



**Free Swimming
Wednesday
2.45pm – 3.45pm**

GET FIT FOR FREE

Adult Swimming Lessons
(booking essential), Friday
8.00am – 8.45am

8+ Beginner Swimming Lessons
(booking essential), Monday
6.00pm – 6.30pm

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Junior Fitness Suite (11 – 15 years old) Monday 4.00pm – 5.00pm	Boxfit Tuesday 6.00-7.00pm	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Pay & Play Badminton Wednesday 10.00am – 12.00pm	Boot Camp Thursday 1.00pm – 1.30pm	Pay & Play Short Tennis Thursday 2.00pm – 3.00pm
GYM SESSIONS	Tuesday & Thursday 2 - 3pm	Saturday 11am - 1pm	Monday, Wednesday and Friday 1pm - 2pm

Gym inductions, Headland Sports Centre, Monday & Wednesday, 12pm
Programme to run from 2nd January 2024 – 31st March 2024

CONTACT

Mill House Leisure Centre Tel:
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Hartlepool, TS24 8AR

Brierton Sports Centre Tel:
01429 523338 Brierton Lane,
Hartlepool, TS25 4AF

Headland Sports Centre Tel:
01429 523338 Union Street,
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