



GET FIT FOR FREE

Free Swimming:
Friday 7.30pm – 8.00pm

Free Adult Swim Lessons (Improver)
Monday 9.30am – 10.00am

Free Adult Swim Lessons (Beginner)
Tuesday 6.00pm – 6.30pm

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Spinning Monday 5.00pm – 5.45pm Spinning Wednesday 8.00am – 8.45am	Indoor Racket Games Tuesday 3.00pm – 4.00pm Indoor Racket Games Thursday 3.00pm – 4.00pm	Pay & Play Badminton Monday 2.00pm – 3.00pm Pay & Play Short Tennis Thursday 2.00pm – 3.00pm
GYM SESSIONS	Thursday 2.00pm – 3.00pm	Saturday 11.00am – 1.00pm	Monday 1.00pm – 2.00pm

Gym Inductions (Booking Essential): Headland Sports Centre, Wednesday - 12pm
Programme to run from 1st October 2025 – 19th December 2025

CONTACT

Mill House Leisure Centre Tel:
01429 523338 Raby Road,
 Hartlepool, TS24 8AR

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

Headland Sports Centre Tel:
01429 523338 Union Street,
 Headland, Hartlepool, TS24 ONZ

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