



John Charles

Centre for Sport

Facilities

Access

The complex is fully accessible with disabled parking adjacent to all facilities and level access. Guide dogs are very welcome. This brochure is available free of charge on audio cassette and CD and in large print, Braille and a number of community languages. If you would like your brochure on another format please call **0113 395 0000**.

Contact us

John Charles Centre for Sport
Middleton Grove
Leeds
LS11 5DJ
email: JCCS@leeds.gov.uk

Booking numbers

Sport bookings – eight days ahead or less 0113 395 0000

Bookings, eight days ahead or more, hospitality and special events 0113 395 0005

Other enquiries

Aquatics Centre

0113 247 5222

Indoor Bowls and

Athletics Centre

0113 395 1500

Tennis Centre

0113 395 0010

How to find us

John Charles Centre for Sport is conveniently located close to the M62 and M621 motorways, and is just two miles from Leeds city centre off the A653 Dewsbury Road.

Public transport links

Bus

76 First Leeds: City Centre – Park Row – JCCS – Middleton

481 Arriva: Central bus station – JCCS – Middleton – East Ardsley – Wakefield

Welcome

Welcome to John Charles Centre for Sport (JCCS), the largest and most diverse complex of its kind in the north of England, combining world-class sports facilities with spectacular hospitality opportunities.

Contents

- 04 Aquatics
- 06 Athletics
- 08 Bowls
- 10 Football
- 12 Fitness
- 14 Hospitality
- 16 Tennis
- 18 Clubs
- 20 Map and transport links



Left
The John Charles
Centre for Sport



The centre was formally re-named in 2005 after local Leeds football legend John Charles CBE (1931 – 2004). His name offers an inspiring reminder of the qualities we hope all our customers can relate to commitment, dignity, honesty, sportsmanship and fair play.

Opening hours

Indoor Bowls and Athletics Centre

Mon – Thurs 10am – 10pm
Fri 10am – 9.30pm
Sat & Sun 10am – 6pm

5-a-side pitches

Mon – Sun 9am – 10pm

Bodyline gym

Mon & Tue 7.15am – 10pm
Wed & Thurs 9am – 10pm
Fri 7.15am – 9pm
Sat & Sun 9am – 3pm

Tennis Centre

Mon – Fri 8.30am – 10.30pm

Aquatics Centre

Mon – Thurs 6.45am – 10pm
Fri 6.45am – 9pm
Sat 7.30am – 6pm
Sun 9am – 4.30pm



Aquatics

The Aquatics Centre is the most recent addition to the John Charles Centre for Sport, offering the only 50 metre swimming in Leeds and West Yorkshire.



The world-class facility boasts an impressive range of facilities including:

- 50m x 25m pool with booms and movable floor
- Diving pool with movable floor
- Dry-land training area
- Seating for 800 spectators
- Dance studio
- Multi-use room
- Café

The 50 metre pool is open to all ages and abilities, and is the perfect facility whether visiting as a family or as a recreational or experienced swimmer.

The comprehensive programme of activities ranges from structured sessions to pool fun sessions, which should mean there's a session to suit your needs. Swimming lessons are also available for children following the Dolphin Junior Swim Award Scheme and can be booked by calling the centre reception on 0113 2475222.

To download a swim programme or for further details about the centre please visit www.leeds.gov.uk/JCCS



Athletics

First class athletics facilities is yet another dimension to the John Charles Centre for Sport offering indoor and outdoor provision.



The facilities are used regularly by professional athletes, clubs and school children as they train to reach their goals.

Facilities include:

Indoor

- 75 metre 6-lane straight track – suitable for sprint and hurdle training and strength and conditioning work.
- International standard facilities for all four jumping disciplines – triple jump, long jump, high jump and pole vault.
- Javelin throwing area.
- Throwing cage – suitable for discus, hammer and shot-put.

Outdoor

- Eight lane all weather athletics track – conforms to full International Association of Athletics Federations (IAAF) specifications.

- Facilities for all jumping disciplines – triple jump, long jump, high jump and pole vault.
- Throws area – suitable for hammer, discus, javelin and shot-put.

The indoor athletics hall is also suitable for a wide range of other uses including badminton events and table tennis. It also transforms into a spectacular indoor marquee area, offering the largest indoor hospitality space in the city. For more information on the athletics facilities at JCCS, please contact the Indoor Bowls and Athletics Centre on 0113 3951500. For hospitality enquiries please call 0113 3950005.

For details of how to get involved with Leeds City Athletic Club please see pages 18 & 19.



BOWLS

JCCS is proud to offer the only indoor bowls facility in Leeds and the largest in West Yorkshire.



The English Indoor Flat Green Bowls Accredited Centre boasts impressive facilities whether you're a casual or competitive bowler. Eight rinks ensure that whilst league games are taking place there is room for casual bowlers to practice their game at their own pace.

Membership

In addition to pay and play sessions, you can also become a member of the centre and enjoy some of the extra benefits it brings including:

- reduced green fees
- eight day priority booking
- free locker hire
- access to the Indoor Bowls Centre leagues and competitions.

For details on how to become a member please ask at the Bowls Centre reception.

Coaching

It's not just the seasoned professionals that can make the most of the facility, every Sunday morning coaching takes place for young people between 10.00am – 12.00am. To book a place just call the centre reception on 0113 3951500. or email bowling@leeds.gov.uk

Please note: Bowlers must wear appropriate indoor footwear at all times. Indoor shoes can be hired or purchased from the centre.



Football



Striker 5

More than just a game

Leagues

Striker 5 is the ultimate 5-a-side experience, and there's no better place to try it than the John Charles Centre for Sport. Leagues run most nights on our 10 state-of-the-art third generation pitches, guaranteeing you ideal conditions all year round. As part of a league we'll take care of all the arrangements, fixtures, results and equipment so that all you have to do is turn up and play.

To join a Striker 5 league please contact the football co-ordinator on 0113 3951688. Booking forms, league rules and further details are all available at www.leeds.gov.uk/JCCS

STRIKER

5^S

Casual bookings

All our 5-a-side pitches are also available on a casual pay-and-play basis. Pitches can be booked up to 7 days in advance by calling the stadium reception on 0113 3950000.

If you're a LeedsCard holder, you have the added benefit of being able to book up to eight days in advance.



Fitness



Fitness

Swimming isn't the only thing to do at the new Aquatics Centre; there is also an exciting range of fitness classes. The programme has been developed to suit a wide range of ages and abilities, so there's sure to be something to incorporate into any fitness routine.

All classes take place in the dance studio in the Aquatics Centre, a move from the main stadium building. The fitness programme is available to download from the website or to collect from the centre reception.

Bodyline gym

The Bodyline gym offers the perfect environment to shape up and get fit. It is kitted out with state-of-the-art Lifefitness cardio and resistance equipment as well as a selection of free weights and stretching area. Trained staff are always on hand to offer professional expertise, fitness testing and develop

personal programmes to help achieve any goal be it toning, fitness or weight loss. Before you can start using the gym, you'll need to have an induction to the facility and equipment with one of our qualified instructors. This will include a demonstration of both the cardio machines and fixed resistance equipment.

Take advantage of a Bodyline card

Bodyline offers a range of different packages specially tailored for the needs of families, couples, juniors and individuals.

The wide range of Bodyline cards also includes a number of options that means you can not only access the gym and fitness classes, but also swimming, giving you full access to the programme at the new Aquatics Centre.

For details of all the packages pick up a bodyline application form in reception or download one from www.leeds.gov.uk/JCCS



Hospitality

**For business,
for pleasure,
for events**



Hospitality at this unique venue is the perfect accompaniment to the fantastic sports facilities on offer. Facilities are available to cater for intimate groups of 5 people up to events for 2400, be it fun or formal. With a room for every occasion, the dedicated hospitality team will make sure every meeting, event or celebration runs smoothly.

For details of the hospitality facilities available please ask for a copy of the hospitality brochure at reception or speak to a member of the hospitality team on 0113 3950005.

Time for a break

Make the most of any visit to the John Charles Centre for Sport and take some time out in one of the café areas or in the Dug Out Bar.

Aquatics Centre café

Serving a range of hot and cold food and snacks, the Aquatics

Centre café offers something for every palate; be it something healthy or a treat as a reward after a swim or workout.

Dug Out Bar

The Dug Out Bar offers a range of hot and cold lunches between 11.45am – 2pm Monday – Friday, and opens again on an evening serving drinks only.

Indoor Bowls and Athletics Centre café

A lighter lunch and snack menu is available here as well as hot and cold drinks. A bar service is also available at certain times.

Tennis Centre

This small café area offers a range of hot and cold drinks and a range of cakes and snacks.

Opening times for the bar and cafés are all available at www.leeds.gov.uk/JCCS



Tennis.



The Tennis Centre is a world-class facility, fully accredited as a Lawn Tennis Association Performance Centre.

The centre offers the only indoor tennis in Leeds on a pay-and-play basis with six indoor courts complemented by six floodlit outdoor courts.

A comprehensive adult and junior coaching programme is run by fully qualified Lawn Tennis Association coaches taking young people from grassroots to county and national standard.

More than 40 classes run every week catering for all ages and abilities including junior sessions and basic skills at the Mini Tennis Match Practice. It's not just about the classes and coaching though, the Tennis Centre is open to anyone wanting a game and courts can be booked on a pay and play basis.

For more details about the coaching programmes available or to book a court, please call the centre reception on 0113 3950010.





JCCS, the proud home of...

City of Leeds Diving Club

City of Leeds Diving Club provides a competitive outlet for divers on the Leeds City Council Diving Training Scheme.

Established in 1986, Leeds City Council's Diving Training Scheme exists to offer the people of Leeds the opportunity to participate in diving at all levels and is one of the largest and most successful in Great Britain. The scheme's progressive style allows everyone to reach their maximum potential.

City of Leeds Diving Club works closely with the Diving Training Scheme to provide a valuable, competitive experience for all members. It is the club's intention to provide an environment in which highly motivated individuals can pursue their ultimate goals and potential in the sport of diving.

For further details about the club please visit the website www.diveleeds.com or e-mail adrian.hinchliffe@leeds.gov.uk

City of Leeds Swimming Club

City of Leeds Swimming Club provides a competitive outlet for swimmers on the Leeds City Council Swimming Training Scheme.

Established in 1973, the Training Scheme is a natural progression from the Council's 'Learn to Swim Programme'. The scheme aims to provide individuals with the opportunity to achieve success in swimming and reach their full potential, running with the motto "be the best that you can be".

City of Leeds Swimming Club works very closely with Leeds City Council on a number of initiatives and has been awarded with 'Performance Swim 21 Club' accreditation in recent years.

For further details about the club please visit the website www.swimleeds.org.uk or e-mail swimleeds@swimleeds.org.uk



Leeds City Athletic Club

JCCS is also the home of Leeds City Athletic Club. The club, which currently holds almost 400 members, is always looking for new athletes regardless of their age or ability. The club is not just for elite athletes with Olympic dreams, it's open to anyone aged 8 – 80 who enjoys athletics and wants to be part of the largest club in the north of England.

Leeds City Athletic Club meets every Tuesday and Thursday from 6.30 – 9pm. To find out more please visit www.leedscityathleticsclub.org



Hunslet Hawks

Since 1995, JCCS has been the home of Hunslet Hawks Rugby League Club. The following years have become some of the most successful in the club's history, a history which dates back to 1883. The pinnacle of this success came at the end of 1999/2000 season when Hunslet won the Grand Final of the play-offs. Hunslet now play in the National League Second Division where they narrowly missed out on promotion at the end of 2002/2003 season. As well as being their home ground, JCCS is also home to the club's hospitality suite, club shop, offices and training facilities.

To find out more please visit www.hunslethawksrl.co.uk



Yorkshire Rams

The Yorkshire Rams were formed in 1987 and are one of the oldest and best known teams in British American Football. Originally playing in Huddersfield, the Rams have also called Wakefield and Dewsbury their home until 2007 when they moved to the John Charles Centre for Sport.

The Rams have always based their team on home grown talent and as such have anchored themselves firmly into the communities they play in. The senior squad starts at the age of 18 and there is a youth team that represents the 16-19 year old players.

For more information visit the Yorkshire Rams website at www.yorkshirerams.com

