

Price Guide

| Coached session | Junior | Adult |
|-----------------------|--------------------------------------|-------|
| Football Coaching | £3.50 | |
| Baby Splash | £4.00 | |
| Fitbitz | £3.00 | |
| Judo/Karate/Taekwondo | £3.00 | £4.00 |
| Basketball | £3.00 each session for 8 week course | |
| Trampolineing | £4.00 each session for 8 week course | |
| Gymnastics | £4.00 each session for 8 week course | |

Crèche

| | | |
|-------------|-------|--|
| 45 minutes | £2.50 | |
| 60 minutes | £3.00 | |
| 90 minutes | £4.00 | |
| 120 minutes | £4.50 | |

| | |
|---------------------|----------------------|
| School Holiday Club | £17.00 Full Day |
| Weekend Kids Club | £3.50 |
| Treasure Hunt | £3.00 per child |
| Children's Parties | From £9.99 per child |

Contact us for information on half or full sports court hire.

COURT HIRE

Hire a court and get your own competition going. Pick from the following sports on offer; **Badminton, Football, Netball, Short Tennis, Basketball, Kofball, Volleyball, Gymnastics or Table Tennis.**



SWIMMING LESSONS

Grab your swim suit and learn how to swim whilst having fun. We have something for everyone

Baby Splash
Structured sessions that help build water confidence

Young Peoples Swimming
Work through ASA National stages 1-7. For ages 5+

Adult Swimming
Improve your water confidence

Rookie Life Saver
for young people wanting to improve their swimming skills.

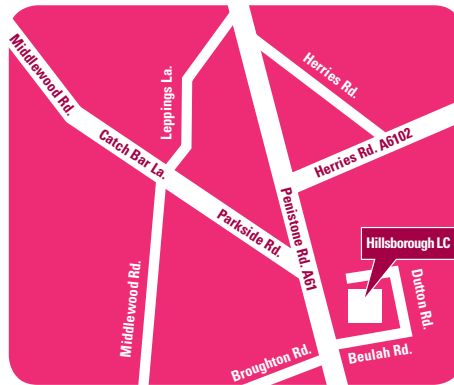
Plus you could even become a **Lifeguard** with our RLSS training.

BIRTHDAY PARTIES

Make your next birthday party one to remember with party pieces at Hillsborough Leisure Centre. Find out more today by picking up a leaflet or going online.



WE'RE CLOSER THAN YOU THINK



By Public Transport

From Sheffield City Centre 53,74,77 or 80 or catch the Supertram to Hillsborough Park.

By Car

Follow signs to Hillsborough on the A61 and we are nearly opposite Sheffield Wednesday football ground. We have plenty of parking spaces available.

For more information on how to find us please visit www.hillsboroughlc.co.uk

Pick up a school holiday activity camps and swimming timetable for family fun during the holidays

Your opinions matter and we'd love to hear your comments and suggestions, online, in writing or in person

TELL US YOUR THOUGHTS



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www.hillsboroughlc.co.uk



Managed by Sheffield International Venues in partnership with Sheffield City Council

EAST MIDLANDS TRAINS



CHILDREN'S Timetable & Price Guide



Spring/Summer 2010



Hillsborough Leisure Centre

www.hillsboroughlc.co.uk

All information included in this leaflet is correct at the time of print. All activities are subject to change, however, we will endeavor to inform our customers of any changes at the main reception or via our website

ACTIVITY SESSION GUIDE

Baby Splash

Structured sessions that help build water confidence.

Bendy Kids

These sessions help to develop balance and co-ordination.

Pre-School Trampolining

Develop new skills and improve co-ordination and balance.

Football

Supervised by FA coaches these sessions develop a range of skills for ages 8-13 and 5-8.

FitBitz

Fun and fitness for ages 5-8 with these high energy fitness classes.

Trampolining

Bounce your way to a fitter you and have fun at the same time.

Gymnastics

For beginners to advanced this session is designed to develop skills at all levels.

Judo

Fun and energetic martial arts sessions suitable for all levels.

Basketball

Slam dunk funk! A chance to learn the basics and learn new skills

Karate

Thrilling sessions working to the Shukakai syllabus. Suitable for all levels.

Football

Supervised by FA coaches these sessions develop and enhance skills for ages 8-12.

Taekwondo

Try this Korean Martial Art which develops fitness, flexibility and body strengthening.

Children's Activity Timetable (Term Time*)

| Day | 18 months - 5 years (Parental Supervision) | 3-5 years (Parental Supervision) | 5-7 years | 8-13 years | 5-8 years | 5-16 years | 7+ years | Adults & Under 16s |
|-------|--|---------------------------------------|--|---|----------------------------------|---------------------------------|----------------------------------|--|
| Mon | Bendy Kids Sports Hall 10.30am-11.15am | Bendy Kids Sports Hall 11.15am-12pm | Bendy Kids Sports Hall 12.30pm-1.15pm | Bendy Kids Sports Hall 1.15pm-2pm | | Trampolining Sports Hall 4-5pm | Trampolining Sports Hall 5-6pm | Football Sports Hall 7-7.45pm Taekwondo Sports Hall 7.45-9.15pm <small>Session delivered by external coaches</small> |
| Tues | | Baby Splash Rock Pool 11.30am-12.30pm | | | | Trampolining Sports Hall 4-5pm | Trampolining Sports Hall 5-6pm | |
| Wed | | Baby Splash Rock Pool 11.30am-12.30pm | | | | Fitbitz Sports Hall 4.30-5.15pm | | Karate Sports Hall 6.15-7.45pm |
| Thurs | | | Pre-School Trampolining Sports Hall 12.45-1.30pm | Pre-School Trampolining Sports Hall 1.30-2.15pm | | Gymnastics Sports Hall 4-5.45pm | Basketball Sports Hall 5-6pm | |
| Fri | | | | Trampolining Sports Hall 4-5pm | Football Sports Hall 4.45-5.30pm | Trampolining Sports Hall 5-6pm | Football Sports Hall 5.30-6.15pm | Judo Sports Hall 6-7.30pm Karate Sports Hall 6.15-7.45pm |
| Sat | Kids Club 9.30-11.30am | Kids Club 9.30-11.30am | Taekwondo Sports Hall 1-2.30pm <small>Session delivered by external coaches</small> | | | | | |
| Sun | Kids Club 10am-12pm | Kids Club 10am-12pm | | | | | | |

HIRE A COURT FOR YOUR OWN COMPETITION

Key

- 18 months - 5 years (Parental Supervision)
- 3-5 years (Parental Supervision)
- 5-7 years
- 8-13 years
- 5-16 years
- 7+ years
- Adults & Under 16s

*Activities subject to change and cancellations may occur during the school holidays. Subject to availability. Go online for details www.hillsboroughlc.co.uk.

WEEKEND KIDS CLUB

Stuck for something to do at the weekend?

Come along to our fun activity sessions for 5-7 & 8-13 year olds and try lots of different sports, adventure activities and fitness fun.



MAD DOG & LIL PUP CAMPS

Bored of staying home during the School holidays?

Come along to our camp for swashbuckling adventure games, activities and fun filled sports plus you will make lots of new friends. Mad Dog missions are for 8-13 year olds and the 6-7 years are our Lil Pups.

