



Woking Leisure Centre & Pool in the Park 50+ Club

Open to any person over the age of 50. Although we call it a club, there are no joining fees. The only fees that you have to pay are the session entry fees to the Leisure Centre as detailed below. Simply turn up each week at Woking Leisure Centre to enjoy a wide variety of activities. The centre and 50+ Club supply all equipment required to enable you to try out the sports on offer. All you need are clothes that will allow you to move freely and non-marking trainers.

Car parking which under current Woking Borough Council regulations is free for the first two hours of your stay, is available in the car parks outside the leisure centre. Parking for any further hours will need paying for via the machines or suggested mobile app in the car park.

Session Times

Monday: 2.00pm –5.00pm; **Tuesday:** 2.00pm –5.00pm; **Thursday:** 9.15am - 12.30pm

Fees per Session 2025

Price Bands	Casual entry price to 50 Plus Club	Membership 50 Plus Club is also included in our Woking LC Key Fitness annual or monthly memberships for the over 50's*
Standard price available to everyone	£8.60 standard	£57.80 per month or £577.50 annually
Key Status: Offer discounts for pre-school, full time education, aged 60 and over, disabled customers, and those on a government training scheme. Card: £9.50 per year.	£7.20 Key Status cardholder	£43 per month or £430 annually
Key Concession: Offer discounts for Woking residents on a low income meeting eligibility requirements for selected means tested benefits) Card: £6.50 per year.	£5.40 Key Concession cardholder	£42 per month or £420 annually

*Additional benefits included for Key Fitness annual / monthly members:

Free entry to 50+club sessions plus gym, swimming, racket sports (member only), wet and dry group fitness classes, sauna, spa and steam room. Call 01483 743120 for information about memberships.

Key cards also offer the facility to book up to 7 days in advance and pay on the day on selected activities at Woking Leisure Centre Woking Sportsbox and Pool in the Park, register for online bookings.

Find out more here: <https://www.woking.gov.uk/leisure-and-culture/about-key-leisure-card-scheme>

We recommend that as a prospective or a new member, you come along on a Thursday morning at 10:30am to introduce yourself to the reception desk staff who will direct you to meet up with one of our committee members so that they can show you around, explain how the club works and answer any questions you may have about the 50+ club.

Come along and try...

**badminton * aerobic warm up * table tennis * squash/racketball *
short tennis * short mat bowls (on request)* gym ***

**poolside sauna * swim in the leisure lagoon (Monday & Tuesday afternoon only)
* outdoor tennis (Tuesday afternoon & Thursday morning only)**



Each week simply choose which activities you wish to partake in. If you're feeling energetic, you could have a go at all the activities on offer or dedicate yourself to mastering a few. The choice is yours! On joining the 50+ Club it is important that you let us have your email address so that you can be informed by email of any changes to the normal programme and to receive information about forthcoming events etc. The club has a committee, which is made up of members of the club. They will be on hand to give you advice if you have any problems or queries.

You can also find information about the 50+ Club on the website woking50plus.co.uk, and on the 50+ Club notice board located on the wall near the entry to the courts on the lower ground floor of the Leisure Centre

*****Please ensure that you complete the medical, disabilities, access or communications box on the memberships registration form before you participate in your first 50+ Club session*****

Occasional organised trips, such as 4-6 day coach tours, one day coach tours, a monthly guided walk, occasional friendly competitions as well as Quiz Nights during the year are special features of the 50+ club.

All equipment for the sports activities is provided. For those members wishing to try out the sports. If you would like to purchase your own rackets at a discounted price, please ask for details from a committee member.

Woking Leisure Centre Gym

A state-of-the-art gym has all the latest fitness equipment designed for all your exercise needs, to ensure your body gets an all over work-out.

Gym sessions are supervised by a qualified instructor, helping you with your exercises whenever necessary. The machines are simple to use and designed for everyone to be able to get use out of them in a work-out!

The exercise machines are split into 2 areas:

- Cardiovascular equipment (treadmills, cycles, steppers and rowing machines) are used to make you healthier, lower blood pressure, reduce stress, aid weight management and help improve your fitness level.
- Weights equipment can be used to improve muscle endurance, strength and help counter the effects of osteoporosis.

Before you are allowed to use the gym, you must attend an induction. During your induction you will receive a demonstration of the cardiovascular and weight machines to help with basic gym exercises. Please book your induction at the gym reception desk. The gym is available for 50+ Club members to use during the 50+ Club session times.

50+ Club Fitness Assessment

If you are unsure of your current fitness level and would like to have your fitness checked before embarking on your exercise routine, our Fitness Assessment offers you a complete evaluation with a gym instructor. **50 + fitness assessments at a discounted rate can be booked at the gym reception, please ask for details.**

N.B. The 50 + Induction does not allow you to use gym outside of the 50+ Club times. Only persons taking out a personalised exercise programme or key fitness membership may use the gym during normal opening hours (upon payment of the appropriate entrance charge).



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50+ Club Sports Activities

Aerobic Warm-Up

This half-hour session, currently held in one of the studios in the Leisure Centre on a Monday afternoon and Thursday morning, is designed especially for people of 50 and over. It is a low to moderate intensity workout, for anyone looking to get back into shape or start a training programme.

Gym

A state-of-the-art gym with friendly, professional staff set in a modern, fresh environment. The gym at Woking Leisure Centre provides the latest fitness equipment designed for all your exercise needs.

Table Tennis

Table tennis tables are set up in the studio on the upper balcony or on a squash court on the lower ground floor. Balls and bats are provided and can be obtained from the 50+ Club kit box through one of the 50+ club committee members.

Badminton

Several badminton courts are available to the 50 Plus Club during each session. Badminton rackets and shuttlecocks are provided. (see above)

Leisure Lagoon

Our leisure pool offers exciting features, including 2 flumes, two spa pools bubble rings, lazy river, and wave machine.

Please note: the Leisure Lagoon is not available during morning sessions.

Short Tennis

Short tennis courts are available during each session. Rackets and balls are provided. (see above)

Competition Pool

Lane swimming in the competition pool is also available to 50 plus members.

Squash/Racketball

Several courts are available to the 50 Plus Club. Rackets and balls are provided. (see above)

Mondays		Tuesdays		Thursdays	
Badminton / Short Tennis	2.00pm –5.00pm	Badminton / Short Tennis	2.00pm –5.00pm	Aerobic Warm Up	9.30am –10.00am
Squash / Racketball	2.00pm - 5.00pm	Squash / Racketball	2.00pm –5.00pm	Badminton / Short Tennis	9.30am –12.30pm
Gym	2.00pm –5.00pm	Gym	2.00pm –5.00pm	Squash / Racketball	9.30am –12.30pm
Aerobic Warm Up	2.00pm –5.00pm	Swimming	2.00pm –5.00pm (main pool) 3.00pm –5.00pm (lagoon)	Table Tennis	9.30am –12.30am
Table Tennis	2.00pm –5.00pm	Table Tennis	2.30pm- 5.00pm	Swimming	9.30am –12.30pm (main pool only)
Swimming	2.00pm –5.00pm			Gym	10.00am –12.00pm

This programme may be subject to change. Updates will be provided where and when possible via e-mail. It is recommended that you check with the reception staff on arrival at the Leisure Centre.



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Woking Leisure Centre & Pool in the Park 50+ Club Membership Registration

Name

(Mr/Mrs/Ms/Miss)

Address

Post Code

Home Tel. No.

Mobile No.

E-mail address

Date of Birth

Where did you hear
about the 50+ Club?

Medical, disabilities,
access or communication
requirements

Emergency Contact Name

Emergency Contact Number(s)

Do you give permission for a 50+ Club Member or Freedom Leisure Member of Staff to call an ambulance for you in case of an emergency during a 50+ Club session/event/trip?

Please circle

(YES)

(NO)

What particular sports are
you interested in?

Do you have any hobbies
or interests? (please list)

Signature

Date



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