

# Welcome to Lensbury Lockside

– for a lifestyle that's fit for you.

The Lockside is a superb leisure and fitness complex offering a 25 metre pool and learner pool, steam rooms and saunas, a fully equipped adult only gymnasium and two exercise studios offering a large variety of classes on a weekly basis. We also offer excellent crèche facilities for children aged 6 months to 8 years and a Youth Gym for 10 to 16 year olds .

## Opening Times

Gym & Pool	
Monday – Thursday	06:30 - 22:00
Friday	06:30 - 21:00
Saturday & Sunday	07:30 - 20:00

Bank Holidays
The Pool is open subject to the holiday and term time programmes within.
Opening hours are subject to change at Christmas, New Year and specific Lensbury events.

### It's not easy being green!

Lensbury is extremely proactive in reducing it's carbon footprint and reducing the amount of energy, water and fuel that it uses throughout the site. We have introduced excellent recycling schemes for our waste. We recycle our food waste and have significantly reduced our electricity usage by 5% year on year. However, we now need to ask for our members help to keep our use of energy, water and other commodities that impact the environment, to the levels we have achieved over the last couple of years.

Please read the information in green throughout this booklet to see how you can help.

## Bookings at Lockside

Members' Reception is our main administration centre for all sports and leisure activities.

Leisure courses, holiday activities, sports and crèche bookings and towel license will be administered at Members' Reception. Tel: **020 8614 6468**.

You can also book classes, swimming lessons and apply for Locker licenses directly with Lockside. Tel: **020 8614 6550**

## Contact

To contact Lockside, please use the following numbers or email addresses:

T: 020 8614 6550 Lockside Reception  
020 8614 6552 Lockside Gym  
020 8614 6420 Members Reception

E: [lockside.manager@lensbury.com](mailto:lockside.manager@lensbury.com)  
[locksidegym@lensbury.com](mailto:locksidegym@lensbury.com)  
[members.reception@lensbury.com](mailto:members.reception@lensbury.com)



## The Fitness Suite Services

*for 16 years and above*

Our 77-station fitness gym boasts top of the range Life Fitness cardiovascular, resistance equipment and free weights. The cardio equipment is linked to Virtual Trainer, a sophisticated fitness management system, designed to guide you through your personal workouts to maximise your gym experience.

All users are able to enjoy radio, terrestrial and Sky TV from individual kit stations, plus can plug in their Ipods for personal listening.

The resistance equipment in the gym includes a mini circuit which can increase motivation and variation within the same environment. In addition, the gym offers Hammer Strength plate loaded resistance machines and free weights to provide variation and intensity to your work out. The gym also hosts virtual spinning and Trixter bikes to vary your workout and a Vibraxis, which incorporates vibration for a whole body workout.

The fitness team are registered exercise professionals (REPs) and are fully trained to FIA (Fitness Industry Association) standards. The gym is manned by our fitness team at all times to ensure you get the most out of their expertise and advice. They are there to provide you with all the information you require, so please feel free to ask them anything to help you enjoy your workout to the full!

The Fitness Team are able to offer a wide variety of advice on the following:

Inductions

Gym Assessment

Individual Programme Prescription

Ante / Post Natal advise

Exercise for the over 50s

Specialist advise

Fitness Testing

Before you are able to use the gym, you must complete an induction to ensure you are able to use all the equipment safely and to maximum benefit. Fitness inductions must be booked in advance either by phone on **020 8614 6552** or in person with a member our gym team. The induction will take between 45 and 60 minutes. Appropriate clothing and footwear must be worn for your orientation.

The gym team recommends you change your personal fitness programme on a regular basis approximately every 6 to 8 weeks to avoid boredom and plateau during sessions.

The Lockside Fitness Team also offer fitness testing which provides members with a chance to measure a number of their fitness components.

In addition, most Fitness Team members are available for Personal Training sessions at an additional cost. Vouchers can be purchased from Members' Reception in blocks of 5 or 10 sessions.

# Swimming Pool Information

## Benefits of Swimming

Swimming is good exercise for all, which benefits the body and whole person! It tones your entire body while providing an excellent cardiovascular workout; it strengthens your heart muscle and improves delivery of oxygen to muscles, all with low or no impact so is kind to those joints too!

## Pool Hygiene

Here at Lensbury we follow the National Pool Water Guidance to keep the pool water clean and safe, but we need your help!

- Showering before swimming is essential. It removes grease and dirt, for example make up, hair products and chemicals in deodorants. The least chemicals we can use in the pool increases your enjoyment without sacrificing safety.
- Wearing a swim hat, will help to protect your hair and reduce water pollution.
- Using the toilets provided before swimming, keeps the water clean for all pool users.
- We strongly recommend that all youngsters who are not toilet trained MUST wear swim nappies, these stop those little embarrassments becoming big ones! These can be purchased at the Club shop.
- Please do not swim if you have just eaten or drank, or if you have a upset stomach, chickenpox or any other contagious symptoms.
- All babies participating should have completed their initial immunisation programme.

By taking a shower before entering the pool you can wash off the chemicals that are used on the body like hair gel, deodorant, moisturiser etc. This means that we have to use less chemicals to keep the pool water clean, therefore reducing water wastage and reducing the chemical demands and delivery of those chemicals.

## Pool Rules

Children aged 9-12 years inclusive, who are competent swimmers must pass a pool test (see lifeguards for details) to enable them to swim without parental supervision. A junior pool pass will be issued and should be shown on each visit. (Note: parents must remain on site).

The Lifeguards are present to ensure the safety of pool users. Their instructions must be obeyed at all times.

The use of cameras, mobile phones or video recorders are not permitted within Lockside.

All pool users are to be considerate of other swimmers.

The Lockside operates a no diving policy.

All swimmers using swimming aids i.e: armbands and rubber rings, are asked to not go beyond the point indicated on the poolside (including inflatable sessions).

All non-swimmers must be accompanied in the water by a competent swimmer, with a maximum of 2 children per adult.

Children under the age of 9 years must be accompanied in the water by an adult swimmer at all times.

Junior members aged 13 years or over who are competent swimmers may use the pool unaccompanied.

Follow the Lifeguard's instructions. They want you to have a great swim in safety.

# Swimming Pool Term Timetable

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30		
MONDAY	Main Pool	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GS	AQUA	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	
	Learner Pool							LESSONS																									
TUESDAY	Main Pool	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM
	Learner Pool							LESSONS																									
WEDNESDAY	Main Pool	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM
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THURSDAY	Main Pool	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM
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FRIDAY	Main Pool	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GS	AQUA	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM
	Learner Pool																																
SATURDAY	Main Pool		LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS
	Learner Pool																																
SUNDAY	Main Pool		LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM
	Learner Pool																																

LANE SWIMMING Lane Sessions are provided so that members can swim lengths at their own pace uninterrupted.

LESSONS The Lockside swimming team provides an extensive range of lessons from water babes through to personal survival.

INFATIGABLE FUN Fun toys for ages 2+ years in the learner pool and inflatable for 5+ years (competent swimmers only) in the main pool.

AQUA A popular alternative fitness class for all ages and abilities. Safe and effective exercises in the water to work the whole body.

SWIM CLINIC For adult and child swimmers, these provide participants with an opportunity to improve their technique and stamina under guidance of a qualified instructor.

# Swimming Pool Holiday Timetable

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30		
MONDAY	Main Pool		LANE SWIMMING		GS		AQUA		GENERAL SWIM		LANE SWIM		FUN TIME INFLATABLES		GENERAL SWIM		LANE SWIMMING Adults Only																
	Learner Pool																																
TUESDAY	Main Pool		LANE SWIMMING			KIDS ACTIVITIES		GENERAL SWIM		LANE SWIM		GENERAL SWIM		LANE SWIM		GENERAL SWIM																	
	Learner Pool																																
WEDNESDAY	Main Pool		LANE SWIMMING			KIDS ACTIVITIES		GENERAL SWIM		LANE SWIM		AQUA		GENERAL SWIM		LANE SWIMMING Adults Only																	
	Learner Pool																																
THURSDAY	Main Pool		LANE SWIMMING			KIDS ACTIVITIES		GENERAL SWIM		LANE SWIM		GENERAL SWIM		LANE SWIM		AQUA		GENERAL SWIM															
	Learner Pool																																
FRIDAY	Main Pool		LANE SWIMMING		GS		AQUA		GENERAL SWIM		LANE SWIM		GENERAL SWIM		LANE SWIM		LANE SWIMMING Adults Only																
	Learner Pool																																
SATURDAY	Main Pool		LANE SWIMMING					GENERAL SWIM		LANE SWIM		GENERAL SWIM		LANE SWIM		GENERAL SWIM																	
	Learner Pool																																
SUNDAY	Main Pool		LANE SWIMMING					GENERAL SWIM		LANE SWIM		GENERAL SWIM		LANE SWIM		GENERAL SWIM																	
	Learner Pool																																

LANE SWIMMING	Lane Sessions are provided so that members can swim lengths at their own pace uninterrupted.
INFLATABLE FUN	Fun toys for ages 2+ years in the learner pool and inflatable for 5+ years (competent swimmers only) in the main pool.
AQUA	A popular alternative fitness class for all ages and abilities. Safe and effective exercises in the water to work the whole body.
KIDS ACTIVITIES	Holiday only specific activities for Children, please see activity programme

## Studio Bookings

You can book for a class from 8am, 7 days prior to the class, via Members' or Lockside Reception. For certain classes: Yoga, Pilates, Spinning, Body Pump & Zumba we recommend early booking due to their popularity. For these classes only one member booking will be made per telephone call, however we will accept one family booking e.g.: husband and wife per call.

Please refrain from advance booking back to back classes which are in a similar style e.g.: Friday Pilates @ 9:15 & Pilates @ 11:15. This gives all members an opportunity to participate in their chosen class.

## Studio Guidelines

Always arrive on time for your class. **If you arrive more than five minutes late, you may be refused entry.** This is to ensure your safety and continuity for other participants.

For your own safety and comfort please wear appropriate clothing and non-marking footwear. We recommend bringing a bottle of water with you to your class.

Prior to attending a Body Pump class you must complete a Body Pump Intro class. This will take you through the outline of the class; ensuring equipment set up and technique are all safe. Body Pump Intro classes are held at 9am on the 1st Sunday of every month. Likewise, prior to attending any Pilates classes, you must complete a Pilates Introduction Course. Please ask at Members' Reception for more information.

At times we may need to substitute a teacher, change a class or withdraw a class from the timetable. We will try to give you as much notice as possible. Please see the Studio notice board at the top of the stairs in the gym for regular updates.

### Cancellation Procedure

We operate a three strike system to deter repeat last minute cancellations. Cancellations should be made a minimum of 2 hours prior to the class starting in order for another member to be contacted. For classes before 10am please cancel the class prior to 8pm the preceding evening. We contact members after two non attendances or late cancellations. If a third strike is then awarded within 4 weeks, then a booking restriction will be placed on the member.

**Studio 1:** is located on the first floor and is predominantly used for aerobic classes, eg: Body Pump, Spinning, Freestyle Aerobics, etc.

**Studio 2:** is located on the ground floor and is predominantly used for holistic classes, eg: Pilates, Yoga, etc.



## Changing Facilities

Lockside has three separate changing facilities to suit your preferences:

Male changing, including an adult only area, for 16 years and above

Female changing, including an adult only area, for 16 years and above

A Family and Disabled changing room equipped with five large cubicles.

All children aged 7 and above who are accompanied by an adult of the opposite sex must be changed in the Family Changing Room, for which the family cubicles are ideal.

Overshoes must be worn at all times when spectating on poolside or entering the shower areas of the changing rooms. Please recycle these overshoes if they are clean and untorn.

Lockers should be used at all times and are available in all areas. You will require a £1 coin, or you can purchase a keyring token from reception, which is returned when the locker is emptied. These lockers must be emptied on each visit. Some lockers are available for annual hire, priced £100 per annum. Please enquire at Lockside Reception.

Please remember to turn off the showers. Showers left on with no-one using them result in wasted water. To give you an example, per shift staff turn off an average of eight showers that are empty and have been left running by the previous occupant. As a running shower can waste up to 45 litres of water per minute your assistance in this will make a huge difference to Lensbury reducing the wasted water.

Ensuring that the sauna or steam room doors are closed when you exit the facility not only means that we are not heating the relaxation area, but it prevents the triggering of the fire alarm system from the steam or heat in the relax areas when the doors have been left open. This is a huge inconvenience to members if you are mid-way through your exercise programme or swim, as well as huge waste of energy.

### Sauna & Steam Information

We have single sex sauna and steam rooms in both the male and female changing facilities. Please ensure that swimwear or towels are worn in these areas. We monitor these areas regularly, however please read the recommended guidelines on the wall prior to use. Ensure minimum age and recommended time lengths are followed for your safety.

## Towels

Sweat Towels will be provided free of charge in the gym. Please help us to be environmentally friendly by only using one of these each visit and returning them to the bins at the end of their use.

Members and guests may hire towels at Lockside Reception under the following arrangements:

For regular users, a Towel License may be purchased. This costs £100 per annum and provides a bath towel and hair towel for use on every visit to Lockside. Towel Licenses can be purchased at Members' Reception.

For occasional use, hire a bath and hair towel at a charge of £1.

If we only have to wash one sweat towel per member per visit instead of two or even sometimes three, we will be using less electricity to power the washing machines, plus the reduction in detergent used and the energy to power the dryers. One wash in the machine uses 50 litres of water per wash cycle.



## The Blitz Youth Gym

A bespoke fitness package with equipment supplied by SHOKK. A fun, exciting and funky environment. Available to junior members aged 10 years and above.

All Blitz members must complete an induction prior to use, which consists of four x one hour sessions. These sessions can be booked at Members' Reception and cost a one off induction fee of £40.

Opening times: Monday to Friday: 16:00 – 20:00. Sat / Sun: 14:00 – 19:00. Extended opening times are available during the main school holidays, please check with the Blitz team for further details.

## The Crèche

The Crèche is a multi-purpose space. It is used as a crèche daily and is converted to the Blitz Gym later in the day.

With qualified staff the Crèche is the ideal, safe place to leave your little ones, whilst you enjoy some quality time. From 6 months to 8 years, this service is offered 7 days a week from 9am till 1pm (Mondays till 3pm). Prices start at £5 per hour, with discounts for consecutive hours and additional family children.

We recommend a visiting session prior to your first booking for you to meet the staff and settle your child in the environment. To book an introductory session contact the Crèche directly on **020 8614 6540**

Prams and pushchairs should be left at the designated area at Lockside entrance at all times.