

ALIVE WEST NORFOLK FEES AND CHARGES	2025-26		
	Standard	Alive Card	Alive Card, Concession
ADVANCED BOOKINGS (block bookings in advance of 7 days)			
INDOOR			
Sports Hall (1 court)	16.5		
Sports Hall (Half Hall Lynnsport, Whole Hall Downham)	65		
Sports Hall (Whole Hall Lynnsport)	130		
Small Hall (TT Centre Lynnsport)	40		
Table Tennis Table	11.5		
Squash	11.5		
Athletics Barn (half)	34		
Athletics Barn (whole)	68		
Climbing 1 to 6 kids (must add £25 per hour for instructor)	6.5		
Climbing 7 to 12 kids including instruction	172		
Climbing 13 to 18 kids including instructor	215		
Group Fitness Studio Lynnsport	46		
Group Fitness Studio (other sites)	35		
Gymnastics Centre	70		
Bowls Rink	14.5		
SWIMMING POOLS			
Lane (per hour)	32		
Lane (per hour) Clubs	16.5		
Whole Pool (St James/Oasis, excluding lifeguards, per hour)	182		
Whole Pool (St James/Oasis, excluding lifeguards, per hour) Clubs	95		
Whole Pool (Downham, excluding lifeguards, per hour)	170		
Whole Pool (Downham, excluding lifeguards, per hour) Clubs	80		
Galas (per hour)	145		
Learner Pool (per hour)	95		
Pool Supervision (per lifeguard, per hour)	22.25		
School Swim Teacher	29.85		
Learner Pool Whole Pool Commercial (per hour)	140		
Main Pool Lane Hire Commercial (per hour)	46		
OUTDOOR			
3G/Multi-use Pitch (1/4, per hour) NGB Affiliated	35.5		
3G/Multi-use Pitch (1/3, per hour) NGB Affiliated	37		
3G/Multi-use Pitch (1/3, per hour) Commercial	55		
3G/Multi-use Pitch (league match, whole pitch, 2 hours)	66		
3G/Multi-use Pitch (match, 3 hours)	92		
Athletics Track (Middle 1 area for football)	37		
Athletics Track (Club use, 2 hours)	86		
Athletics Track (League Meetings)	450		
Athletics Track (Evening Meetings)	325		
Athletics Track (Schools events, finish before 6pm)	325		
BUSINESS AND EVENTS			
Classroom/Meeting Room (per hour)	27		
Wimbledon Room (per hour)	13.4		
Kaset Board room (per hour)	13.4		
Sandringham Suite - Conference/Function (4 hours)	365		
Sandringham Suite - Conference/Function (8 hours)	490		
SCHOOLS (minimum numbers apply)			
30 min session - Swimming	2.1		
PAY AS YOU GO (booking within 7 days of activity)			
ALIVE CARD - Pay As You Go Membership			
Adult (19+)	26.00		FOC
Junior (4-18 years of age)	FOC		FOC
Tots and Tiny Tots (0-3 years of age)	FOC		
INDOOR			
Badminton Court Peak High	16.5	12.37	12.37
Badminton Court Peak Mid	13	9.75	9.75
Badminton Court Peak Low	9	6.75	6.75
College Badminton	3		
Pickleball Court Peak High	16.5	12.37	12.37
Pickleball Court Peak Mid	13	9.75	9.75
Pickleball Court Peak Low	9	6.75	6.75
Short Tennis Court Peak High	16.5	12.37	12.37
Short Tennis Court Peak Mid	13	9.75	9.75
Short Tennis Court Peak Low	9	6.75	6.75
Half Sports Hall (ALS) Whole Sports Hall (ADL)	64	48.00	48.00
College 5-a-side (Sports Hall)	15		
Basketball 1 hoop 2 courts	33	24.75	24.75
College Basketball (1 hoop, 2 courts)	3		
Tennis Court (Barn)	16.5	12.40	12.40
Squash Court (40 mins) Peak	11.5	8.60	
Squash Court (40 mins) Off Peak	6	4.50	4.50
College Squash	3		
Table Tennis Table Peak	11.4	8.55	8.55
Table Tennis Table Off Peak	5.8	4.35	4.35
Fitness - Gym	10	7.50	5.00
Fitness - Gym Junior	7.5	5.63	3.75
Group Fitness Classes	10	7.50	5.00
Group Fitness Classes Junior	7.5	5.63	3.75
Pop Up Classes	10	7.50	5.00
Bowls	8.4	6.30	4.20
Bowls Junior	8.4	6.30	4.20
Climbing	8	6.00	4.00
Climbing Junior	6.5	4.88	3.25
KASET	6.5	4.88	3.25
KASET Junior	6.5	4.88	3.25
KASET Event Night	12		
Alive Adventures Junior (Weekends and School Holidays)	7	5.25	3.50
Alive Adventures Tots (Weekends and School Holidays)	6.5	4.88	3.25
Alive Adventures Tiny Tots	1.2	0.90	0.60
Alive Adventures Junior (All other times)	3.9	2.93	1.95
Alive Adventures Tots (All other times)	3.5	2.63	1.75
Snooker	8.5	6.38	4.25
Snooker Junior	6.5	4.88	3.25
College Snooker	2.2		
College Snooker Additional Person	1.2		
Barn Whole	67	50.25	50.25

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	Standard	Alive Card	Alive Card, Concession
Barn Half	33.5	25.13	25.13
Inflatafun Splash	7.5	5.63	3.75
Inflatafun	9	6.75	4.50
SWIMMING			
General Swim AO	7.50	5.62	3.75
General Swim ASJ/ADL and Lane Swim AO	6.50	4.87	3.25
General Swim Junior AO	6.00	3.00	2.00
General Swim Junior ASJ/ADL	4.00	3.00	2.00
General Swim Tots			
General Swim Tiny Tots			
Family Ticket AO (3 people)	19.50		
Family ticket ASJ/ADL (3 people)	16.00		
Family ticket (additional Child)	3.60		
RAF Swim	3.00		
OUTDOORS			
3G/Multi-use Pitch (1/3, per hour)(Mon to Fri 5pm-close)	36		
3G/Multi-Use (1/3 per hour) (Weekdays before 5pm and weekends)	22		
3G Full Pitch Hire per hour (Mon to Fri 5pm-close)	105		
3G Full Pitch Hire per hour (Weekdays before 5pm and weekends)	63		
Athletics Track Use off peak	3.5	2.63	1.75
Athletics Track Use peak	5.5	4.13	2.75
Tennis Peak (Lights included) Peak times determined by sunset/rise	16.5		
Tennis Off peak (without lights)	8.6		
Tennis Membership Light Fee	6		
DROP IN ACTIVITIES			
Over 50's sessions	8.45	6.34	4.23
Ladies only sessions	8.45	6.34	4.23
Ladies only sessions Junior	8.45	6.34	4.23
Disability sessions	4.00		
Bowls Roll Up Session	8.45	6.34	4.23
Climbing Club	8.45	6.34	4.23
Climbing Club Junior	8.45	6.34	4.23
CARERS			
Supporting and Not taking part	FOC		
Taking part in activity	3.60		
BOWLS CLUB			
Bowls Club Adult Membership	51		
Bowls Junior Membership	FOC		
Summer Bowls Membership Oasis (1st May to Aug 31st)	18		
Bowls Seasonal Locker Charge	12		
SPORTS LESSONS			
SWIMMING			
Swimming 30 mins		32	22.00
Swimming 45 mins		40	28.00
Swimming 60 mins		50	35.00
TENNIS			
Red		26	19.50
Orange		26	19.50
Green		26	19.50
Yellow		26	19.50
Adult Beginners		26	19.50
Adult intermediate		26	19.50
ONE2ONES			
Swimming 30mins			
121	30.00		
6 Sessions 121	160.00		
221	42.75		
6 session 221	235.00		
PT and Swimming 60mins			
121	38.00		
6 Sessions 121	200.00		
221	53.00		
6 Sessions 221	290.00		
6 WEEK SHORT COURSE			
Bootcamp	60.00	45.00	45.00
PARTIES			
LYNNSPORT			
Bouncy Castle and Party Games (up to 20 people)	170		
Dodgeball (up to 20 people)	170		
Football (up to 20 people)	170		
Pre-school Gymnastics (up to 20 people)	170		
Gymnastics (up to 20 people)	170		
Gladiator Challenge (up to 20 people)	170		
Multi-sports (up to 20 people)	170		
Nerf-Tag (up to 20 people)	170		
Roller Skating (up to 20 people)	170		
Tag Rugby (up to 20 people)	170		
Tennis (up to 20 people)	170		
Climbing (up to 10 people)	170		
KASET Party	170		
Go Karty and Party	260		
OASIS			
Alive Adventures Play Party (per person)	14.5		
Alive Adventures Exclusive hire No Food	190		
Pool Party (per person)	14.5		
Pool Party (up to 29 people)	220		
Pool Party (30-39 people)	250		
Pool Party (40-49 people)	280		
DOWNHAM			
Multi-Sports (up to 20 people)	170		
Party Games (up to 20 people)	170		
Roller Skating (up to 20 people)	170		
Team Sport - Football (up to 20 people)	170		
Team Sport - Basketball (up to 20 people)	170		

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	Standard	Alive Card	Alive Card, Concession
Team Sport - any (up to 20 people)	170		
Team Sport - Uni Hoc (up to 20 people)	170		
Pool Party (up to 29 people)	220		
Pool Party (30-39 people)	250		
Pool Party (40-49 people)	280		
ST JAMES			
Pool Party Main Pool (up to 29 people)	220		
Pool Party Main Pool (30-39 people)	250		
Pool Party Main Pool (40-49 people)	280		
Pool Party Learner Pool (up to 29 people)	220		
Pool Party Learner Pool (30-45 people)	250		
Inflatable Pool Party (up to 50 people)	300		
CATERING			
Food Per Head and free table	5		
Table and no food (in hours)	25		
Table and no food (Out of hours)	40		
LARGER GROUPS			
For up to an additional 10 participants (Excluding Archery, Nerf Tag and Climbing)	50.00		
HOLIDAY ACTIVITIES			
Holiday Fun Club	15.00	15	FOC
Other Holiday Clubs	20.00	20	15.00
Breakfast Club	3.00	1.5	1.00
Individual Activities (45 mins)	6.00	4.5	3.00
Individual Activities (1 hour)	6.50	4.88	3.25
Individual Activities (1.5 hour)	8.00	6	4.00
Individual Activities (2 hours)	10.00	7.5	5.00
Swimming Crash Courses (5 days)	50.00	37.5	25.00
Swimming Crash Courses (4 days)	40.00	30	20.00
Swimming Crash Courses (per day)	10.00	7.5	5.00
3G/Multi-use 1/3 Pitch (9am to 4pm) MULTI USE ONLY	13.00		
Sports Hall (Lynnsport half, Downham whole - 9am to 4pm)	25.00		
Go Karty Holiday Activity	15.00	11.25	7.5
MISCELLANEOUS			
SUNBEDS			
One session (3 minutes)	4		
One session (6 minutes)	7		
One session (9 minutes)	10		
ADMISSION			
Spectators, Oasis only	2.7		
Shower	6.25		
EQUIPMENT HIRE			
Adult, Rackets, Bowls, Balls etc	1.50		
Junior, Rackets, Bowls, Balls etc	1.50		
Climbing - Full set	6.00		
Climbing - Separate Items, Helmet	2.00		
Climbing - Separate Items, Harness	2.00		
Climbing - Separate Items, Grigri	2.00		
Climbing - Separate Items, Karabiner	2.00		
FITNESS			
Guest Pay as You Go Induction Adult	20.00		
Guest Pay as You Go Induction Junior	15.00		
Adult Reprogramme	22.00		
Junior Reprogramme	11.00		
Health Check	30.00		
CLIMBING			
Adult Induction	15.00		
Junior Induction	10.00		
Disclaimer	7.50		
ALIVE CARD			
Replacement	2.00		
SWIMMING BADGES			
Badges	4.50		
MEMBERSHIPS			
Alive 1 MDD Adult	29.99		
Alive 1 Annual Adult (NJF)	359.88		
Alive 1 Monthly Rolling Adult	32.99		
Alive 1 MDD Junior	24.99		
Alive 1 Annual Junior	288.00		
Alive 3 MDD Adult	34.99		
Alive 3 Annual Adult	419.88		
Alive 3 Monthly Rolling Adult	37.99		
Alive 3 MDD Junior	29.99		
Alive 3 Annual Junior	359.88		
Alive 3 Plus MDD Adult	39.99		
Alive 3 Plus Annual Adult	479.88		
Alive 3 Plus Monthly Rolling Adult	42.99		
Alive 3 Plus MDD Junior 16-18	39.99		
Alive 3 Plus Annual Junior 16-18	479.88		
Alive Just Move MDD NOW PEAK	29.99		
Alive Just Move Annual	359.88		
Alive Just Move Plus MDD	39.99		
Alive Just Move Plus Annual	480.00		
Alive Corporate MDD	29.99		
Alive Corporate + MDD	34.99		
Alive Corporate Annual	359.88		
Tennis Adult	65.00		
Tennis Junior On Programme	45.00		
Swimming Bolt-on Membership	7.00		
Fitness Bolt-on Membership	7.00		
Tennis Bolt-on Membership	7.00		
Start-up Fee	20.00		
Start-up Fee Junior	15.00		
7 Day Guest pass	20.00		
10 Week Wellness Rehab	34.99		
COMMUNITY AND SPORTS DEVELOPEMNT			
GYMNASTICS PAY AS YOU GO			

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Tumble Teds Junior	7.00	5.25	3.50
Tumble Teds Tots	7.00	5.25	3.50
Tumble Teds Tiny Tots	2.20	1.65	1.10
Tumble Tykes	7.00	5.25	3.50
GYMNASTICS REC LESSONS			
Gymnastics 45 mins		27.50	20.50
Gymnastics 60 mins		36.00	26.00
GYMNASTICS ELITE LESSONS			
Gymnastics Elite 2 hours		64	48.00
Gymnastics Elite 4 hours - Existing		78	60.00
Gymnastics Elite 4 hours - New		78	60.00
Gymnastics Elite 6 hours - Existing		88	70.00
Gymnastics Elite 6 hours - New		88	70.00
Gymnastics Elite 7 hours - New		94	75.00
Gymnastics Elite 8 hours - Existing		99	80.00
Gymnastics Elite 8 hours - New		99	80.00
Gymnastics Elite 9 hours		104.00	85.00
Gymnastics Elite 10 hours		109.00	90.00
Gymnastics Elite 11 hours		114.00	95.00
Gymnastics Elite 12 hours		119.00	100.00
Gymnastics Elite 13 hours		124.00	105.00
Gymnastics Elite 14 hours		129.00	110.00
Gymnastics Elite 15 hours		134.00	115.00
FOOTBALL PAY AS YOU GO			
First Touch Football		4.25	
Walking Football / Walking Cricket / Walking Netball		5.25	
Ability Counts Football		4.00	
All to Play For Football		FOC	
Social Soccer		FOC	
FOOTBALL REC LESSONS			
Ball Masters		19.5	
U7 Dev		22	
U8 Dev		22	
U9 Dev		22	
U10 Dev		22	
U11 Dev		22	
U12 Dev		22	
Girls 6-11 Dev		22	
Girls 12-16 Dev		22	
Time to Talk Football		21	
FOOTBALL ELITE LESSONS			
U9 Elite		42	
U10 Elite		42	
U11 Elite		42	
U12 Elite JPL		50	
U13 Elite JPL		50	
U14 Elite JPL		50	
U15 Elite JPL		50	
U16 Elite JPL		50	
JPL Training Place		44	
HOLIDAY ACTIVITIES			
Gymnastics Camps	22.00	22.00	17.00
Fun Clubs	15.00	15.00	FOC
Sports Camps	20	20.00	15.00
COMMUNITY ACTIVITIES			
Home Education		5.25	
Multi-sport Mashup	FOC		
Ability Counts Multi Sport		4.00	
Buggy Walks	FOC		
Wellbeing Walks	FOC		
Community Fitness Class	FOC		
Womens Only Work Outs	FOC		
Play Street	FOC		
Park Lives	FOC		
Stay and Play	FOC		
MUGA Mania	FOC		
Tiny Happy People	FOC		
Cancer Physical Activity Programme	FOC		
Just Move Community	FOC		
SCHOOLS (Any activity, minimum numbers apply)	Single Session	Annual based on 35 weeks	
Gymnastics Centre (per hour including coaches) Up to 30 Children	120.00		
Gymnastics Centre (per hour including coaches) Additional 10 Children	40.00		
Gymnastics Centre Nursery schools and special needs groups	90.00		
PPA/Lunch-time club/After School/Extra-curricular	37.00	1295.00	
Half day PPA Cover (2x1 hour sessions)	65.00	2275.00	32.50
Half day PPA Cover (2x1 hour sessions) with lunch or after school club	85.00	2975.00	28.33
Half day PPA Cover (2x1 hour sessions) with both lunch or after school clubs	105.00	3675.00	26.25
Full day PPA Cover (4 x 1hr sessions)	120.00	4200.00	30.00
Full day PPA Cover (4 x 1hr sessions) with lunch or after school club	135.00	4725.00	27.00
Full day PPA Cover (4 x 1hr sessions) with both lunch or after school clubs	155.00	5425.00	25.83
Healthy Body, Healthy Mind	350.00		
Game Changer	350.00		
Play Maker	350.00		
School Sports Leagues	170.00		
OMNES GAMES			
KS1 OMNES Games	185.00		
KS1 OMNES Games and taster pack	300.00		
KS1 and KS2 OMNES Games	350.00		
KS1 and KS2 OMNES Games and taster pack	575.00		
INTERNAL COACHING			
Coaches	26.00		
Activity Leaders	16		
CORN EXCHANGE			
CINEMA			
Off Peak	5.5		
Peak	6.5		
Event Cinema	18		

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	Standard	Alive Card	Alive Card, Concession
Event Cinema seniors	17		
Cinema Hire (2 Hours)	105		
Birthday Parties food	16		
Birthday Parties non food	13		
Theatre			
Postage	2.5		
Levy	3		
On line Fee	2		
Ticketed Hire (10 Hours)	1980		
extra hours	198		
After Midnight	342		
Non Ticketed (6 Hours)	1062		
extra hours	177		
After Midnight	342		