

# Polysport Information Sheet 2010

[www.newcastleton.net](http://www.newcastleton.net)

## Astroturf

Open daily until 10pm. Weekly timetable on the booking board. Advance via Barbara.

**Floodlight** Tokens £1.50 per hour available from Costcutter.

**Tennis Net** -Stored upright in box outside the pitch.

**Football maximum Size 4.**

This facility is for members only. Membership allows unlimited play for the year.

Coaching sessions are for MEMBERS ONLY, and may incur an additional charge.

Non-members may use the facility - £15 per hour (payable at the Grapes Hotel). Tennis rackets available at Grapes Hotel.

Shoes **MUST** be clean, flat or pimple-soled. **NO** studs or spikes. If possible, bring a change of **CLEAN** shoes with you when coming to play. No climbing on the kick boards. No footballs to be kicked against the mesh.

Please place all rubbish in the bins provided.

Please use Car Park provided. Path is for **MAINTENANCE ACCESS ONLY.**

## Fitness Room

Available 24 hours a day

Fitness Room is to be used at your own risk. Over 16s only. Induction required.

Access via key (£10 deposit).

Weekly timetables on gym booking board. Advance via Barbara - Two Sessions **MAXIMIM** pre-booked per week.

## Changing Rooms

Groups are able to use the changing facilities and showers (Fee - on application).

## **ADVANCED BOOKING IS ADVISABLE FOR ALL FACILITIES**

Key Holders: Nichol Elliot (75772), Barbara Walker (75304), Libby Kennedy (75849)