



harpers

Fitness and leisure for the whole community

How to find us...

By Car

Stoke Mandeville Stadium is in Buckinghamshire and is situated 1 mile from the centre of Aylesbury directly behind Stoke Mandeville Hospital. Aylesbury is 19 miles from Oxford on the A418 and 18 miles from High Wycombe just off the B4443.

There is a FREE car park available for over 200 cars and approximately 35 designated disabled spaces situated directly outside Stoke Mandeville Stadium and the Olympic Lodge, allowing for easy access to both buildings.

By Train

Trains run direct from Marylebone to Aylesbury every half hour and hour. Aylesbury Station is a short 5 minute taxi ride from the Stadium.

By Bus

Bus services from Oxford and High Wycombe to Aylesbury run regularly. Buses stop outside Stoke Mandeville Hospital on the Mandeville Road at regular intervals, it is a short 5 minute walk to the Stadium from there.

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

Stoke Mandeville Stadium
Guttman Road,
Stoke Mandeville,
Buckinghamshire HP21 9PP

01296 484848

Olympic Lodge:
01296 461120/461121
fax: 01296 461130

stoke.mandeville@harpersfitness.co.uk
sms.events@harpersfitness.co.uk

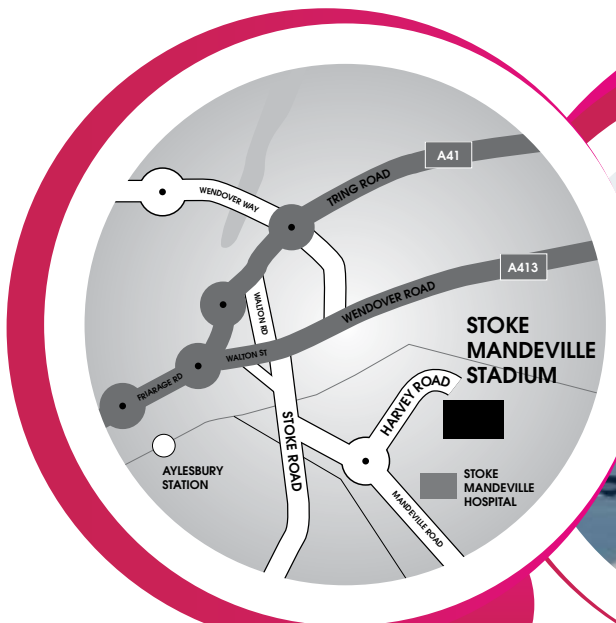
Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.stokemandevillestadium.co.uk
www.harpersfitness.co.uk



Stoke Mandeville Stadium is managed by Leisure Connection Ltd. On behalf of WheelPower - British Wheelchair Sport

00/00/08 13082



www.harpersfitness.co.uk

Stoke Mandeville Stadium and Leisure Connection

Leisure Connection are confident that we can cater for your requirements, combining the most exciting leisure programmes with the best possible facilities and the highest levels of service. Take a good look through your centre guide and then come and see for yourself.

Welcome	3
Harpers Fitness	4
Community Fitness	5
Swim School	6-7
Cazenove Sports Hall	8
Other Facilities	9
Olympic Lodge	10
Conference & Events	11
How To Find Us	Back Cover

Did we meet your expectations?

Good or bad, we appreciate your comments.

Let us know how we can make your next visit even more enjoyable.

We are committed to providing a quality service every time you visit.

It is important to us, therefore, that you:

- Find our staff helpful and friendly
- Enjoy your visit
- Return to visit us again in the future

To ensure this happens, we have produced standards that all our customers should expect. These standards are displayed throughout the centre together, where applicable, with information on how well we are achieving our standards.

If we are unable to offer the services we promise, we will notify customers as soon as possible and endeavour to offer an alternative.

Thank you for visiting us and we look forward to welcoming you again soon.

Service Promise

We promise we will:

- Make you welcome and help you to enjoy the use of the facilities.
- Provide staff who are courteous, properly trained and happy to assist you at all times.
- Provide facilities that are clean and well maintained.
- Listen carefully to what you say and involve you in decisions that affect your enjoyment of these facilities.
- Charge prices which offer good value for money.
- Serve you as quickly as possible.
- Respond to your written or telephone comments within seven working days.
- Display our feedback to comments.
- Answer the telephone in a polite and courteous manner.
- Let you know if equipment or facilities are not available or out of order prior to use and make alternative arrangements.
- Maintain a balanced programme of activities and services which cater for all our users.



Welcome to our Centre Guide

Stoke Mandeville Stadium, The National Centre for Disability Sport, boasts the highest grade of facilities for our leading sportsmen and women. The redevelopment of Stoke Mandeville Stadium has transformed the original sports centre into a state-of-the-art leisure complex to enable WheelPower - British Wheelchair Sport to provide a venue of the highest quality for all users.

Stoke Mandeville Stadium has become known as the 'home of wheelchair sport' and the 'birthplace of the Paralympic Games'. It owes its existence to Sir Ludwig Guttmann, a neurologist at Stoke Mandeville Hospital who believed passionately that access to sport played a vital role in the rehabilitation of those suffering injury or disease to the spine.

WheelPower provides accessible facilities at the Stoke Mandeville Stadium including an Athletics Arena, Sports Hall, Indoor Bowls Centre, Swimming Pool and Fitness Centre. On site accommodation is available in the Olympic Lodge and the Olympic Village and is complemented by meeting and conference facilities and catering for events of all sizes.

In April 2003 the Stoke Mandeville Stadium was opened by HRH the Prince of Wales, Royal Patron of WheelPower following a £10.2 million redevelopment. Redevelopment saw the facilities totally transformed into a state-of-the-art sports complex including sports and catering facilities alongside the Olympic Lodge and Olympic Village.

The new facilities were redeveloped thanks to a Sport England Lottery Fund award of £5.243 million together with funds raised through WheelPower's Sporting Chance Appeal Committee. In addition to the new facilities the existing facilities are being upgraded and new facilities added as funds permit.

The home of the National Wheelchair Championships, Stoke Mandeville Stadium is now a unique venue for any conference and corporate event as well as boasting superb facilities and the perfect backdrop to host private dinners and functions.'





harpers
health & fitness

Achieving your goals, feeling good and having fun are all part of a successful exercise programme. Leisure Connection offers a range of ways in which you can use our facilities, one of which is sure to suit you. Harpers Health & Fitness at Stoke Mandeville Stadium offers all you need to stay on track for a healthier lifestyle. From your initial personalised programme to nutritional advice, a great range of fitness classes and a pool to complement your exercise programme, Harpers Health & Fitness has everything you need.

Harpers Health & Fitness offers you so much more!

- Excellent range of high quality Cardio Vascular and Resistance Equipment
- Harpers qualified staff on duty
- Cardio Theatre Audio/Visual entertainment system
- Pre-Exercise Medical Screening
- Unlimited use membership packages
- Fitness Class Programme – See Health and Fitness Classes
- All fitness levels catered for
- Social evenings and events

Motivation

Fun is the order of the day in Harpers with regular promotions and social events. Not only will Harpers improve your health and fitness it will also improve your social life!

Health and Fitness Classes

- Aerobics
- Body Pump
- Body Attack
- Body Jam
- Body Combat
- Body Step
- Body Vive
- Aquarobics
- Boxercise
- Revolutions
- And much more...

Harpers Personal Training

Achieving your goals? If not, why not purchase 2 x 30 minute Personal Training sessions? All with a Qualified Personal Trainer of your choice. You will be taken through a full Movement Assessment and a health check. The sessions will be fun, motivating, inspiring and tailored to help you achieve your goals. Training with a Personal Trainer, you are increasing your chances of achieving your goals by 100%.

Sessions can be bought in blocks of 1, 3, 5 and 10 with a discount for the more you buy. Personal Training can help by providing you with that extra attention, support, confidence, encouragement and guidance needed to achieve your goals; whether these are weight loss, body tone/definition, increased fitness or just feeling the benefits of a healthier lifestyle.

Keeping our local community fit and healthy

Membership Packages

Active

- Free introduction and personalised exercise programme
- Unlimited use of Harpers Fitness
- Unlimited access to all fitness classes
- Unlimited use of swimming pool
- All for a fixed monthly fee
- Discounts available for couples and families

Active Tennis Membership

- 2 hours per week Tennis Court Hire
- Booking up to 7 days in advance

Harpers Experience

Whether you are a new or experienced Gym user, everyone can benefit from the Harpers Experience. You will receive five 1 to 1 sessions with a Team Coach. The first one including a 'Movement Assessment' which will measure and analyse your posture. This is followed in week two with a 'PT Wow' session followed by 3 Health Checks. The whole journey lasts eight weeks, at the end of the journey we guarantee you will feel and see lasting results and also maintain your results throughout the life of your membership, this is truly an industry leading product.

Your six point health and fitness check will include an assessment of:

- Lung Function
- Flexibility
- Body Fat
- Blood Pressure
- Strength
- Body mass Index

All too often, individuals fail to exercise at the right intensity, fail to recognise when they've stopped improving and ultimately fail to achieve their goals. Exercise Science Consulting Ltd can change that by providing a professional scientific assessment to help you realise your health and fitness potential through regular assessment and appropriate, scientific advice.

Remember....

'If you don't know where you're starting from, you'll never know where you're going!' For more information, please ask one of the fitness advisors.

Pure Water

- Unlimited use of swimming pool
- All for a fixed monthly fee

Once you've joined we will provide you with the ongoing support and motivation you need to stay on track. The fitness team will continue to assess your progress and update your programme. If you're ever unsure how to use the equipment or need help with an exercise, our friendly fitness team are there to help.

If you wish to join us or would like a free tour, please do not hesitate to contact us using any of the methods on the back of this booklet.





harpers
swim school

Swim School

Working in partnership with swimming's governing body the Amateur Swimming Association (ASA), Swim School adheres to the ASA National Plan for Teaching Swimming. This means that Swim School is monitored by the ASA to ensure we maintain the highest standards of teaching and customer service.

Professional Teaching Staff

Our committed teachers are all ASA qualified and attend required training courses as part of continued professional development to keep them up-to-date with the latest thinking in learning to swim. This means they are always striving to continually improve all aspects of swimming teaching.

Comprehensive Syllabus

The ASA National Plan for Teaching Swimming has not only the most up to date syllabus, it also offers clearly defined progression levels that are easily understood. Within the disciplines we can accommodate many different abilities which means pupils can progress quickly. The emphasis is on teaching correct technique over short distances providing the foundations for sound swimming and pupil progress. It is our policy to ensure lessons are enjoyable, interesting and above all, offer the highest standards of water confidence, skills and technique.

ASA National Swim Awards

- Fantastic badges and certificates for each National Teaching Plan Stage
- Distance awards also available
- Swim School is based predominantly on the National Plan for Teaching Swimming however other ASA Skills based awards are available.

There's even more to Swim School

- Small Teaching Groups
- Termly Distance Award nights
- Swim School newsletter

Swimming lessons for our community

Swim School Courses with ASA National Plan for Teaching Swimming Awards.

Foundation

Primarily water confidence skills accompanied by parent or carer leading to basic travelling techniques.

Duckling Awards 1-5 or Adult Award achievable.

Stage 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g arm bands, floats etc.

ASA Stage 1 Award achievable.

Stage 2

Developing safe entries into the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids i.e. armbands floats etc.

ASA Stage 2 Award achievable.

Stage 3

Developing safe entries including submersion, travel up to 10 metres on front and back, progress rotation skills and water safety knowledge.

ASA Stage 3 Award achievable.

Stage 4

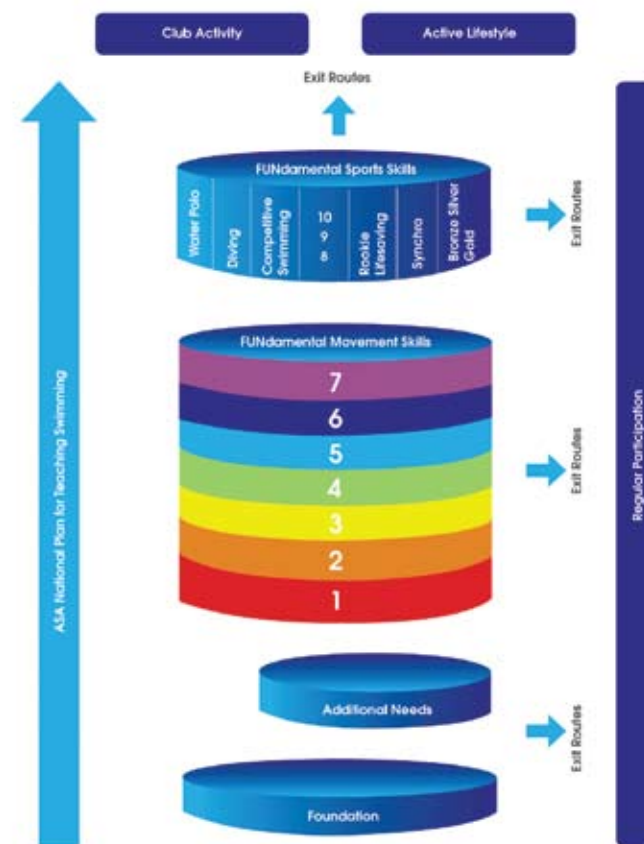
Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

ASA Stage 4 Award achievable.

Stage 5

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

ASA Stage 5 Award achievable.



Stage 6

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

ASA Stage 6 Award achievable.

Stage 7

Developing quality strokes technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

ASA Stage 7 Award achievable.

Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, the swimmer may then have the choice to take part in different Aquatic disciplines. FUNDAMENTAL SPORT SKILLS, STAGES 8-10 of the National Plan for Teaching Swimming are available in competitive swimming to include Stroke Improvement, Bronze, Silver, Gold and Honors awards, Diving, Synchronized Swimming, Water Polo, Aqua Fitness and Rookie Lifeguard. Dependant on the facility some or all of the mentioned disciplines will be offered. Please check with your Aquatics coordinator for details.

Notes:

1. New pupils may be given an assessment before a final decision is made on their appropriate class.
2. Parents/Carers may be required to accompany non swimmers in certain locations due to water depth.
3. Above classes may be run in partnership with swim clubs.
4. Not all levels may be run at each facility.
5. We recommend that all children complete their initial immunisation programme before using swimming pools.

Cazenove Sports Hall

The Cazenove Sports Hall is a 12 Badminton Court facility with a sprung timber floor and viewing gallery with 200 seats. It is an extremely versatile space that has hosted regional, national and international events.

Sports that can be accommodated in the Cazenove Sports Hall include:

- Badminton
- Basketball
- 5-a-side
- Archery
- Trampolineing
- Wheelchair Rugby
- Table Tennis
- Cricket Nets
- Short Tennis
- Netball
- Volleyball

It has also hosted several large exhibitions including Railex. It can easily accommodate over 100 exhibitors (depending on stand size) and over 2500 visitors per day. It has also been used for dinner and dances, if you require any further information, please do not hesitate to contact one of our experienced event team.



Other facilities for the whole community

Athletics

Stoke Mandeville Stadium boasts one of the best facilities for athletics in the country. The track itself is a Mondo surface, the type used at the Olympics, and the other facilities required for a full meeting are available.

This includes changing facilities, a banked viewing area, tannoy, jumping pits, field and all other expected provisions for an Athletics meet.

It is also the home of Vale of Aylesbury Athletics Club, to contact them please go to the contacts section of the Stoke Mandeville Stadium website and click on the relevant link.

The track and field are suitable for all athletics meets including regional, club, school or just to hire for a run, please do not hesitate to contact us. The athletics arena is also available for other activities including archery, football and much more.

Tennis Courts

Two full size, hard surface, fully floodlit tennis courts available as pay and play or as an extension to a Harpers membership (ask a membership advisor for details).

- Courts available to book at the following times:
Monday to Friday - 7am to 8pm
Saturday and Sunday - 8am to 6pm

Swimming Pool

Stoke Mandeville Stadium offers a fully accessible 25m, 6 lane swimming pool with spectator seating for 150.

The timetable is designed to meet the needs of our users and is available from reception.

We can hire the pool out for parties, galas and schools, please do not hesitate to contact us for further information.

The Indoor Bowls Centre

Stoke Mandeville Stadium also boasts a six rink indoor bowls centre, the home of Stoke Mandeville Indoor Bowls Club. As well as changing facilities, the bowls centre also has a bar which is open to all users of the centre every evening throughout the bowls season (October to April) and available by request at other times.

Café Connect

As you enter the main entrance you will see to your left Café Connect. Open throughout the day, light refreshments and snacks can be bought, including, teas, coffee, baguettes, jacket potatoes and paninis. Café Connect also has daily special and pasta special, do not hesitate to contact us for further information.



Olympic Lodge

When the working day is done, the Olympic Lodge Hotel at Stoke Mandeville Stadium provides the perfect environment to unwind, where our guests can stay in comfort.

The Olympic Lodge Hotel boasts a 50 room, 100 bed facility, making your stay as enjoyable as possible. All our rooms are en suite, specially adapted for disabled guests and all are equipped with tea and coffee facilities, direct dial telephone, colour televisions and broadband internet.

The Olympic Lodge offers the highest standard of bedroom with all the home comforts you would expect.

- Ideally situated in the heart of Buckinghamshire, Stoke Mandeville Stadium and the Olympic Lodge boasts the highest grade of facilities for Business and Leisure for all.
- First class accommodation in the Olympic Lodge Hotel available all year round.
- Fully disabled access.
- Unbelievably competitive rates.
- Free use of the swimming pool and Harpers gym (subject to timetable and terms and conditions).

To book a room telephone the Olympic Lodge directly on 01296 461120/461121. www.olympic-lodge.co.uk



Conference & Events

The Wolfson Conference Centre has eight conference rooms varying in size. We have rooms to suit your requirements, whether it is for two or two hundred people open throughout the year. The Wolfson Conference Centre is the perfect venue for all your conference needs.

Day Meetings

The Wolfson Conference Centre provides the perfect self-contained venue for day meetings. Day meetings can be tailor made to meet your requirements, from presentation equipment through to team building activities. Our events team have the tools to ensure that your delegates leave feeling inspired and motivated.

Team Building

Using the extensive facilities that Stoke Mandeville Stadium has to offer we can design the perfect team building event with your team's specific objectives in mind.

Entertainment

If your event requires additional entertainment we have several recommended suppliers who can assist you with anything from face painting to Jazz Bands. A product launch, a corporate event, a Christmas party or a Wedding. Whatever the occasion we can create a package to celebrate your special event, making it a celebration you and your guests will never forget.

Corporate Fun Days

The ideal way to entertain your employees and clients. Our venue can be tailored to meet your needs.

Product Launches

Where better than Stoke Mandeville Stadium to provide a vibrant and fun atmosphere to launch your new product. The combination of a great venue, catering, entertainment and branding opportunities will make your product launch a magical event!

Catering

Whether you are looking for a buffet, a light snack or a four course meal for 200 guests, our catering team can meet your needs.

Our experienced catering team can design a menu specifically to meet both your requirements and your budget and would be available to meet you to discuss them.

WiFi Internet available.

