

Becontree Heath Leisure Centre Opening soon!



Our fantastic new Leisure Centre boasts the most up to date in fitness equipment with 95 stations of the latest Technogym Wellness System to train your heart, lungs, and muscles and help you improve your health and wellbeing. The machines have a key fob to record your fitness levels and can even manage your exercise programmes for you!



If you want to get into shape or have personal goals you want to reach, then why not book a course of personal training sessions at our new centre. We have a team of professional personal trainers who will provide you with your very own exercise plan and go through your dietary requirements to reach your goals and fitness levels.

For more information or to book your sessions please **contact Matthew Spriggs on 020 8724 8212.**

The fitness suite will be open from 6.30am to 10.00pm Monday to Friday and 8.00am to 8.00pm Saturday and Sunday.

Our spectacular 25metre by 25metre swimming pool has a moveable floor to adjust the water level so various activities can take place at any one time. There's a tiered spectators seating area with 250 seats providing excellent viewing of the entire pool area. There's also a 13metre by 7metre teaching pool for swimming lessons and parent and baby sessions.

Centre features

We offer a range of monthly 'active' memberships which come with our 'Price for life' guarantee.

95 stations of the latest Technogym Wellness System.

A team of professional personal trainers.

Spectacular 25metre by 25metre swimming pool with a moveable floor.

A 13metre by 7metre teaching pool for swimming lessons and parent and baby sessions.

Over 40 classes where you and your friends can have fun, reach your health goals, get fit together and stay active.

Three work out studios including an extra large one with capacity for 150 people, which can be divided into two and used by local groups, martial arts and dance clubs. This studio is available for hire for private functions and community events.

An indoor soft play area with a two storey structure designed to allow for 85 children at any one time.

An onsite café serving hot and cold food.

Multipurpose Sports Hall for Badminton, Basketball, Five a side football and much more.



“As a local person myself, I think this new centre is fantastic. People living in Barking and Dagenham should be proud of what it offers.”

John Still, Dagenham & Redbridge Football Club



Aerobics Timetable

Monday

08:45 - 09:30	RPM
09:30 - 10:30	Body Pump
10:30 - 11:30	Body Step
12:00 - 12:45	Aqua
18:00 - 19:00	Zumba
19:00 - 20:00	Body Pump
19:30 - 20:15	RPM
20:00 - 21:00	Body Step
20:15 - 21:15	Body Balance
20:15 - 21:00	Shallow Aqua

Tuesday

10:30 - 11:30	Dance
12:00 - 12:45	Aqua
12:45 - 13:45	Lunchtime Yoga
17:30 - 18:30	Body Jam
18:30 - 19:30	Body Balance
19:30 - 20:30	Body Conditioning
20:30 - 21:30	Body Attack

Wednesday

09:30 - 10:30	Body Attack
10:30 - 11:30	Legs, Bums and Tums
10:30 - 11:30	Line Dancing
11:30 - 12:30	Barefoot Basics
18:30 - 19:15	RPM
19:15 - 20:00	Deep Aqua
19:30 - 20:30	Body Pump
20:15 - 21:00	Shallow Aqua
20:30 - 21:30	Body Balance

Thursday

10:30 - 11:30	Dance
11:15 - 12:00	RPM
12:00 - 13:00	Legs, Bums and Tums
12:00 - 13:00	Aqua
13:00 - 14:00	Pilates
18:00 - 19:00	Zumba
19:00 - 20:00	Legs, Bums and Tums
19:15 - 20:00	Aqua
19:15 - 20:00	RPM
20:15 - 21:00	Deep Aqua
20:15 - 21:45	Pilates
20:00 - 21:00	Body Combat

Friday

09:30 - 10:30	Body Combat
10:30 - 11:30	Body Pump
11:30 - 12:15	RPM
11:30 - 12:30	Tai Chi
17:30 - 18:15	RPM

Saturday

09:00 - 09:45	RPM
09:45 - 10:45	Body Pump
10:45 - 11:45	Body Step

Sunday

10:00 - 10:45	Deep Aqua
10:00 - 11:00	Body Pump
11:00 - 12:00	Body Balance

With over 40 classes such as Zumba, Body Pump, Spinning and much more, you and your friends can have fun, reach your health goals, get fit together and stay active.

All our classes are suitable for both male and females and designed for both beginners and the more experienced.

Barking and Dagenham Triathlon

Have you ever wanted to take part in a Triathlon? The first Barking and Dagenham Triathlon takes place on Sunday 24 July 2011 at Becontree Heath Leisure Centre, Central Park and roads around the borough. The event will consist of a 20km bike ride, 5km run and a 400m swim.

Costs: Individual (to complete all disciplines)
 £20 (British Triathlon member)
 £23 (Non member)

Team of three (to complete one discipline each)
 £30 (British Triathlon members)
 £39 (Non members)

For more information or to book your place contact Emma Gillan on 020 8227 3980 or email emma.gillan@lbbd.gov.uk

Soft play area

Official name coming soon!

The indoor soft play area is a two storey structure designed to allow for 85 children at any one time. It has a baby and toddlers area with several slides, a ball pit and much more. It's a great way of having fun and is an ideal place to host children's birthday parties! There's also an onsite café serving hot and cold food.

Age and height restriction

12 years old and under 1.48m tall

Time limit

Two hour duration

Maximum capacity

85 Children

Opening times

Monday to Friday

Saturday to Sunday

10:00am to 7:00pm

9:00am to 7:00pm

Pricing

Under 1 year olds

Under 3 year olds

Over 3 year olds

Free

£3.50

£4.50

For more information on birthday parties and bookings please call 0208 227 3801

Soft play parties Packages

Kids Party

£8.95 per child (minimum of 10 children)
Minimum age of party child - five years old

The party lasts for two hours and includes:

- 90 minutes of play time,
- 30 minutes of party time,
- party invitations,
- a choice of meals from the children's menu,
- unlimited jugs of juice,
- cake ceremony (cake not included) and
- one free return pass for every party booked.

Toddlers Party

£7.25 per child
(minimum of five children)
Maximum age of party child - four years old

The party lasts for two hours and includes:

- 90 minutes of play time,
- 30 minutes of party time,
- party invitations,
- a choice of meals from the children's menu,
- unlimited jugs of juice,
- cake ceremony (cake not included) and
- one free return pass for every party booked.

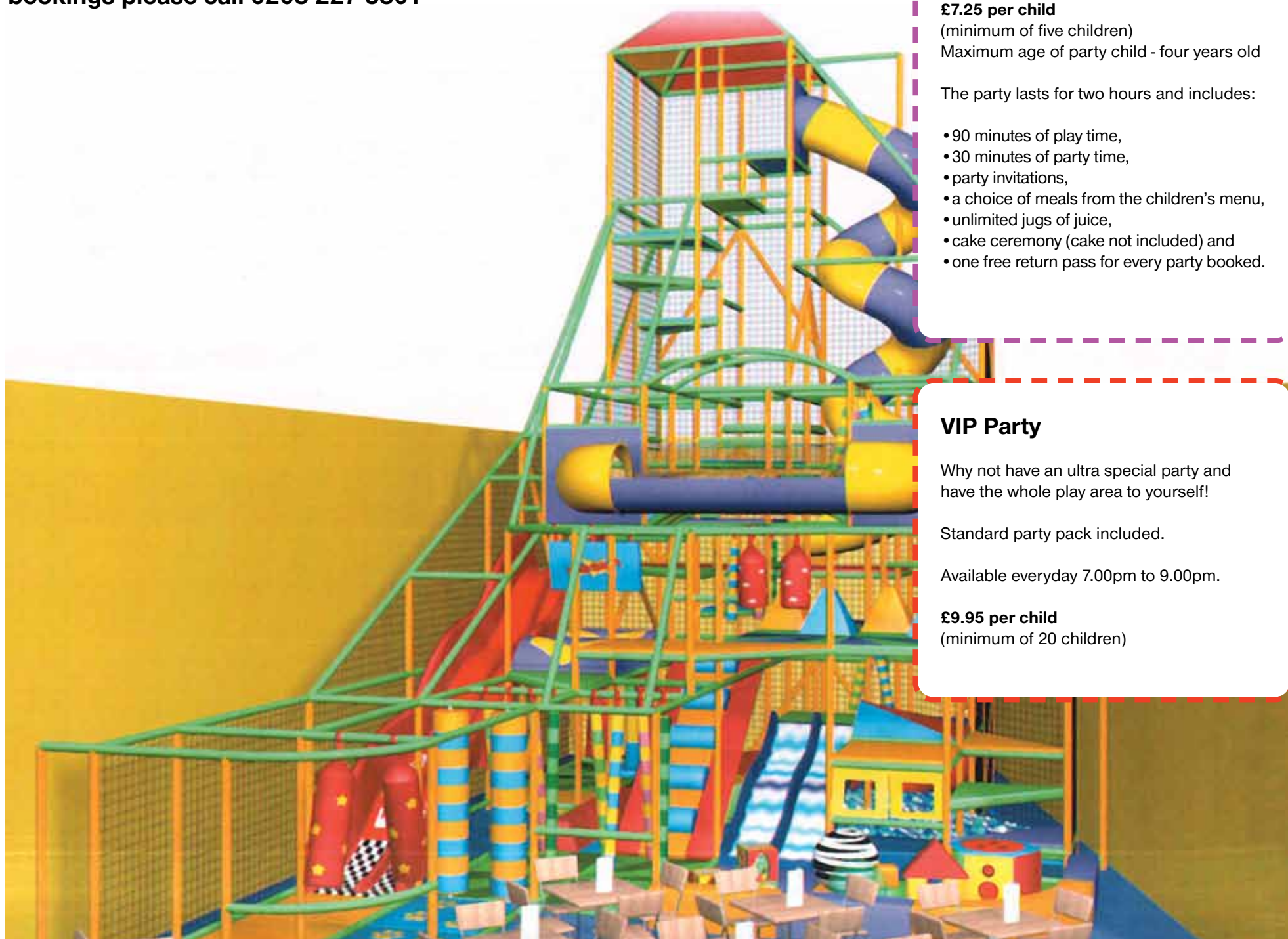
VIP Party

Why not have an ultra special party and have the whole play area to yourself!

Standard party pack included.

Available everyday 7.00pm to 9.00pm.

£9.95 per child
(minimum of 20 children)





Marcus Downham
Centre Manager

Introducing Marcus Downham Leisure Centre Manager

Is this the first time you've managed a leisure centre?

During my 25 year career in the leisure industry I have worked for three local authorities and two private management companies. I have managed a number of facilities and also previously managed the opening of a new leisure centre.

How does the new Becontree Heath Leisure Centre compare to previous leisure centres you've worked in?

The modern design and the state of the art technology makes this leisure centre by far the most exciting I've ever managed.

What are you most looking forward to about the job?

At this point in my career I am looking forward to the challenge that this role will bring and the opportunity to provide a much needed modern health and fitness facility to the local area.

How does it feel to be taking over a leisure centre with the Olympics less than 500 days away?

I am very proud and excited that Becontree Heath Leisure Centre has been chosen as the Games Time Training Venue for the Olympic Water Polo teams. Having this in the borough will really help local people and staff to feel part of the Olympic Games.

What can new users expect at the new centre?

It will be a modern facility with a 95 station fitness suite and a wide variety of leisure activities and classes catering for all ages and abilities. The centre will also provide sports hall activities and a café with a children's soft play area - all of which will undoubtedly prove to be very popular with our customers. On top of all that we have a 10-lane, 25 metre competition-standard swimming pool.

There's also a community art project under way to decorate the front windows. Studio 3 Arts have been holding workshops with a local school and community groups. I can't wait to see the final result.

How do you feel about working with a new team of staff at Becontree Heath Leisure Centre?

The team that has been put together with new and existing staff will be going through an extensive training programme to make sure that we provide an excellent service to our customers. It's a great team and I'm looking forward to working with them.

Give me three reasons why members of the public should sign up for active Membership.

1 An **active** membership offers great value for money with competitive membership packages to suit all age groups.

2 **active** membership will give our customers preferential booking conditions and, depending on which membership package you choose, unlimited access to Abbey Sports Centre, Goresbrook Leisure Centre and Becontree Heath Leisure Centre.

3 Being an **active** member will improve your health and well being and help you to become more active more often.

What kind of benefits could Becontree Heath Leisure Centre bring to the population of Barking and Dagenham?

The more people we can get taking part in regular sport and exercise the healthier we will all be. We all know that physical activity reduces obesity and lowers the risk of heart disease. It also makes people feel fitter, happier and generally much better about themselves. I hope the fantastic new facilities at Becontree Heath Leisure Centre will encourage lots of people to come along and make a positive change to their lives.

Become a member

*We offer a range of monthly 'active' memberships suitable for both individuals and couples which come with our 'Price for life' guarantee. These include

- active Fitness
- active Gym
- active Junior
- active Referral
- active Aqua
- active Corporate
- active Concession

To celebrate the opening of Becontree Heath Leisure Centre we have great offers available to new members.

To find out more about our active packages or to become an active member contact Will Gardner on 020 8227 3801 or email membershipsales@lbbd.gov.uk Or why not call in to see our membership team at Dagenham Library at the junction of Church Elm Lane and Heathway Dagenham RM10 9QS.

*Terms and conditions apply

