

# Football

## FOOTBALL COACHING

### Saturday

In Sports Hall (children aged 5 – 7 years) **9.00am – 10.00am**  
 (children aged 7 – 9 years) **10.00am – 11.00am**

Call in advance to reserve your place!

## OUTDOOR PITCHES

Superb 'Premier League' standard astro turf pitches. You'll travel a long way to find better pitches than these!

- Mini pitches x 2 – ideal for junior training and five-a-side.
- Training pitches x 3 – great for club training, coaching and seven-a-side.
- Full size pitch x 1 – available for matches, competitions and special events.

Prices (per session/per hour)	Mon to Thu	Fri & Sat
Mini Pitch (outdoor)	<b>£30.70</b>	<b>£26.50</b>
Training Pitch (outdoor)	<b>£41.50</b>	<b>£37.00</b>
Full Size Pitch (outdoor)	<b>£63.00</b>	<b>£63.00</b>

Discounts available for block bookings.

## WINTER LEAGUES

- Outdoor leagues run on Monday evenings
- 30 minute sessions
- All league games are refereed by FA affiliated staff

League Fees: **£22 per team**

To enter a team contact Stuart Brown at the centre.

# Sports Hall

## SPORTS HALL PRICES

Indoor Football / Netball / Basketball / Cricket	Mon to Thu	Fri & Sat
	<b>£30.70</b>	<b>£26.50</b>

Badminton (per court)	Full Price	Purple <i>tal</i> CARD	Green <i>tal</i> CARD
Adult (18–59 years)	<b>£10.40</b>	<b>£7.80</b>	<b>£3.90</b>
Adult (60+ years)	<b>£7.25</b>	<b>£5.45</b>	<b>£2.70</b>
Juniors (14–17 years)	<b>£6.25</b>	<b>£4.70</b>	<b>£2.35</b>

# Squash

## SQUASH PRICES

- 40 minute sessions
- Annual membership available

	Purple <i>tal</i> CARD	Green <i>tal</i> CARD
<b>Membership Fees</b>		
Adult (18 – 59 years)	<b>£37.50</b>	<b>£18.75</b>
(60+ years)	<b>£26.00</b>	<b>£13.00</b>
Juniors (14 – 17 years)	<b>£26.00</b>	<b>£13.00</b>
<b>Squash Tokens</b>		
Adult (18 – 59 years)	<b>£2.00</b>	<b>£1.00</b>
(60+ years)	<b>£1.50</b>	<b>£1.00</b>
Juniors (14 – 17 years)	<b>£1.50</b>	<b>£1.00</b>
<b>Pay As You Train*</b>		
Adult (18 – 59 years)	<b>£6.25</b>	<b>£3.15</b>
(60+ years)	<b>£3.55</b>	<b>£1.80</b>
Juniors (14 – 17 years)	<b>£3.55</b>	<b>£1.80</b>

(\*Price includes squash token)

# Fitness

## FITNESS CENTRE PRICES

- 15 piece fitness centre
- Powersport resistance equipment
- Cardio-vascular machines
- Use of Fitness Centre at Prudhoe Football and Sports Centre on a pay-as-you-train basis.

	Purple <i>tal</i> CARD	Green <i>tal</i> CARD
<b>Fitness Induction</b>		
Adult (18 – 59 years)	<b>£7.00</b>	<b>£4.20</b>
(60+ years)	<b>£3.50</b>	<b>£2.10</b>
Juniors (14 – 17 years)	<b>£3.50</b>	<b>£2.10</b>
<b>Pay As You Train</b>		
Adult (18 – 59 years)	<b>£2.10</b>	<b>£1.05</b>
(60+ years)	<b>£1.00</b>	<b>£0.50</b>
Juniors (14 – 17 years)	<b>£1.00</b>	<b>£0.50</b>

# Parties

## PARTIES AT PRUDHOE FOOTBALL & SPORTS CENTRE

The ideal venue with a great choice of activities for children from six to 16 years.

### Football Party

- Superb Astro turf pitch
- Goals, balls, bibs provided
- Coach available
- Self catering

## PARTY PRICES

	Parental supervision	Coach
Mini pitch	<b>£26.50</b>	<b>£34.50</b>
Training pitch	<b>£37.00</b>	<b>£45.00</b>
Sports Hall	<b>£26.50</b>	<b>£34.50</b>