

Frequently Asked Questions (FAQs)

February 2008

What is at Rutland Sports Park?

Rutland Sports Park is a brand new facility (opened March 2006) on West End Drive in Ilkeston, with a whole range of exciting facilities including:

- **Athletics pavilion** containing changing facilities and the Rutland Wellness Centre 43 station gym.
- **Indoor tennis centre** with 3 tennis courts that can also be used for badminton; bowls; and other sports.
- Floodlit **6 lane athletics track** and **long jump pit** that can be used all year round
- Floodlit full sized **artificial turf pitch** suitable for hockey and football and can also be hired by the ¼ pitch or ½ pitch.
- 2 **smaller pitches** suitable for a variety of activities including football; athletics; training etc.
- Pewit 9 hole mature **golf course** with new club house
- Improved cricket club house

Is there disabled access?

Yes. There is designated parking for people with disabilities; special toilets and changing facilities; and lift and rehabilitation equipment in the Rutland Wellness Centre (gym).

What are the opening times?

Opening Times are:

Where	Monday - Friday	Saturday & Sunday
The Rutland Wellness Centre	7.30am – 10pm	7.30am – 5pm
Track / Astro turf pitch	9.30am – 9.30pm	9.30am – 4.30pm
Tennis Centre	9am – 10pm	9am – 5pm
Pewit Golf Centre	8.30am – 8pm (light permitting)	8.30am – 8pm (light permitting)

Are there any special sessions in the fitness facility (The Rutland Wellness Centre) within these times, or can I come anytime during the opening hours?

You can come at any time during the opening hours.

Is there parking and is it free?

Yes, there is free parking on site.

Are all the facilities in the same place?

Rutland Sports Park is a complex with a number of buildings and outdoor facilities on one site:

Rutland Sports Park Site Plan



I already have a Health & Leisure membership, is it going to cost me any more to use the new facility?

No, your membership card is valid at all of the Borough's 5 leisure centres.

Do I have to be a member to use the facilities at Rutland Sports Park?

No you can come along and pay as you go, however our memberships represent excellent value for money.

Are there crèche facilities at Rutland Sports Park?

Unfortunately there are no crèche facilities at present.

What does it cost to join?

See our full price list (downloadable from the website).

What does it cost to use the other facilities at Rutland Sports Park?

See our full price list (downloadable from the website).

Am I tied into a contract if I become a member?

Absolutely not. There is no contract to sign and you can cancel your membership at any time.

What does my membership entitle me to?

Your membership is valid at any of the borough council's 5 leisure facilities:

- Rutland Sports Park, West End Drive, Ilkeston.
Telephone 0115 920 3033.
- West Park Leisure Centre, Wilsthorpe Road, Long Eaton.
Telephone 0115 946 1400.
- Albion Leisure Centre, East Street, Ilkeston.
Telephone 0115 944 0200.
- Sandiacre Friesland Sports Centre, Nursery Avenue, Sandiacre.
Telephone: 0115 949 0400.
- Victoria Park Leisure Centre, Manners Road, Ilkeston.
Telephone 0115 944 0400.

Can I upgrade, downgrade or suspend my membership?

Yes you can upgrade, downgrade or suspend your membership at any time by completing a form or writing to us.

If I want to use a gym at another centre will I need another induction and will it cost me?

You will need a short familiarisation induction at each of the centres on your first visit which you can do simply by calling the centre. There is no charge for this.

If I cancel my membership and want to re-join, will I have to pay another signing on fee.

Yes, the current fee is £21.

What information do I need to bring along when I join?

You will need:

- Your bank account number and 6 digit sort code
- Your bank name and full address
- Your personal details – name, full address and date of birth
- If it is a joint or family membership we will also need the second person's personal details – name, full address and date of birth
- The signing on fee of £21
- the cost of your first month's membership. After this your membership will be taken as a monthly direct debit from your bank account.

How do I book other activities and facilities at Rutland Sports Park?

Call us directly on 0115 920 3033.

Can I just come along and workout or do I need an induction first?

Yes, you'll need to book an induction to show you how to use the new equipment.

What can I expect at the fitness gym?

All the equipment is brand new equipment and laid out over two rooms and comprises of a Cardiovascular (CV) room with built in entertainment TV system, and the latest fitness equipment such as:

- 6 treadmills
- 4 rowers
- 4 upright bikes
- 2 recumbent bikes
- 2 upper body ergometers (arm only bike)
- 2 steppers
- 6 cross trainers (total body workout)

and a resistance (strength) room with state of the art equipment:

- Chest press
- Shoulder press
- Adductor (outer thigh)
- Abductor (inner thigh)
- Abdominal crunch
- Seated leg press
- Vertical pull down (upper back)
- Lower back
- Leg extension (front thigh)
- Seated leg curl (back thigh)
- Variable rehabilitation pulley (can be used for various body parts)
- Resistance 'cable jungle'
- 2 x Adjustable benches
- ..and a full set of free weights

In addition, you will be given a personal key to the **wellness system**. Your key contains your customised training programme which will guide you through your training session. Just insert the key into the machine which then automatically displays your personal settings. While you work out on the machine, your key records and tracks your progress.