

## Memberships

Dudley Council offers a range of memberships to help you enjoy life, feel great and achieve a healthier lifestyle. Whatever your sporting interests, our team are on hand to provide advice and support, from your initial visit right through to you achieving your personal goals.

### 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.

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

#### What do I get?

A gym induction and unlimited access to:

- Lifestyles gyms
- Public swimming
- Fitness and yoga classes
- Badminton, squash, racketball and table tennis during off peak hours (Monday to Friday until 5pm and all weekend)
- Running track at The Dell Stadium
- Regular programme reviews
- Seven-day advance telephone and online booking for fitness classes, badminton, squash, racketball, five-a-side, netball and basketball

Membership accepted at Crystal, Dudley, Halesowen leisure centres and The Dell Stadium.

#### How much does it cost?

<b>Standard</b>	£29.50 per month (direct debit)	£295 per annum (12 months for the price of 10)
<b>Corporate*</b>	£24 per month (direct debit)	£240 per annum (12 months for the price of 10)
<b>60+</b>	£24 per month (direct debit)	£240 per annum (12 months for the price of 10)

Direct Debit payments are due on the first day of each month and can be cancelled at any time by providing 14 days notice in writing to the membership administrator.

\* To see if you are eligible for corporate rate please speak to a member of staff.

### Options BK (Booking)

Take advantage of our booking membership which 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. The membership also gives you a 50% discount off public swimming.

#### What do I get?

- Seven-day advance telephone and online booking for fitness classes, badminton, squash, racketball, five-a-side, netball and basketball
- 50% discount off public swimming

Membership accepted at Crystal, Dudley and Halesowen leisure centres.

#### How much does it cost?

£55 per annum

## 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.

### What do I get?

If you qualify, the following activities at Crystal, Dudley and Halesowen leisure centres are half price:

- Public swimming and swimming lessons
- Lifestyles gyms
- Gym induction
- Fitness and yoga classes
- Badminton, squash, table tennis and racketball
- Four day advance telephone booking (payable at the time of booking) for fitness classes, badminton, squash, racketball and table tennis
- Selected coaching courses

You could also save 50% on other services throughout the borough including use of the running track at The Dell Stadium, sport and physical activity development courses, tickets for a selection of live entertainment at Dudley Town Hall and Stourbridge Town Hall, admission to selected events at Himley Hall, and much more.

Please pick up our additional leaflet for further information or visit [www.dudley.gov.uk/options](http://www.dudley.gov.uk/options)  
Proof of eligibility is required to join.

### How much does it cost?

Adults £5 per annum

Children under 16 £2.50 per annum

## Junior Lifestyle Membership

Exercise is fun and it's good for you too. If you're aged 17 or under why not join our junior membership scheme? There is something for everyone and no matter what your interests; there is plenty to choose from. All our sessions are led by qualified instructors, who can help you to achieve your best no matter what your ability.

### What do I get?

A gym induction and unlimited access to:

- Public swimming
- Badminton, squash, racketball and table tennis weekdays from opening to 5pm and all day Saturday and Sunday
- Lifestyles gyms\* Monday to Thursday from opening to 5.30pm and all day Friday, Saturday and Sunday  
Please note: Juniors can access the gyms after 5.30pm with parent/carer supervision. The parent/carer must be a gym user and have received a gym induction at one of our facilities.
- Selected group fitness classes\*\*
- Soft play sessions at Crystal Leisure Centre
- Under 5's gym and play sessions at Crystal Leisure Centre
- Seven-day advance telephone booking for selected fitness classes, badminton, squash, racketball and table tennis

Membership accepted at Crystal, Dudley and Halesowen leisure centres.

Junior members must be aged 12 or over to use Lifestyles gyms or attend fitness classes. Activities may vary across facilities and are subject to availability. \*Purchase of a data key is required.\*\* Fitness classes may be attended by adults and can vary during term time and school holidays.

### How much does it cost?

£15 per month (direct debit)

£150 per annum (12 months for the price of 10)

### For more information contact:

**Crystal Leisure Centre**  
Bell Street  
Stourbridge  
DY8 1AE

**Dudley Leisure Centre**  
Wellington Road  
Dudley  
DY1 1UH

**Halesowen Leisure Centre**  
Great Cornbow  
Halesowen  
B63 3AB

**The Dell Stadium**  
Bryce Road  
Brierley Hill  
DY5 4NE

**Tel: 01384 812800**

**[www.dudley.gov.uk/sport](http://www.dudley.gov.uk/sport)**

**[sport@dudley.gov.uk](mailto:sport@dudley.gov.uk)**

Terms and conditions apply to all of our memberships. Activities may vary across facilities and are subject to availability. All details are correct at time of printing December 2017.