





**WHATEVER  
YOU'RE INTO  
GET INTO  
BEAU SEJOUR**

# Centre Information 2018

 Beau Sejour Leisure Centre  
 @BeauSejourGSY

[www.beausejour.gg](http://www.beausejour.gg)

**BEAU SEJOUR**  
LEISURE CENTRE

*Keep moving.*

# Welcome to Beau Sejour

Welcome to Beau Sejour Leisure Centre –  
Guernsey's only community leisure centre.

## Our customer commitment is to make every effort to provide everyone with:

- A courteous welcome;
- Safe and supervised facilities;
- Efficient and trained staff; and
- Quality services and products.

We will never forget it is you, the customer, who is the focus of our business.

We want to work with you in providing services to meet your needs wherever possible. To do that, we need your ideas, comments and feedback to help monitor our performance. Please e-mail us at [bsenquiries@gov.gg](mailto:bsenquiries@gov.gg), or contact one of our Customer Relationship Advisors if you have anything you want to

discuss. Or, just fill out one of our customer comment forms and pop it into the customer comments box on your next visit to the Centre.

If you want to find out more about the other facilities and activities offered by Sport and Recreation Services, then please visit the website [www.gov.gg](http://www.gov.gg) or contact us at: [bsenquiries@gov.gg](mailto:bsenquiries@gov.gg).

## Useful telephone numbers and contact details:

Reception	<b>01481 747200</b>
Guernsey Tickets	<b>01481 747280</b>
Swim School	<b>01481 747240</b>
24 hour info line	<b>12050</b>
Email	<b><a href="mailto:bsenquiries@gov.gg">bsenquiries@gov.gg</a></b>
Website	<b><a href="http://www.beausejour.gg">www.beausejour.gg</a></b>
Online Ticket Bookings	<b><a href="http://www.guernseytickets.gg">www.guernseytickets.gg</a></b>

Beau Sejour Leisure Centre  
Amherst  
St Peter Port  
Guernsey GY1 2DL

**Tel 01481 747200**

**[www.beausejour.gg](http://www.beausejour.gg)**



**Beau Sejour Leisure Centre**



**@BeauSejourGSY**

**Version 3:** Please note all the information and times contained within this leaflet may alter over time, and are subject to change without prior notice.

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Beau Sejour's indoor swimming pools provide facilities for public sessions, swimming lessons, club training, lifeguard courses and Aquafit classes.

Beau Sejour has an indoor 25 metre, six lane swimming pool, and a 10 metre learner pool. As sessions vary weekly, a regularly updated swimming time table is available at the Centre or online at **[www.beausejour.gg](http://www.beausejour.gg)**.

Babies should be over four months old and you are encouraged to check with your health visitor before attending. Babies must wear suitable aqua nappies which can be purchased from Reception.

Non swimmers and/or children under eight years must be actively supervised by a parent or adult (aged 16 or over) at all times, with a maximum of three children and/or non swimmers to one adult.

The Centre does not provide buoyancy aids for use in the pool, but arm bands can be purchased from Reception.



## Take the plunge with Beau Sejour Swim School

**We believe that swimming is a life skill that everyone should have.**

The ability to swim well is one of the most valuable skills you can acquire. Not only can it be a life saver in an emergency but it is also great fun and an excellent way to keep fit.

Beau Sejour Swim School is a Swim21 accredited swimming lesson provider.

Swim21 is the Amateur Swimming Association's (ASA) quality mark. It recognises the Swim School provides the best possible swimming tuition at all levels.

The Swim School's team of ASA qualified teachers has a wealth of experience in teaching swimming and all teachers are passionate about the sport. The first step on the ASA's Learn to Swim Pathway – introducing the Discovery Duckling awards.

Classes are available on a casual basis or by enrolling on courses. Lessons are carefully structured to enable individuals to reach their full potential.



### **Adult and Child Classes – “Discovery Ducklings”**

These friendly classes help your child to develop water confidence and learn basic skills, while having fun in the pool with other children. They are great fun for adults too! You will not be expected to swim as the adult in these lessons, so it doesn't matter if you are a confident swimmer or not. Your role is really just to help your children feel at ease and relaxed, and provide physical support to comfort and reassure them.

Classes are available for babies and toddlers aged from six months to three years and are grouped according to the age of the child. A special time for you and your child to spend together – a great bonding experience!

### **Pre-School Classes – “Little Paddlers”**

These classes are provided for children aged from three years to school age and are a gentle introduction to water skills and safety.

Small groups of up to five children per class meet in the teaching pool, with access to the main pool to develop deep water confidence.

The children are encouraged to collect their ASA badges and certificates as rewards for their achievements.

### **Classes for Children of School Age**

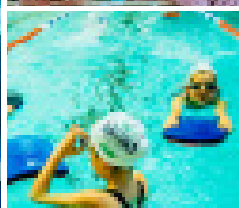
Classes follow the ASA's Learn to Swim Pathway, with lessons held in both the small pool and main pool from beginners to advanced swimmers.

Sessions are available either once or twice a week. In addition to stroke technique, basic elements of personal survival are included in the courses.

Children reaching secondary school age are invited to attend senior training classes with emphasis on fitness, further development of stroke technique, together with introductions to Rookie Lifeguard Programmes and mini water polo.

Swim School members are invited to take part in novice competitions, as well as participating in charity events such as the annual Swimarathon.

# AQUAZONE



From the age of eight years, swimmers may trial to join the competitive squads – the Beau Sejour Barracudas. The Barracudas compete successfully at Island, Channel Island, County, National and International level.

### Dolphin Classes

Our individual additional needs swimming lessons are delivered with sensitivity and understanding and are available for those with cognitive, physical or emotional challenges where group lessons are not appropriate.

### Adult Classes/ Masters Training

It's never too late to learn to swim. Beau Sejour Swim School offers evening courses and day time lessons for adults of all standards. We welcome nervous beginners, those who require stroke development, as well as swimmers training for Masters Competition and Triathlon. Courses are available as well as drop in sessions or one-to-one tuition/personal training, with video analysis if requested.

### Aquafit

Avoid the stress and strain of some land based programmes by exercising to music in water. This popular exercise programme is suitable for all levels of fitness as participants can work at their own pace. The buoyancy of the water permits a greater range of movement but also resistance to ensure a great work out.



### Aquatots

A casual session for accompanied babies and preschool children, where the small pool is filled with toys for the children to enjoy and gain water confidence through play.

### Aquafun

Aquafun sessions are held during school holidays, where the pools are filled with a variety of inflatable toys. Ride on the dolphins, conquer the sharks and loads more - exercise should be fun and this ticks all the boxes!

### Want to contact the Beau Sejour Swim School?

contact:

Debbie Le Noury

Tel. (01481) 747242

email: [debbie.lenoury2@gov.gg](mailto:debbie.lenoury2@gov.gg)



The SportsZone is mainly found within the large Sir John Loveridge Hall, which is used for different events including sports, entertainment, conferences and concerts.





# SPORTSZONE

The three main five-a-side football courts host a variety of different sports. Just off of the Sir John Loveridge Hall are the five squash courts, two of which are glass backed. Sports facilities found within our SportsZone include:

- Squash Courts
- Badminton Courts
- Five-a-side Football Courts
- Basketball Courts
- Volleyball Courts

In addition to our indoor facilities we have a number of outdoor areas which can also be hired here at Beau Sejour Leisure Centre.

- Outdoor Tennis/Netball Courts
- Outdoor Football/Softball Pitches

## Sports Equipment Hire

There is a small hire charge per item and refundable deposit for the following items:

- Five-a-side balls
- Basketballs
- Netballs
- Badminton/squash/tennis rackets
- Table tennis bats
- Volleyballs

**Book a court at reception**  
Call 747200

**Want to make a regular booking?**

contact:

Paulette Marquand

Tel. (01481) 747216

email: [paulette.marquand@gov.gg](mailto:paulette.marquand@gov.gg)

# BODYZONE



The BodyZone Gym offers the ideal environment to tone, tighten, lose weight, build strength or increase stamina. The gym encompasses a large cardiovascular area, fixed and free weights, and varying resistance equipment to cater for all aspects of your fitness requirements. To complement this we also have dedicated spin and fitness studios.

**Please note:** Minimum age is 14 years

## The BodyZone Team

The management and staff of the BodyZone are dedicated to helping you take every opportunity to enjoy the facilities and sessions we offer. Customer service is our priority and we pride ourselves in delivering an efficient and quality service on a day to day basis. If you have any questions please ask one of our team members who will be happy to help.



### Lucy Smart

Lucy is the BodyZone Manager and oversees the running of BodyZone and the fitness suite. She balances her role with being a mum to Poppy. She delivers outdoor Bootcamp sessions, Spinning, TRX and Personal Training whilst also helping out on the LifeFit course when required. In her spare time Lucy is an experienced cyclist and is keen to help others in this area.



### Chloe Huxster

Chloe offers regular personal training and programmed sessions and can be seen running classes such as TRX, Total Conditioning, Body Blast and Spinning. Chloe is experienced in training methods which target weight loss, general toning and increased fitness levels.



### Nathan Stracey

Nathan has a specific interest in strength training. Going forward he will be offering Personal Training sessions and to date he has enjoyed working with various gym users who have lots of different training requirements.



### Mark Wylie

Mark is the most recent addition to our Body Zone team of fitness instructors. He can regularly be found delivering personal training sessions with clients who have a range of different needs. Outside of work he is a bit of an 'explorer' and loves to experience other cultures.

## Weekly classes

### BodyAttack

High energy interval training class that combines athletic aerobic movements with strength and stabilisation exercises.

### BodyBalance

Yoga based class that will improve your mind, body and soul. Strengthen your entire body and leave feeling calm and centred.

### Body Conditioning

All-round workout for all parts of your body, combining high energy and high impact exercises, aerobics and toning in one class.

### Body Focus

Strengthen and tone your whole body, especially your core muscles, in this non-impact conditioning class.

### BodyPump

The full-body weights workout allowing you to burn fat and condition muscles.

### BodyVive

Full body workout that includes a mix of strength, cardio and core training.

### Belly Dancing

A low impact class to help improve posture, suppleness and general health.

### Boxercise

A challenging workout designed to improve your cardio-vascular fitness and body shape by using a variety of equipment.

### Chair Based Class

A gentle 'chair based class' to improve flexibility, strength and mobility.

### Circuit Training

An all ability class designed to increase muscle strength, endurance, flexibility and coordination, set to timing using a variety of equipment.

### Gentle Exercise

Improve your health, strength, endurance, balance and flexibility with this enjoyable, effective workout that includes warm-up, low-impact aerobics, core work, strength and balance exercises, and an enhanced stretch cool down.

### Spinning

High intensity workout on studio bikes set to music.

### Step

Low impact choreographed routine on an adjustable platform.

### Step Blast

Intense half hour class to give your whole body a great workout in a short amount of time.

### TRX

A training class utilising body weight and gravity.

### Very Gentle Exercise

Exercise and movement to improve your health, strength, endurance, balance and flexibility in a very low impact session.

### Yoga

Improve your flexibility and strength and body awareness.

**Class timetable available at reception and online at:**

[www.beausejour.gg](http://www.beausejour.gg)



## Seasonal Classes

### BootCamp

An outdoor based interval and strength training class designed to push your body and increase your fitness levels.

### Snowfit

Improve your leg strength, stamina and flexibility in this workout run during the winter months.

### Personal Training

Whatever your focus, a personal trainer from the BodyZone team will get right behind you with all the expert guidance you need. Whether your aim is losing weight, feeling fitter, or developing a specific muscle group, a personal trainer will coach and motivate you to achieve your goals.

### Benefits

- A tailored programme to meet your expectations and objectives
- Fits around your commitments and lifestyle
- Motivating, effective and fun
- Helps you understand the principles of exercise and improves technique

### Exercise Referral

We also run an 'exercise on referral' scheme to assist in rehabilitation from illness and medical conditions. For more information contact your GP or our exercise referral office on: **01481 747238.**

### Sauna steam/spa

Relax and unwind in the sauna, steam or spa. Improve health and feeling of wellbeing. Swimming costumes are required.

Visit our website [www.beausejour.gg](http://www.beausejour.gg) to download our seven day fitness class timetable, pick up a brochure in our centre or speak to one of our instructors.

## Book a class at Reception

Call (01481) 747200

## Have a general BodyZone enquiry?

contact:

Lucy Smart

Tel. (01481) 747213

email: [lucy.smart@gov.gg](mailto:lucy.smart@gov.gg)



Activities for the younger generations at the Centre are varied, interesting and are a great way for your kids to meet new friends, keep active and have fun.

## Junior Squash

Intermediates and advanced players develop skills in a fun environment. All coaches are qualified by the Guernsey Squash & Racketball Association (GRSA).

Please contact the GSRA on **(01481) 714567**  
[office@guernseysquash.com](mailto:office@guernseysquash.com)

## Kiddy Kapers

Fun activity where children play on trampolines, beams, tunnels and slides. This will help to develop hand-eye co-ordination, balance and confidence in a structured manner.

**Book Kiddy Kapers at Reception** Call **(01481) 747200**

## Kids parties

### Swimming Parties

From swimming in the pool during a public swimming session, to exclusive use of our pool and inflatables on Saturday evenings, we have a number of options for your swimming party

### Standard Swimming in the Pool

Enjoy your party during normal public pool opening hours.

### Private Pool Party

Enjoy the pool to yourselves with a private party.

- Available Saturdays only
- Either 5.00pm-6.00pm, 6.15pm-7.15pm and 7.30pm-8.30pm

### Private Pool Party +

Enjoy the pool to yourselves and add more to the fun with a range of inflatable toys.

- Available Saturdays only
- Either 5.00pm-6.00pm, 6.15pm-7.15pm and 7.30pm-8.30pm
- Maximum 40 people

\* Ratios for all swimming parties.

Adult-to-child ratios for children under eight years are one adult to three children. For non swimmers the ratio is 1:1.

Catering available on a Saturday after all parties. Various food options are available, just ask.

### Beau Cinema Party

There are a lots of ways in which you can hold a party in the cinema, from guaranteed seats as soon as the films are bookable (for every eight children one adult goes free) to sole use of the facility - the choice is yours.

### Sports Party

Choose a sport - Five-a-side, basketball, volleyball or - just hire a whole court. This can be booked more than seven days in advance. Ball and bibs included in the price no deposit for these necessary.

**Want to book a party  
or holiday club?**

**contact:**

Paula Woodland

Tel. (01481) 747263

email: [paula.woodland@gov.gg](mailto:paula.woodland@gov.gg)



### Holiday Club

A fun club for kids in Reception to Year 9. Whilst mum and dad are at work children will be participating in activities such as dodgeball, football, basketball, a trip to the park, seasonal arts & crafts, bowling and much more.

The Holiday Club operates daily during the three main school holidays. Food is not provided during the day so please bring a packed lunch and snacks if appropriate.

# BEAUCINEMA







The Beau Sejour Cinema features the largest high definition 2D and 3D Cinema screen in Guernsey and a fantastic Dolby 7.1 Digital Surround Sound system.



Cinema lovers will be able to enjoy seeing recent releases, old favourites along with children's movies on the huge seven metre screen.

Enjoy a drink in Parks Bar beforehand, and take your drink and snacks into the cinema to watch the film.

We screen films most weekend and also host a number of special screenings.

#### **Our cinema is available for hire**

Whether it is for a party or a corporate event, our venue serves as a great setting to welcome your guests.

#### **Want to hire our Cinema?**

contact:

Paula Woodland

Tel. (01481) 747263

email: [paula.woodland@gov.gg](mailto:paula.woodland@gov.gg)

View our latest Cinema schedule on our website

**[www.beausejour.gg](http://www.beausejour.gg)**

and book tickets via

**[www.guernseytickets.gg](http://www.guernseytickets.gg)**

# MEMBERSHIPS



Beau Sejour has a range of different membership packages, ensuring you are guaranteed the best value for money.

## **Freedom**

The Freedom Membership is our most popular package as this gives you the best savings if you are a regular user and allows you to get the best out of our great facilities. We offer special packages for adults, families, teenagers, students, pensioners, as well as special group rates for six or more adults joining at the same time. Best value for money for users visiting the Centre a minimum of two or three times a week.

## **Choice**

Choice Membership is perfect for the occasional user. You have to pay for most of the activities but at a reduced rate. You can pay on the day and bookings can be made up to seven days in advance.

## **Leisure Card**

Non-Members now have their own card to make booking classes and classes or sports facilities more efficient, whether booking in



person or over the phone. There is a fee to sign up and is renewable on an annual basis at no extra cost. For your safety non-member gym users must sign up to a Leisure Card following a gym introduction or programme.

## Gift Vouchers

A Beau Sejour membership makes the perfect gift.

For details of membership packages call into the membership office where vouchers are available.

## YOU refer....WE reward!

Get one month's FREE Freedom Membership. Simply refer a friend. If you're already a registered Freedom Member (Annual or Direct Debit) for each friend you refer who takes out a Freedom Membership (Annual or

Direct Debit), you'll get one month's membership absolutely free of charge.

There is no limit to the number of friends you can refer, so the more friends that take out membership, the more free membership time you will have. Simply complete the form available from Reception. \*

\* Terms & Conditions apply

## Family Holiday Pass

The pass is primarily designed for families visiting the Island on holiday, but local Islanders can take advantage too.

The family holiday pass gives you unlimited racket sports and swimming every day from 9am to 5pm (subject to availability; activities bookable on the day with free racket hire).



## Benefits of becoming a Freedom Member

- Over 90+ free keep fit classes per week at Beau Sejour
- Unlimited gym sessions (subject to induction)
- Four free half hour programme sessions with an instructor spread throughout the year.
- Free bookable third of the sports hall for up to 55 mins, between 12 noon and 2pm, weekdays, for five-a-side, basketball, volleyball, badminton, table tennis and short tennis
- Unlimited off-peak racket sports and discounted rates at peak times\*\*
- Priority booking system seven days in advance
- Unlimited swimming during public sessions
- Unlimited use of sauna, steam and spa
- Pay on the day facility/reduced activity prices
- Selection of discount vouchers, two seven day guest passes and a free squash or racket ball coaching session.\*
- Electronic newsletters

\*Terms & Conditions apply.

\*\*Off-peak times are until 5pm weekdays and all weekend.

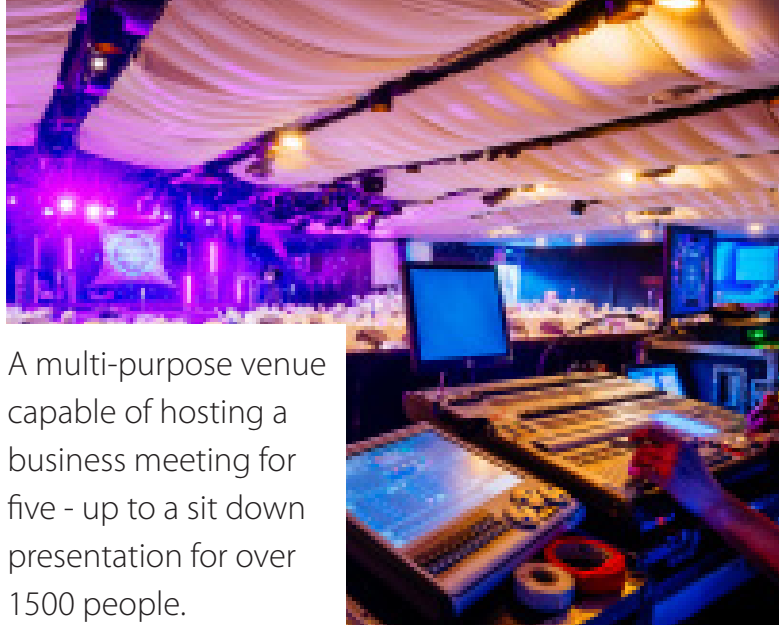
Peak times are after 5pm weekdays.

### Want to become a Freedom Member?

contact: Damian Sharp

Tel. (01481) 747222

email: [damian.sharp@gov.gg](mailto:damian.sharp@gov.gg)



A multi-purpose venue capable of hosting a business meeting for five - up to a sit down presentation for over 1500 people.

Facilities include a purpose built theatre seating 400, a dedicated function hall and various meeting rooms. After the business day is done, relax in our spa, swimming pool or work out the frustrations of the day in one of our fitness classes. All this just a five minute walk from St Peter Port with free Wi-Fi, and ample parking.

## Sir John Loveridge Hall

Multiple layout with options to realise your specific requirements. Ideal for large scale events such as music concerts, trade shows and large corporate exhibitions.

## David Ferguson Hall

Various layouts with options to suit your event. Ideal for small to medium scale functions such as music concerts, trade shows and exhibitions and catered events, including dinners and dances.

## Theatre

Fully equipped with air handling, 400 permanent rake seating with proscenium stage and orchestra pit (if required).

## Meeting rooms

Hold your corporate meeting in one of our well equipped light and airy meeting rooms. With the added bonus of on-site facilities such as ample car parking, café, bar and Wi-Fi our venue is guaranteed to meet your requirements.

## Want to book a meeting room?

contact:

Paulette Marquand

Tel. (01481) 747216

email: [paulette.marquand@gov.gg](mailto:paulette.marquand@gov.gg)

## Want to book an event?

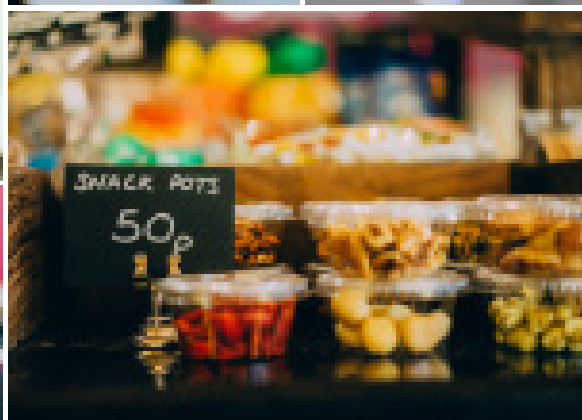
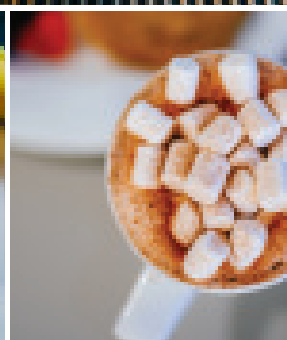
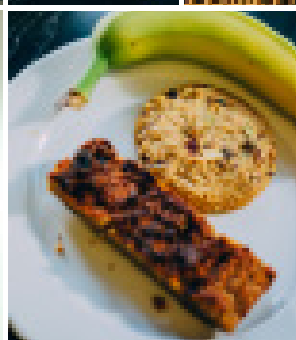
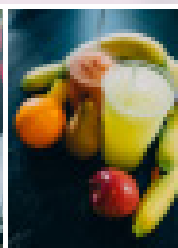
contact:

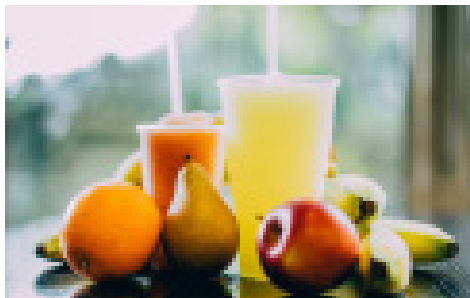
Penny Weaver

Tel. (01481) 747215

email: [penny.weaver@gov.gg](mailto:penny.weaver@gov.gg)

# CAFÉ





## Café

### Café opening hours:

Monday to Sunday 8am - 9pm\*

Homemade soup\*\*, meals & cakes all freshly prepared daily in the Beau Sejour kitchens by our mother and daughter chef team

- Fairtrade products available
- Five-star rating on the Food Hygiene Information Scheme
- Wide range of snacks and drinks including a range of healthy options
- Locally sourced produce
- Loyalty card scheme on hot drinks buy 10 get two FREE
- Whole cakes made to order for that special occasion
- Take-away drinks available

- Dip and Dine - meal deal offering you the opportunity to enjoy a swim and light meal - available 7 days a week. **Ask at reception when buying your swimming ticket.**
- A range of beers, wines and spirits available including locally brewed drinks.
- Pre-Cinema and Theatre drinks
- Private hire available

\*Subject to change

\*\*Available during the winter months.

### Want to find out more?

contact:

Nathan Dicker

Tel. (01481) 747217

email: [nathan.dicker@gov.gg](mailto:nathan.dicker@gov.gg)



From the very conception of Beau Sejour Leisure Centre, the goal was to cater for people of all abilities. Our aim is to create a disabled-friendly Centre and we take great care to consider the needs of all our customers. Wheelchair access is now available to all areas.

As part of the Centre's most recent renovation programme, a number of adjustments and alterations have been made in order to improve access to and enjoyment of the diverse range of facilities and activities on offer.

## **Theatre**

A mobile lift has been installed to enable wheelchair users access to the changing rooms and onto the stage, and toilet and wet room facilities have been built. This means



wheelchair users can now take part in any event taking place in the theatre, with the appropriate facilities available – something they were not previously able to do.

Within the auditorium itself, we have removed two chairs at both ends of the back row to enable wheelchair users to attend performances accompanied by a carer.

A hearing loop system has also been installed in the Theatre and at the Main Reception.

### **Sport and Fitness Facilities**

The Centre has state-of-the-art fitness equipment available for all users. In addition, qualified, friendly instructors and staff are always on hand, to make your experience as enjoyable as possible.

We have clients with a range of disabilities who are regular users of the BodyZone and various pieces of equipment in the gym are suitable for wheelchair users.

Lifefit classes also help provide exercise under supervision.

### **Other Facilities**

A number of recent improvements have been made to enhance disabled people's experience of the Centre

- Nine car park spaces for registered disabled blue badge holders have been introduced immediately outside the Main Reception.
- Staircase nosing in the concourse and on the stairs leading up to the main reception is now white to assist those who are visually impaired.

- Larger signage has been installed to help the partially sighted.
- A wheelchair height section of the main reception desk has been built.
- A hoist has been fitted in the swimming pool that takes seconds to set up for those who are unable to get into the water on their own.
- The changing area has larger cubicles fitted for wheelchair users and their carers. One cubicle has also been fitted with a hoist and bed.
- Disabled toilets are located throughout the Centre and within the various changing areas. All disabled toilets are fitted with assistance alarms.
- Larger print versions of the Centre's publicity and information material is available on request from Reception.

Any carer required by a disabled person will be admitted free to an event held on any of the Sport and Recreation Service's properties when a full price ticket has been purchased. Forms to apply as a registered carer are available at Reception.

Registered guide and assistance dogs are welcome.

### **Want to speak to our Disability Liaison Officer?**

contact:

Paulette Marquand

Tel. (01481) 747216

email: [paulette.marquand@gov.gg](mailto:paulette.marquand@gov.gg)



As well as Beau Sejour Leisure Centre, Sport and Recreation operates numerous other outdoor leisure sites for the local community - some of which are also available for bookings by the general public.

## **Beau Sejour Park**

Beau Sejour Park is a 15 minute walk from the town centre, next to Cambridge Park. Beau Sejour Park surrounds the main Beau Sejour Leisure Centre.

### **Facilities**

- Football/Softball Pitches
- Bowling Green
- Tennis/Netball Courts
- Children's Play Area
- X-treme Skatepark \*

\*Run by the Guernsey Extreme Sports Association

## **Delancey Park**

Delancey Park is in St Sampsons and offers fantastic views over the Little Russel to Herm and Sark. The park provides much needed open space, and offers Guernsey's only criterium cycling track and a skatepark.

### **Facilities**

- Football Pitch
- Bowling Green
- Competition Cycling Track
- Skate Park
- Children's Play Area
- Adult Fitness Equipment



## Fort Le Marchant Rifle Range

Located in the Vale, it is Guernsey's only outdoor rifle range. It can only be used by approved groups and all users must comply with the Island's Firearms Ordinance and the Range Orders as set out by Sport and Recreation Services.

## Footes Lane Sports Facilities

Footes Lane is located near the centre of the Island and consists of a floodlit 400m running track with infield (used for throwing events, football and rugby), a grandstand, artificial turf pitch used for hockey and the Guernsey Hockey clubhouse with changing rooms.

Footes Lane has good public transport links.

## The Garenne Stand

- A 800 seat covered stadium with a lift and disabled access
- Four changing rooms
- One meeting room
- 400 metre six lane track with athletic sports facilities
- Track and infield are floodlit

The Guernsey Island Amateur Athletics Club, Guernsey Rugby Club and Guernsey Football Club are based at the Garenne Stand.

## All Terrain Pitch (ATP) - Hockey Pitch

Used for hockey and football. Appropriate footwear must be used on the pitch. Studded or moulded football boots are not permitted.

The Hockey Pavilion has four changing rooms which are accessible for use with the ATP.

## Want to book a venue or find out more?

contact:

Paulette Marquand

Tel. (01481) 747216

email: [paulette.marquand@gov.gg](mailto:paulette.marquand@gov.gg)



## Opening Hours

### Main Centre

Mon - Fri	6.30am - 11pm
Sat	7.15am - 10.45pm
Sun	7.30am - 8pm

### Booking office

Mon - Fri	8am - 9.30pm
Saturday	8am - 8.30pm
Sunday	8am - 6.45pm

### Bodyzone

Mon - Thu	6.30am - 10pm
Fri	6.30am - 8pm
Weekends	7.30am - 7.30pm

### Health Suite

Mon - Thu	8am - 9pm
Fri - Sun	8am - 7pm

## Want to advertise with us?

Ensure your message is seen by an audience of over 600,000\* people a year at Beau Sejour Leisure Centre.

**Contact our marketing department for further details.**

email: [nikki.symons@gov.gg](mailto:nikki.symons@gov.gg)

**call (01481) 709719**

\*Tribal Consulting Group (2010)