



your guide to

Crystal Leisure Centre

Dudley
Metropolitan Borough Council

Public swimming times

Leisure pool

Our large leisure pool includes a wave machine, slides, rapids, bubble seat and shallow beach area.

During term time

Monday 12pm - 8pm

Tuesday 12pm - 3pm
5pm - 8pm

Wednesday 12pm - 8pm

Thursday 12pm - 8pm

Friday* 12pm - 9pm

Saturday 9am - 5pm

Sunday 8am - 6pm

During school holidays

(subject to change)

Monday 9am - 6pm

Tuesday 9am - 6pm

Wednesday 9am - 6pm

Thursday 9am - 6pm

Friday* 9am - 6pm

Saturday 9am - 5pm

Sunday 8am - 6pm

**Friday sessions include Bondi Beat water disco 6.30pm - 9pm term time and 3.30pm - 6pm during school holidays.*

25 metre pool

The following times are for public lane swimming and are subject to change during school holidays.

Monday 7.15am - 9.30am, 12pm - 1.30pm
7.15pm - 10pm

Tuesday 7.15am - 1pm, 3pm - 7pm, 7.45pm - 10pm

Wednesday 7.15am - 9.30am, 12pm - 1pm, 3pm - 4pm

Thursday 7.15am - 9am, 12pm - 1pm,
3pm - 7.30pm, 8.30pm - 10pm

Friday 7.15am - 9.30am, 12pm - 1.30pm
2.30pm - 4pm

Saturday 7.45am - 9am, 12.30pm - 5pm

Sunday 7.45am - 9am, 12pm - 5pm

NB: Last admission to the pool is 30 minutes prior to closing. A responsible adult must accompany children under the age of eight, one adult may accompany up to two children under the age of eight. During peak period sessions in the leisure pool customers may be required to queue and sessions are limited to a maximum of one hour

Swimming lessons

We offer a range of junior and adult swimming lessons for all ages and abilities. The lessons need to be pre-booked unless stated otherwise. Contact the centre or visit our website for more information.

Junior swimming lessons term time only

Monday	4pm - 7.15pm	Wednesday	4pm - 7.15pm
Friday	4pm - 7.15pm	Saturday	9am - 12.15pm
Sunday	9am - 11.45am		

Adult swimming lessons

Tuesday	10.45am - 11.30am
Wednesday	1pm - 1.45pm
Thursday	10.15am - 11am, 11am - 11.45am, 1pm - 1.45pm

Disability swimming lessons

The centre provides swimming lessons for children with disabilities. Contact the leisure centre for more information.

Under 5s parent and toddler swimming lessons term time only

Monday - turn up and try session	3.15pm - 3.45pm
Tuesday course	9.45am - 10.15am, 10.15am - 10.45am
Thursday course	2pm - 2.30pm, 2.30pm - 3pm



Lifestyles Gym

Our Lifestyles gym has a great choice of Technogym cardiovascular and resistance equipment to help improve aerobic fitness, muscle tone and strength.

Opening hours

Monday to Friday 7.15am - 9.30pm

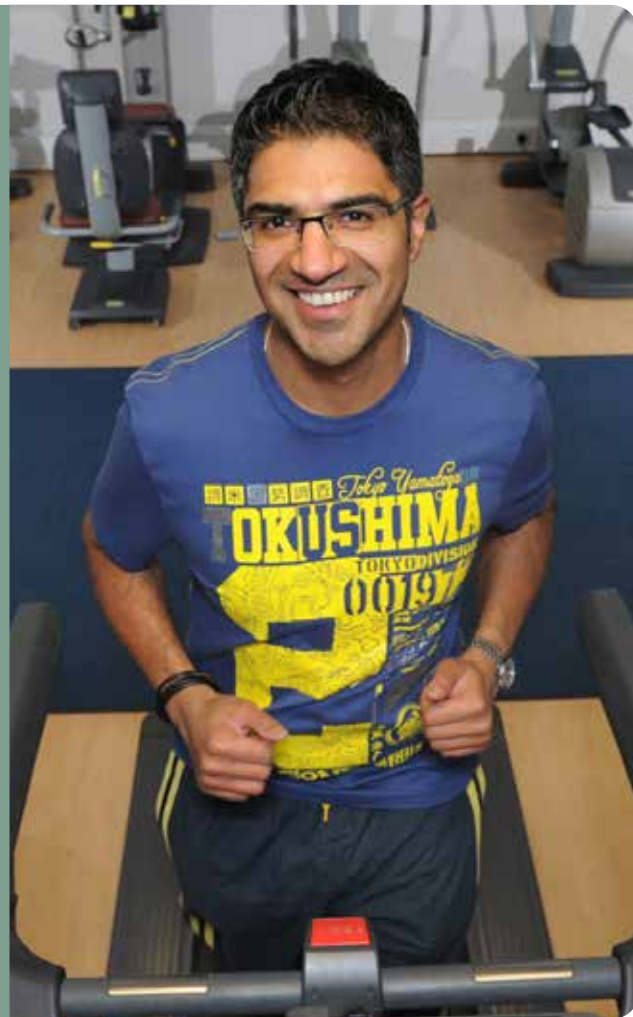
Saturday to Sunday 8am - 4pm

Induction process

All new users receive a comprehensive induction to the gym. Our experienced and qualified team are always on hand to explain exercise techniques, develop ongoing personal training programmes and answer any questions.

Users can follow their programme and record their progress on specialised data keys. For additional entertainment, some cardio machines have their own freeview TV allowing users to plug into the latest music, news and soaps while working out.

For more information call the gym on **01384 812912**



Junior activities

Monday

Under 5s trampolining*	9.30am - 10.30am
Trampolining courses	Juniors 4pm - 7pm Adults 7pm - 8pm
Climbing courses	Juniors 6pm - 7pm and 7pm - 8pm

Tuesday

Climbing courses	Juniors 6.45pm - 7.45pm Adults 7.45pm - 8.45pm
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Wednesday

Under 5s gym and play*	9.45am - 10.45am & 1.30pm - 2.30pm
Gymnastics courses	4.30pm - 6.30pm

Soft play suite

Come and join the fun with our soft play suite. There's a dedicated toddler area, two tier junior area with slides, stepping stone run and spider web crawl. For more information pick up a leaflet from our reception.

Children's parties

Give your little ones a birthday to remember with a choice of swimming, trampolining, bouncy castle, multi-sports or soft play parties. For more information contact the centre.

Thursday

Under 5s gym and play*	9.45am - 10.45am
Street dance (8 - 15yrs)*	4pm - 5pm
Trampolining courses	4pm - 8pm

Friday

Under 5s trampolining courses	1.45pm - 2.45pm
Trampolining courses	4pm - 5pm
Climbing courses	Juniors 4.30pm - 5.30pm and 5.30pm - 6.30pm

Saturday

Trampolining courses	9.30am - 11.30am
Gymnastics courses	9am - 2.30pm

Courses must be pre-booked, contact the centre for information.
*No need to pre-book these sessions.

ALL JUNIOR
ACTIVITIES LISTED RUN
DURING TERM TIME ONLY



Sports hall, squash courts & climbing room

Crystal Leisure Centre has two squash courts. Hire times for the squash courts are:

Monday to Friday	8.40am - 10pm		
Saturday	8.40am - 8.40pm	Sunday	8.40am - 7.40pm

Our sports hall is suitable for five-a-side football, badminton, basketball and netball. Hire times for the hall are:

Monday to Friday	9am - 10pm		
Saturday	9am - 5pm	Sunday	9am - 8pm

We also have a dance studio for general use and an indoor climbing room for organised courses and pre-booked groups.

Clubs

The centre has a wide range of clubs and activities that run on a weekly basis including **Karate, Bushido Jujitsu, Swimming, Badminton, Trampolining, Roller Disco and Rugbytots.**

Memberships

Options lifestyle

If you are looking for a membership package that offers unlimited access to our facilities, whether it's swimming, using the gym or taking part in one of our many fitness classes, Options Lifestyle is for you. You also benefit from a seven-day telephone and online booking facility for fitness classes and court sports as well as access to The Dell Stadium running track.

Options BK (booking)

Our booking membership gives you priority booking on a variety of sporting activities. With a seven-day advance booking facility, reserving an activity has never been so easy. Membership also gives you a 50 per cent discount on public swimming.

Options⁺ leisure discount scheme

Options⁺ is a discount scheme that makes leisure activities affordable for everyone. The scheme is open to a wide range of concessionary groups including

full-time students, low income households, people with disabilities, serving armed forces personnel and many more. If you qualify you will receive a 50 per cent discount off a variety of activities and selected events throughout the borough.

Junior lifestyle

If you're aged 17 or under why not join our junior membership scheme which offers access to a wide range of activities including swimming, badminton, Lifestyles gym, soft play sessions and more. There is something for everyone and no matter what your interests there is plenty to choose from.

Memberships accepted at Crystal, Dudley and Halesowen leisure centres.

For detailed information regarding our memberships please pick up a membership guide.

Facilities

- Leisure pool
- 25m swimming pool
- Lifestyles gym with range of equipment
- Two squash courts
- Two multi purpose rooms for meetings and events
- Dance studio and spinning studio
- Crèche and soft play suite
- Sports hall for five-a-side football, badminton, basketball and netball
- Climbing room for courses and pre-booked groups
- Sports equipment for hire and on sale
- Café Crystal for meals, snacks and drinks
- Vending machines with snacks and drinks
- Function rooms available for hire
- Changing, shower and toilet areas
- Lockers - £1 returnable
- Accessible facilities for all

Prices and bookings

For a full price list, information on our memberships or to book activities contact the centre or visit our website.

Crystal Leisure Centre

Bell Street, Stourbridge

West Midlands

DY8 1AE

01384 812800

If you would like this information in large print contact 01384 812800

All details are correct at time of printing - January 2018

www.dudley.gov.uk/sport

sport@dudley.gov.uk

