

### Chirk Leisure Centre

Chapel Lane, Chirk, Wrexham LL14 5NF  
Tel: 01691 778666  
Email: [chirk.leisurecentre@wrexham.gov.uk](mailto:chirk.leisurecentre@wrexham.gov.uk)

### Darland Sports Centre

Chester Road, Rossett, Wrexham LL12 0NE  
Tel: 01244 571077  
Email: [darland.sportscentre@wrexham.gov.uk](mailto:darland.sportscentre@wrexham.gov.uk)

### Gwyn Evans Sports Centre

Heol Cefn, Gwersyllt, Wrexham LL11 4HQ  
Tel: 01978 754394  
Email: [gwynevans.sportscentre@wrexham.gov.uk](mailto:gwynevans.sportscentre@wrexham.gov.uk)

### Morgan Llwyd Sports Centre

Cefn Road, Wrexham LL13 9NG  
Tel: 01978 314693

### Plas Madoc Leisure Centre

Llangollen Road, Acrefair, Wrexham LL14 3HL  
Tel: 01978 821600  
Email: [plasmadoc.leisurecentre@wrexham.gov.uk](mailto:plasmadoc.leisurecentre@wrexham.gov.uk)

### Queensway Stadium

Queensway, Wrexham LL13 8UH  
Tel: 01978 355826  
Email: [queenswaystadium@wrexham.gov.uk](mailto:queenswaystadium@wrexham.gov.uk)

### Rhiwabon Sports Complex

Ysgol Rhiwabon, Ruabon, Wrexham LL14 6BT  
Tel: 01978 822978  
Email: [rhiwabonsportscomplex@wrexham.gov.uk](mailto:rhiwabonsportscomplex@wrexham.gov.uk)

### Rhosnesni Sports Centre

Rhosnesni Lane, Wrexham LL13 9ET  
Tel: 01978 358967

### Waterworld

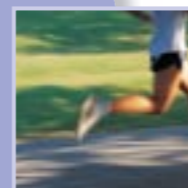
Bodhyfryd, Wrexham LL13 8DH  
Tel: 01978 297300  
Email: [waterworld@wrexham.gov.uk](mailto:waterworld@wrexham.gov.uk)

### Sports Development Team

Waterworld, Bodhyfryd, Wrexham LL13 8DH  
Tel: 01978 297366  
Email: [sportsdevelopment@wrexham.gov.uk](mailto:sportsdevelopment@wrexham.gov.uk)



# pure leisure :



Health & Fitness

Aqua

Class

Lifestyle

Sport

Kids

Business



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[www.wrexham.gov.uk/leisure](http://www.wrexham.gov.uk/leisure)

Welcome to the Pure Leisure Experience – designed to improve the health and wellbeing of all.

Our facilities offer a wide variety of activities to suit all levels of fitness and sporting abilities – across all ages.

In addition to offering sports such as swimming, badminton and football, we also provide a range of activities and courses from children's parties to tennis coaching and from martial arts to cardiac rehabilitation classes.

## Pure Health & Fitness

Pure Health and Fitness offers people of all fitness levels a chance to improve their health, fitness and lifestyle. A personalised service from expert staff provides the support and encouragement you need to tone and shape up or simply improve your mobility and stamina.

Our health facilities include a range of spa-style options, comprising steam rooms, jacuzzi, saunas, and solariums. We'll help you choose not only the best fitness regime, but the best rejuvenation programme to suit you.

Full membership includes use of the pools, fitness suites, steam rooms, saunas, and jacuzzi with free access to fitness classes.

Contact your local leisure centre for details about membership packages.

If you require this booklet in an alternative format please telephone 01978 297437.

# Pure Health & Fitness

## Professional Friendly Staff

Our fully trained fitness instructors will advise on membership offers and fitness instruction.

## Personalised Fitness Programming and Health Checks

Individual tailored programmes can be devised to find the most suitable fitness regime for you. Health checks are also available at specific times throughout the year.

## Cardiovascular & Resistance Equipment

Enhance your fitness and muscle tone or improve your body shape with the latest cardiovascular and resistance technology.

## Health Suite

Unwind and relax and leave the pressures of the day behind you in our sauna and steam rooms.

# Pure Aqua

## Pure Aqua

Swimming is one of the healthiest exercises and one of the most popular activities for the population. Our pool facilities are designed for all ages and abilities – from the serious swimmer to the leisure visitor. We offer a full range of activities from swimming lessons to pool fun sessions and from lane swimming to parent and toddler swim sessions.

Both Plas Madoc and Waterworld have excellent facilities for all the family. Waterworld has a 65m slide and rapids river ride whilst Plas Madoc's 'Tropical Lagoon' features fun slides, beach style pool, and a wave machine.

## Swimming Lessons

High quality lessons are provided for all ages from babies through to non-swimming adults and follow a nationally recognised plan.

## Clubs & Competitions

Many of our pools have successful swimming clubs. Waterworld is the centre for performance swimming and also has a sub aqua and life saving club. It is an ideal venue for national competitions with spectator seating for 300.

## Courses

Gwyn Evans Sports Centre is a nationally recognised educational centre for swimming teachers, coaches and lifeguards with courses organised throughout the year. Chirk Leisure Centre also offers canoeing and lifeguard training courses.

## Facilities for Disabled

Most of our pools are fully accessible for people with disabilities. Rhosnesni pool has exclusive changing facilities for people with disabilities.

“ Active people are more healthy, confident and happy, as well as more productive. ”

# Pure Class

## Pure Class

An extensive range of fitness classes are offered at most of our facilities. Choose from boxercise, circuit training and high impact aerobics – aimed at those individuals who require a more demanding workout – to Yoga or Pilates for those looking for lower impact yet challenging alternatives, or simply as a means of relaxation.

## Aerobics

Cardiovascular workout using high and low impact movements, some classes with dance movements.

## Circuit Training

High intensity total body workout to develop aerobic fitness and muscle endurance where you can work at your own pace and level.

## Yoga/Pilates

Designed to promote good posture and improve breathing development and relaxation.

## Aqua Aerobics

Low impact workout in water for gentle conditioning and general fitness improvement.

## Boxercise

High impact total body workout using boxing techniques.

## Over 50's Sessions

Gentle fitness development for the mature fitness enthusiast focusing on flexibility and general wellbeing.

“ Being more active reduces stress and anxiety and improves sleep. ”

# Pure Lifestyle

## Pure Lifestyle

Our commitment to improving the quality of life and wellbeing of the community is demonstrated by the excellent classes, clubs and medical support we provide.

Together with the North East Wales Hospital Trust, the local Health Board and the support of GPs, practice nurses and physiotherapists, we work hard to provide a service that helps improve the quality of life for all our visitors.

See your local leisure centre for more details of activities, or talk to one of our fitness instructors.

## Referral Schemes

Prescription fitness treatments for recuperation or rehabilitation or as an alternative to medication.

## Senior's Training

Tailored fitness programs and exercise classes for people over 50.

## Anti/Post Natal

Fitness programmes and tailored exercise classes are available for new mums & mothers-to-be.

## Disability Support

Exercise equipment and inclusive exercise classes are available for people with disabilities. Our DASH Card scheme allows people with disabilities to access our facilities at half the price.

“ Individuals develop and grow by identifying and meeting the challenges set by sport and physical activity. ”

# Pure Sport

## Pure Sport

Sporting activities and general fitness training have become part of many peoples' everyday lives. We offer a broad range of activities to complement any existing fitness regimes.

The sports halls are all multi-purpose and fully equipped for everything from basketball to cricket.

Queensway Stadium is renowned for its superb track and field facilities and has attracted some of the world's top international athletes. It also houses a purpose-built gymnastics facility.

## Racquet Sports

A competitive or gentle game of squash or badminton – you choose. Clubs, leagues and ladders are also available.

## MUGA (Multi Use Games Area)

Floodlit multi use games areas can be found at Rhiwabon and Plas Madoc – both ideal venues for 5-a-side football.

## Synthetic Pitches

Full-sized astro-turf pitches are available at Rhosnesni and Morgan Llwyd with smaller pitches at Queensway and Chirk.

## Indoor Climbing

For that ultimate climbing experience, visit Plas Madoc Leisure Centre which has a superb climbing facility suitable for both beginners and experienced climbers.

## Events & Competitions

A wide variety of international, national and regional events are held in Wrexham County Borough ranging from athletics, karate, fencing and gymnastics to tennis, triathlon, football and badminton.

“ 30 minutes of moderate exercise, 5 times a week, will help you lead a fit and healthy lifestyle. ”

## Pure Kids

Many of our Centres have regular children's activities ranging from soccer skills and roller discos to tennis coaching and fun sessions in the pool.

During the school holidays, there is a packed programme of activities to suit everyone – whether you're looking for a holiday club or swimming crash course. Don't forget to pick up your free copy of Summer and Easter Madness!

### Children's Birthday Parties

Let us take away the strain of organising your child's birthday party. We can offer a range of themed parties to suit you. Choose from a cold buffet or hot meal to round off the special occasion!

### Junior Sessions/Courses

Choose from gymnastics, football, basketball, roller hockey, kwik cricket, table tennis, tri-golf, gym, mini tennis, trampolining, netball.....the list goes on!

### Junior Clubs

Junior clubs range from tae kwon do, ju jitsu, thai kick boxing and fencing to badminton, gymnastics, basketball and athletics.

### Junior Fun Sessions

Come along to our popular roller discos and fun swims!

### Dragon Sport

Provides children of primary school age with fun and appropriate sporting opportunities. Includes sports coaching, skill development and competitions.

# Pure Kids

“ Physical activity, sport and play, are essential for healthy growth and development. ”

# Activities at a Glance

	Waterworld	Plas Madoc	Chirk	Gwyn Evans	Darland	Queensway	Morgan Llwyd	Rhiwabon	Rhosnesni
Swimming	✓	✓	✓	✓					✓
Fitness Suite	✓	✓	✓		✓	✓			
Junior Fitness Suite						✓			
Health Suite	✓	✓	✓						
Sunbeds	✓	✓				✓			
Aerobics/ Popmobility	✓	✓	✓	✓				✓	
Tai-Chi	✓								
Body Conditioning /Tone	✓	✓	✓	✓	✓			✓	
NIKE (step & aerobics)	✓								
Yoga	✓							✓	
Circuit Training	✓	✓	✓	✓			✓		✓
Boxercise	✓	✓					✓		
Aqua Aerobics	✓	✓	✓	✓					
Badminton		✓	✓	✓	✓		✓	✓	✓
Basketball		✓		✓	✓		✓	✓	✓
Squash		✓				✓			
Netball		✓	✓	✓	✓	✓	✓	✓	✓
Table Tennis		✓	✓	✓	✓	✓		✓	
Athletics Track						✓			
5-a-side		✓	✓	✓	✓	✓	✓	✓	✓
Thai Boxing/ Tae Kwon Do/Kung Fu/Kick Boxing/Karate/ Ju Jitsu	✓	✓	✓		✓		✓	✓	✓
Tennis			✓	✓	✓	✓	✓	✓	✓
Golf			✓					✓	✓
Cricket		✓		✓	✓			✓	
Multi-Use Games Area (M.U.G.A.)		✓						✓	
Volleyball		✓		✓	✓				
Roller Hockey		✓							
Climbing Wall		✓							

Please note: Program subject to change / please contact the Centre for further details.

## Pure Business

Both Waterworld and Plas Madoc Leisure Centre offer meeting rooms to cater comfortably for 60 people. Seating can be adapted to suit individual requirements. Catering and bar facilities can also be arranged on request. Why not combine a business meeting with a splash in the pool!

The space can equally be adapted for corporate exhibitions, events and presentations. Early booking is essential. For further information telephone the Centre direct.

## Pure Information

For further information including opening times, prices and fitness membership details please visit [www.wrexham.gov.uk/leisure](http://www.wrexham.gov.uk/leisure) or contact your local Centre.