

Yoga

Amanda Latchmore - Harrogate Yoga

www.harrogateyoga.com

Tel: 01423 565796

Beginners to Advanced in small group or 1 to 1 sessions.

Judith Clint

Friends Meeting House, Queen Parade, Harrogate, HG1 5PP

Tel: 01423 873912

Email: judithclint@hotmail.com

Monday 7.30-9.00pm

Tuesday 7.30-9.00pm

Wednesday 9.45-11.15am & 7.30-9.00pm

Yorkshire Yoga & Therapy Centre

9-10 Halfpenny Close, Knaresborough, HG5 0TG

Tel: 01423 864343

All types of Yoga classes for all ages and abilities.

Please ring for details.

Zanna Dent

Email: zanna.dent@gmail.com

Tel: 01423 567262

Monday 7-8.30pm: Ashville Sports Centre, Yew Tree Lane
Harrogate, HG2 9JP

Tuesday 7-8.30pm: Harlow Community Centre,
Harlow Ave, Harrogate, HG2 0AS

EVERY EFFORT IS MADE TO ENSURE THE ACCURACY OF THIS INFORMATION BUT NO RESPONSIBILITY CAN BE ACCEPTED FOR ANY ERRORS OR OMISSIONS.

Tourist Information Centre
Royal Baths
Crescent Road
Harrogate
HG1 2RR
Telephone: 0845 389 3223
E-mail: tic@harrogate.gov.uk



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**For Sports Clubs & Associations see Clubs & Societies
Information Sheet**

Harrogate Turkish Baths & Health Spa

Parliament Street, Harrogate, HG1 2WH

Tel: 01423 556746

www.harrogate.gov.uk/turkishbaths

Restored to reflect their original intention in July 2004. Three interconnecting Hot Room Chambers, Steam Room, Plunge Pool, Jacuzzi. Entry cannot be guaranteed so pre-booking is strongly recommended. Winter Garden Lounge. Gift vouchers available. Health Spa includes: Beauty Therapy, Dry Float Wraps, Massage, Reflexology & Reiki.

For Turkish Baths session times & treatment booking please telephone.

Please see current timetables for opening hours.

Hydro

Jennyfield Drive, Harrogate, HG1 2RP
Tel: 01423 556767

8 lane 25 metre main pool. 13 metre teaching pool. Learner pool, activity pool, diving pool incl. moveable floor. Early birds/ladies only/adults only/50+ and fun sessions, swim squads, aquafit and diving. SDS (Swimming Development Scheme). Café, Creche.

Knarborough Pool

King James Road, Knarborough, HG5 8EB
Tel: 01423 860011

Leisure pool, 25m main pool, swimming classes, water flume, jacuzzi, early bird/ladies/adult only sessions, fun sessions, aquafit, aquababes, swim squads. SDS (Swimming Development Scheme). Accessible for non ambulant customers. Waterfront café.

Nidderdale Pool

Low Wath Road, Pateley Bridge, HG3 5HL
Tel: 01423 711442

20m pool, adult swim lessons, early birds/adults only & ladies only sessions, 50+ swim, aquafit, aquababes. SDS (Swimming Development Scheme).

Ripon Spa Baths

Park Street, Ripon, HG4 2BD
Tel: 01765 603383

22.5m pool, swimming lessons, early birds, aquafit, ladies/adult only sessions, fun sessions, aquababes, scuba diving. SDS (Swimming Development Scheme). Accessible for non ambulant customers. The Battenburg Health Suite with wooden sauna, solarium, sanarium and sunbed.

Starbeck Baths

Spa Lane, Starbeck, Harrogate, HG2 7JF
Tel: 01423 883155

18m pool, aqua fit, swimming classes, ladies/adult only sessions, fun sessions, aquafit, aquababes, 50+ swimming. SDS (Swimming Development Scheme).

Harrogate Health & Happiness Centre

15 East Parade, Harrogate, HG1 5LF
Tel: 01423 545488
www.harrogatehealthhappiness.com
Healing, Thai Wat Po Massage, life coaching, homeopathy.

Kanchana

15 East Parade, Harrogate, HG1 5LF
Tel: 07855 924215
www.kanchana.co.uk
Thai massage and reflexology.
Open daily. Tues & Wed open at 14.00

Lavender Court

Anna-Louise Haigh, Personal Growth Centre.
15 Montpellier Parade, Harrogate, HG1 2TG
Tel: 01423 500494
www.anna-louise.com
Appointments only. Tuesday to Friday 10.00 - 20.00

Pilates Centre

7-9 Cambridge Road, Harrogate, HG1 1PB
Tel: 07738 479133
www.harrogatepilatescentre.com

Ripon Natural Health Centre

27 Market Place, Ripon, HG4 1BN
Tel: 01765 601447
www.riponnaturalhealth.co.uk
Appointments only

Traditional Chinese Acupuncture

Kath Tuck DipAc MBAcC RGN NDN
4 Victoria Avenue
Harrogate
Tel: 01423 524140 or 07736 000545

Valley Gardens, Harrogate

Pitch & putt golf-18 Holes, crazy golf-18 holes, disc golf-9 holes, 4 tennis courts, table tennis, paddling pool, boating lake.

Tel: 01423 504341

Conyngnam Hall, Knaresborough

Pitch & putt golf-18 holes, putting-18 holes, crazy golf-9 holes, 2 tennis courts

Tel: 07525 988013

Castle Yard, Knaresborough

Putting-18 holes

Tel: 0845 300 6091

Spa Gardens, Ripon

Putting-18 holes, 3 tennis courts, Flat Green Bowling, crazy golf-9 holes.

Tel: 0845 300 6091

Games season is 4th April 2011 to the 2nd October 2011.

All opening hours subject to weather conditions. Bookings can be made with the attendant at each site.

Winter tennis keys. Pre-book for winter playing.

Knaresborough Community Centre

Stockwell Avenue, Knaresborough, HG5 0LG

Tel: 01423 862702

Weekly activities - aerobics, youth club (Friday night 8-13 yrs), senior citizen groups (luncheon and social group Weds), holiday playschemes, .

Nidderdale Pool & Leisure Centre,

Low Wath Road, Pateley Bridge, HG3 5HZ

Tel: 01423 711442

Sports hall for badminton, squash courts, cricket nets, tennis, athletics and football coaching, netball, body conditioning, circuits, hatha yoga and gymnastics. Open daily.

Ripon Leisure Centre

Dallamires Lane, Ripon, HG4 1TT

Tel: 01765 601353

Sports hall & arts hall hire. Workout classes, badminton, table tennis, football, gymnastics coaching, tea dance & beginners class, bar and lounge, meeting room and crèche Mon-Fri. Open daily.

Rossett Sports Centre,

Pannal Ash Road, Harrogate, HG2 9JP

Tel: 01423 505455

Open evenings, weekends & school holidays. Synthetic pitch, sports hall, gymnasium, squash, badminton, table tennis, netball courts, tennis court, Aikido, football coaching, cricket nets, trampolining, circuits, boxercise, girl's soccer. Many local sports clubs are based here.

Look out for the 'Holiday Hotspots'

Leaflets giving details of children's activities throughout the school holidays.

Boroughbridge Sports Centre

Wetherby Road, Boroughbridge, YO51 9HS
 Tel: 01423 556711 (For council-run activities & booking) 01423 323505
 (other activities & booking)

6 Badminton courts, sports hall for netball, hockey, basketball, short tennis, 5 cricket nets, 2 squash courts. 3 outdoor tennis courts and 3 outdoor netball courts. Also astroturf floodlit pitch for 5-a-side football. Snacks and drinks available. **Council-run activities:** Football coaching, gymnastics (booking essential) Open Monday to Friday evenings, Saturday, from 09.00 for pre-bookings. Sunday closed.

Fairfax Community Centre

Fairfax Ave, Harrogate, HG2 7RU
 Tel: 01423 883614

Weekly activities - playgroups, youth club, luncheon club, holiday play activities, bingo, Socratots, exercise classes, HALO leisure club (social group for adults with disabilities), computer suite.

Granby Sport and Play Development Centre

Ainsty Road, Harrogate, HG1 4AP
 Tel: 01423 556745 (Joanne Armstrong - Sport & Play Development Officer)
 Coaching in football, netball, after school club for 8-12 years, cheerleading, sports hall athletics. Council-run, booking essential. Open Monday to Friday evenings and school holidays.

Harrogate Climbing Centre

Hornbeam Park Avenue, Hornbeam Park, Harrogate, HG2 8QT
 Tel: 01423 815024
www.harrogateclimbingcentre.com

Indoor climbing centre - taster sessions, beginners and advanced courses. Membership and packages available. Children and youth sessions, corporate bookings. Onsite shop and café. Open Monday to Friday 10.00 to 22.00, Saturday 10.00 to 20.00 and Sunday 10.00 to 18.00.

Jennyfield Styan Community Centre

Grantley Drive, Harrogate, HG3 2XU
 Tel: 01423 556731 / 521667
 Weekly activities – Keep fit, dance, youth club, holiday playschemes, karate, Tai Chi, yoga, sports hall, badminton court, carpet bowls, lunch club, monthly dance, 50+ Group, MS Group,

The Academy

Oakdale Place, Harrogate, HG1 2LA
 Tel: 01423 524052
www.theacademy.co.uk

Members only, gym, dance studios & classes, swimming pool, sauna, jacuzzi, beauty treatment & health spa, café, indoor & outdoor tennis courts & crèche.

Square 1 Leisure

River View Road, Ripon, HG4 1JJ
 Tel: 01765 690406

Open daily. Indoor pool, spa, sauna, gym, outdoor tennis court and coffee lounge. Members only.

Brimhams Fitness Centre

The Hydro, Jennyfield Drive, Harrogate, HG1 2RP
 Tel: 01423 556775

Gym, workout classes, crèche, swimming pool, kinesis studio & dance Studio.

Brimhams Fitness Centre-Nidderdale

Nidderdale Pool & Leisure Centre
 Low Wath Road, Pateley Bridge, HG3 5HZ
 Tel: 01423 711442

Swimming Pool, gym, fitness studio, workout classes.

Brimhams Fitness Centre-Ripon

Ripon Leisure Centre, Dallamires Lane, Ripon, HG4 1TT
 Tel: 01765 606346/601353

Gym, fitness studio, workout classes, Teen Tone Zone (fully supervised workout sessions for 2-16yr olds) crèche.
 New weights room opening April 2010

Gambaru Fitness

Baines House, 17 Station Parade, Harrogate, HG1 1EP
 Tel: 01423 565330
www.gambarufitness.com

Gym, fitness classes, 'free weights' room, sauna & sunbeds.

Gymophobics

1 King Edwards Drive, Harrogate, HG1 4HA
 Tel: 01423 536102

www.gymophobics.co.uk/harrogate
 Unique 30 minutes circuit - ladies only.

Gyms and Fitness Clubs

Harrogate Squash & Fitness Centre

Hookstone Wood Road, Harrogate, HG2 8PN

Tel: 01423 536464

www.harrogatesfc.co.uk

4 squash courts, gym, fitness classes, bar, coffee lounge, squash shop. Members only. Non members welcome to the fitness classes.

Intrim Health & Fitness & AJ's Female Toning Centre

3 Queen Street, Ripon, HG4 1EG

Tel: 01765 603880

Gym, spin classes, sauna and sunbed. Open to non-members

Ladies Workout Express

1st Floor, Parliament House, 8 Parliament Terrace, Harrogate, HG1 2QY

Tel: 01423 709852

www.ladiesworkoutexpress.com/harrogate

30 minute circuits specially designed for women. GP referrals and pay as you go for members/non-members.

Nuffield Health, Fitness & Wellbeing Centre

Hornbeam Park Road, Harrogate, HG2 8RA

Tel: 01423 810858

www.nuffieldhealth.com/individuals/h/harrogate

Members only. Large gym, swimming pool, studios, fitness classes, sauna, steam room, spa, health & beauty, crèche, licensed café bar and lounge.

Yorkshire Centre for Wellbeing

40 Duchy Road, Harrogate, HG1 2ER

Tel: 01423 524893 / 07901 792989

www.yorkshirewellbeing.co.uk

Pilates, vibration training, yoga, sports massage and yoga retreats -

www.yogaretreats.co.uk

Hotels with Leisure Facilities

Barcelo Harrogate Majestic Hotel - Barcelo Health & Leisure Club

Ripon Road, Harrogate, HG1 2HU

Leisure Club Tel: 01423 700333

Health & Beauty Tel: 01423 700310

Open Monday to Friday 06.30-22.00, last entry 21.00, & Saturday & Sunday 07.00-21.00 last entry 20.00. Indoor heated pool, sauna, solarium, beauty therapy, jacuzzi, gym. Pamper days available. Aerobics classes, membership available. Open to non-residents. Please contact for further information and prices.

St George Hotel - Advantage Health Club

1 Ripon Road, Harrogate, HG1 2SY

Tel: 01423 707604

Daily from 07.00 to 21.00. Indoor heated pool, sauna, steam room, solarium, jacuzzi, gym, weights room, beauty treatments. Membership Available. Open to non-residents. Telephone for prices.

Dower House Hotel - Imagine Health & Spa

Bond End, Knaresborough, HG5 9AL

Tel: 01423 860111

Monday to Friday 06.30-21.30. Saturday/Sunday & Bank Hols 08.00-20.00. Indoor heated pool, jacuzzi, sauna, steam room, gym, bar & lunches. Open to residents, members & non-members. Pre-booking strongly recommended for thermal suite and beauty treatments. Beauty Spa open: Monday to Friday 10.00 - 21.00. Saturday, Sunday and Bank Holidays 10.00 - 18.00.