



NORWICH
City Council



THE NORMAN CENTRE

There's more to it than
you might think...

Go4less

UK
active

More people
More active
More often

MEMBER

change
4 life

Eat well Move more Live longer

inclusive fitness

Welcome to THE NORMAN CENTRE



We offer a wide range of community, education and leisure facilities
all at affordable prices.

There's something for everyone

A whole host of activities are on offer for all ages, including exercise classes, martial arts, art classes, mum and toddler groups, children's dance and a Nifty Fifties group. As well as Activekidz club, which runs activities for 9-12 year olds to get fit and have fun.



Catch up at The Meeting Place coffee shop



Enjoy the cosy community feel of The Meeting Place coffee shop. Grab a light snack or coffee and enjoy a chat. Social events are held throughout the year and everyone is welcome.

The Meeting Place is open:

Monday to Friday 10.30am to 2pm

Managed by the Assist Trust



Need some space?

Meeting rooms are available for training and social groups, with space for six to 120 people. Refreshments, catering, audiovisual equipment, flipcharts and overhead projectors can all be provided on request.

Organisations based at the centre

King's Venue

King's Venue, run by King's Community Church, hosts various activities aiming to bring benefit to those living in the Mile Cross area.

King's Community Church meets at The Norman Centre every Sunday from 10.45am to 12.45pm. There's something for all ages and everyone is welcome.

For more information, please get in touch:

t: 01603 419767 or 01603 765795 **e:** hello@kings-venue.com

www.kings-venue.com and **www.facebook.com/kingsnorwich**



Milestones Day Nursery

This 64 place, outstanding Ofsted registered nursery, provides high quality care and education for children aged three months to five years.

Call 01603 213294 for more information.

Milestones Day Nursery



Mile Cross IT Centre

The Adult Education Information Technology Centre offers a range of computer courses from beginners to advanced.

Call 0344 800 8002 for more information or visit

www.norfolk.gov.uk/adulteducation

 **Norfolk** County Council
at your service

Assist Trust

Managing The Meeting Place Cafe

Supporting people with learning difficulties to find work, access communities and become more independent.

www.assist-trust.co.uk

ASSIST
TRUST

Fringe

t: 01603 423303

e: [matthewdavies@](mailto:matthewdavies@norwichfringeproject.co.uk)

norwichfringeproject.co.uk

www.norwichfringeproject.co.uk

 **Norwich**
Fringe Project

Managing our natural heritage & green spaces

Activity Hub

The newly refurbished Activity Hub is a multi-use space which is ideal for a variety of sports and physical activities such as table tennis, bocchia, tai chi, yoga, pilates and martial arts. The 9 metre mirrored wall also makes it ideal for dance and fitness classes. With a sliding partition, the Hub can be used as one large hall or split into two separate activity areas.

An Inspired Facility



Be bowled over!

Home to the resident bowls club, the centre offers a competitive standard four rink bowls hall. Newcomers of any standard are welcome, and we've also got special chairs to make bowls accessible to people with a disability. Coaching is available on request, and competitions are run throughout the year. You can also use the rinks on a casual pay and play basis. Shoes and bowls are available for hire.



Badminton, short tennis and table tennis

Courts and tables are available for informal hire. Or you could join one of the groups at the centre. Check our timetable to find out more.



Centre opening times

Monday to Friday	9am to 10pm
Saturday	10am to 2pm
Sunday	Closed



Xtra Mile Gym

With a wide range of the latest equipment and weights, everyone can find a way of getting fit at the Xtra Mile Gym.

Our gym has dumbbells up to 50kg, an array of cardio machines and equipment suitable for all levels of ability, meaning there really is something for everyone!

We are the only gym in Norwich with an Inclusive Initiative Accreditation. This means that we are recognised for having specialist equipment and knowledge so that we can advise people with disabilities.

To make sure that users feel confident and get the most out of the gym, each new user will have an induction.

Whether you are a beginner or an experienced gym user, one of our qualified team can tailor a specific Free Programme to meet your fitness needs. Frequent reviews will allow us to expand or modify your routine to help you progress towards your goals.



the  tra mile gym

Price list – effective from 1 February 2015

Annual membership

General	£14.15
Mile Cross resident	£9.00
Go 4less	£5.50
Junior	Free

Bowls membership per year

General	£35.00
Mile Cross resident	£27.50
Go 4less	£22.10

Bowls – other

Bowls rink – two hours	£2.50
Bowls rink – one hour	£1.50

Centre classes

Class fees vary, please ask at reception.

Gym use

Gym induction (all)	£7.50
Gym per session	£4.20
Go 4less/Mile Cross session	£2.75
4 week gym card (general)	£19.99
Go 4less/Mile Cross member	
4 week gym card	£19.99

General use

Badminton per hour	£6.80
Go 4less/Mile Cross badminton	£5.45
Table tennis per hour	£5.80
Go 4less/Mile Cross table tennis	£4.40

Room hire

	Per Hour	Half day (5 hours)	Full day (8 hours)
Main hall	£16	£65	£95
Appleyard/Bignold combined	£15.15	£62	£85
Activity Hub-			
Full	£15.35	£63	£87
One	£12	£55	£80
Two	£10	£43	£65
Other rooms	£12.35	£51.50	£72
One to one	£9	£30.60	£51



Go 4less is a free leisure discount scheme available to Norwich residents on a low income and other people who meet the qualifying criteria. Just speak to one of our team members if you would like a Go 4less leaflet.

Contact us: The Norman Centre, Bignold Road, Norwich NR3 2QZ

• t: 01603 408140 • e: normancentre@norwich.gov.uk

www.norwich.gov.uk



If you would like this information in another language or format such as large print, CD, audio cassette or Braille please call 0344 980 3333 or email info@norwich.gov.uk