

Price Guide

| Lane Swimming | Peak | Off-Peak |
|----------------|--|----------|
| Adult | £4.40 | £4.00 |
| Junior | £3.00 | £3.00 |
| Swim Fit Adult | £5.00 | |
| Aqua Aerobics | Free to FU members £5.00 to non members | |
| Aqua Natal | £3.60 | |

Leisure Swimming

| | | |
|--------------------|--------|--------|
| Adult | £4.90 | £4.40 |
| Junior | £3.00 | £3.00 |
| 1 Adult 2 Juniors | £10.50 | £10.00 |
| 2 Adults 1 Junior | £12.50 | £10.50 |
| 2 Adults 2 Juniors | £15.50 | £13.00 |
| Day Pass | £5.20 | £5.20 |
| Baby Splash | £4.00 | £4.00 |

Swimming Lessons

| | | |
|------------------------------------|--|--|
| 8 swimming lessons | £40.00 | |
| Crash Course | £24.00 | |
| 1 to 1 Training | please contact us for more information | |
| Adult Swimming lesson 8 weeks | £10.00* | |
| RLSS Life Saving | £200.00 | |
| Rookie Life Saver 8 week course | £40.00 | |
| Swimming Spectator | £0.55 | |

* Please note £10 for 8 weeks is a promotional offer and is only applicable to certain swimming lesson times. Swimming Lessons operate on a first come first served basis. Other adult swimming lessons are available please go online to find out more information.

SWIMMING LESSONS

WE HAVE SOMETHING FOR EVERYONE

Baby Splash for under 5 years
1-to-1 Training
Crash Course
Adult Swimming Lessons
Young People's 5 years+

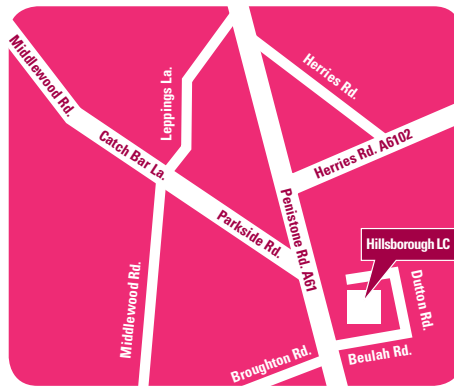


BECOME A LIFEGUARD?

Find out about our courses and how you can gain your Royal Lifesaving Society National Pool Lifeguard Qualification today.



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

SWIMMING GUIDELINES & ADMISSIONS POLICY

- Children under 4 must be accompanied by an adult (over 16) on a one to one ratio.
- Children under 4 can be brought into the pool by an adult (over 16) on a two to one ratio during any Splash or Lazy Leisure session.
- Children between 4 and 7 must be accompanied by an adult (over 16) on a two to one ratio.

Pick up a school holiday 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



Hillsborough Leisure Centre

Beulah Road, Penistone Road, Hillsborough, Sheffield, S6 2AN E: info@hillsboroughhlc.co.uk

0114 231 2233

www.hillsboroughlc.co.uk



Managed by Sheffield International Venues in partnership with Sheffield City Council

EAST MIDLANDS TRAINS



SWIMMING

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

SWIMMING SESSION GUIDE

Lazy Leisure

Swim with the bubble rings, channel bubblers and have a rest on a bubble seat. Ideal for older swimmers, pregnant mothers and those who wish to unwind.

Wet 'n' Wicked

Be blown away with wicked waves whilst you tackle the slide or flume as they alternate during your adventure. Climb aboard the pirate ship with water canons, tipping buckets and water slide.

Splish Splash

Ideal for young children and those looking for a gentle swim. Enjoy bubble seats, bubble rings, rain tree and slide. A gentle tide of waves and flume will alternate during your visit.

Fab Floats

Surf the waves of the beach using body boards and floats. Clamber aboard the pirate ship with water cannons and water slide. Watch out for the alternating slide and flume.

Schools Out

Speed your way down the slide and flume, get soaked under the tipping buckets and rain tree, ride the waves and clamber aboard the pirate ship.

Ladies Only

Relax with a Lazy Leisure session for women only. Please note - male life guard attendants will be present during this session.

Aqua Natal

Fully qualified midwives guide you through an exercise programme just for mums to be.

FU Swimfit

Fully qualified teaching coach at poolside to provide advice and assist in swimming skills development.

Baby Splash

Fun for babies and the parents in this dedicated session to build water confidence at an early age under the guidance of a qualified instructor.

Lane Swimming

Swim at your own pace in our lane swimming sessions. Swimming is a great all round exercise whatever your ability.

FU Aqua Aerobics

All the benefits of land based aerobic exercise, with the support of an aquatic environment. Suitable for all ages and abilities.



FAMILY FUN SWIMMING AT THE BEACH

Join in the fun with water slides, fab floats, water canons, a pirate ship or even a leisurely swim.

| | Morning | Afternoon | Evening |
|-------|----------------------------|---------------------------|------------------------------|
| Mon | Lazy Leisure 9am-12pm | Splish Splash 12-4pm | Wet 'N' Wicked 4-7pm |
| Tues | Lazy Leisure 9am-12pm | Splish Splash 12-4pm | Wet 'N' Wicked 4-7pm |
| Wed | Lazy Leisure 9am-12pm | Splish Splash 12-4pm | Wet 'N' Wicked 4-7pm |
| Thurs | Lazy Leisure 9am-12pm | Splish Splash 12-4pm | Wet 'N' Wicked 4-7pm |
| Fri | Lazy Leisure 9am-12pm | Splish Splash 12-4pm | Wet 'N' Wicked 4-7pm |
| Sat | Splish Splash 9-10.30am | School's Out 10.30-6pm | You could hire the pool here |
| Sun | Splish Splash 9-10.30am | School's Out 10.30-6pm | You could hire the pool here |



LANE SWIMMING & AQUA AEROBICS IN THE ROCK POOL



| | Morning | Afternoon | Evening |
|-------|---------------------------|-----------------------------|--------------------------------|
| Mon | Lane Swimming 7-9am | School Lessons 9-11.15am | FU Aqua Aerobics 11.30-12.30pm |
| Tues | Lane Swimming 7-9am | School Lessons 9-11.15am | Baby Splash 11.30-12.30pm |
| Wed | Lane Swimming 7-9am | FU Aqua Aerobics 10-11am | Baby Splash 11.30-12.30pm |
| Thurs | Lane Swimming 7-9am | School Lessons 9-11.15am | FU Aqua Aerobics 11.30-12.30pm |
| Fri | Lane Swimming 7-9am | School Lessons 9-11am | Lane Swimming 11.15-1.30pm |
| Sat | Swimming Lessons 8am-12pm | | Lane Swimming 12.05-1.05pm |
| Sun | Lane Swimming 8-8.50am | Swimming Lessons 8.55am-1pm | Lane Swimming 1.05-4.30pm |