow.

Cycling Studio

Dedicated cycling studio with 12 static exercise bikes for cycling to music, inspired by a specialist instructor. "Ride" sprints, hill climbs and other fun exercises for a great work out. Advance enrolment required. £5.00 per session.



Outdoor Sports Facility

Outdoor floodlit pitch sized for 2 Tennis courts, also suitable for Football, Hockey and Netball throughout the year.

Size of Court	Peak Time (6.00pm)	Off Peak
1 Tennis Court	£10.00	£8.00
2 Tennis Courts/Football	£20.00	£16.00

Booking required.

Sports Hall

Versatile modern sprung wooden floor facility the size of one tennis court or four badminton courts. Suitable for -

- Indoor Football
- Basketball
- Short Mat Bowls
- Netball
- Various Fitness Classes
- Tennis
- Cricket Nets
- Karate
- Rock-it Ball
- Gymnastics
- Table Tennis
- Badminton

Available for hire by individuals or groups. Also available for activity based children's parties.



Hire Costs per Hour

Hall Used	Peak Time	Off Peak
Full Hall	£22.00	£18.00
1-Badminton Court	£8.00	£6.00
Half Hall	£13.00	£10.00
Indoor Tennis	£12.00	£12.00
Cricket Nets (Single Bay)	£22.00	£22.00
Table Tennis	£5.00	£5.00

Galtres Fitness Membership

MEMBERSHIP	MONTHLY	ANNUALLY	SAVE
PLATINUM Full Membership including selected Classes - <i>Please ask for details.</i>	£38	£418 One Month Free	£38
GOLD Full Membership	£30	£330 One Month Free	£30
SILVER Full Membership during Off Peak hours Monday to Friday 9 am to 4:30 pm Sat 12 pm to 5 pm Sun 10 am to 12 pm & 1 pm to 5 pm	£24	£264 One Month Free	£24
BRONZE Full Membership for over 60's, 16-18 yrs, NUS, UB40	£20.00	£220 One Month Free	£40
INDUCTION FEE Essential For All New Members	£20.00	Pay annually and receive one month free! All the above memberships pay no induction fee.	
TASTER MEMBERSHIP SCHEME			
1st Taster One months Full Membership including induction and personal assessment.	£37.50		
2nd Taster One months Full Membership	£27.50		
3rd Taster One months Full Membership	£27.50		
Restrictions apply to taster memberships. <u>No</u> member can take more than one set of taster memberships within a six month period.			
WEEKEND MEMBERSHIP	£15.00 per Month		
MEMBER'S GUEST FEE	£5.00 per Visit		
Memberships can be paid annually in full or monthly by direct debit. A minimum of 3 months membership must be taken. An initial payment of the Induction fee and pro rata 1st month dues will be taken upon joining by cash or cheque. Annual memberships are non refundable. All memberships must include an induction and an optional personal fitness assessment and re-assessments as and when required. The minimum age for joining the gym is 16.			