

ACTIVITY TIMETABLE



PORTWAY

BODYBALANCE

Ages	Date/s Time/s
14+	Thursday 19:30-20:30
	Friday 19:30- 20:30
	Sunday 17:30-18:00

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

SPRINT

Ages	Date/s Time/s
14+	Monday 06:35-07:05
	Tuesday 18:30-19:00
	Wednesday 12:15-15:45
	Thursday 17:45-18:15
	Saturday 08:15-08:45

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

INDOOR CYCLING

Ages	Date/s Time/s
14+	Monday 19:00-19:30
	Monday 19:30-20:00
	Tuesday 19:00-19:45
	Wednesday 18:15-19:00
	Friday 06:35-07:05
	Sunday 09:00-09:30

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

BOXACISE

Ages	Date/s Time/s
14+	Monday 18:15-19:15
	Tuesday 18:45-19:45

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

BUMS/LEGS AND TUMS

Ages	Date/s Time/s
14+	Tuesday 17:45-18:45
	Thursday 17:45-18:30

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

TIPTON SA

AIRMAHEM

Ages	Date/s Time/s
See website	29th July to 3rd September

www.airmayhem.co.uk

HAF HOLIDAY CAMPS

Ages	Date/s Time/s
8 to 16	31st July - 3rd August
	7th - 10th August
	14th - 17th August
	21st - 24th August
	09.00 - 13.00

Cost
Free

THE ALBION HOLIDAY CAMPS

Ages	Date/s Time/s
4 - 14	21st - 24th August
	10.00 - 15.00

Contact Albion Foundation

HADEN HILL

RANDOX FREE HEALTH CHECKS

Ages	Date/s Time/s
40 -74 40-74	5th July & 26th July
	10.00-16.00

Cost
Free

HADLEY LC

ELP SPORTS HOLIDAY CAMP

Ages
All

Date/s Time/s	
Monday 31st July	- Thursday 3rd August
Monday 7th Aug	- Thursday 10th Aug
Monday 14th Aug	- Thursday 17th Aug
Monday 21st Aug	- Thursday 24th Aug
12.00 - 16.00	

HALF PRICE BADMINTON

Ages
Open

Date/s Time/s
Monday 24th July - Friday 31st August
09.00 - 17.00

Cost
£5.25

TIPTON LC

Please check in centre for up to date event information

SAC

Please check in centre for up to date event information

WLC

Please check in centre for up to date event information

CIRCUITS

(INCLUDING HIIT)

Ages	Date/s Time/s
14+	Thursday 18:45-19:15
	Sunday 09:30-10:00

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

KETTLEBELL

Ages	Date/s Time/s
14+	Saturday 09:30-10:00

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

GLOWFIT

Ages	Date/s Time/s
14+	Tuesday 20:00-21:00
	Friday 18:30-19:30

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

STEP

Ages	Date/s Time/s
14+	Thursday 19:30

Cost
FREE for One card/Corp/Family/Student one card members
£6.60 Pay as you go per class
£3.30 With concessionary membership
£9.99 for all-inclusive class only 7 day pass

ALBION FOUNDATION SEN MULTI - SPORTS CAMPS

Ages	Date/s Time/s
13 - 16yrs old	wk 1 31.07.23 - Fri 04.08.23
	wk 2 07.08.23 - 11.08.23
	wk 3 14.08.23 - 18.08.23
	10.30am - 3.00pm

www.wba.co.uk/albion-foundation/book-now

BEACH PARTY ROLLER DISCO

Ages	Date/s Time/s
4- 16yrs	5th August 3.30pm - 4.30pm

Cost
£5.00 per session
£1.10 skate hire

VARIOUS FITNESS CLASSES

Ages	Date/s Time/s
Over 14's	1st July - 31st August

Contact reception for availability

MINI TENNIS

Ages	Date/s Time/s
5 - 10	24th July -13th August

Cost
£6.30 per session

JUNIOR TENNIS

Ages	Date/s Time/s
11-16	24th July - 13th August

Cost
£6.30 per session

Please contact reception for information on available times/days

ELP SPORTS HOLIDAY CAMP

Date/s Time/s
Monday 31st July - Thursday 3rd August
Monday 7th Aug - Thursday 10th Aug
Monday 14th Aug - Thursday 17th Aug
Monday 21st Aug - Thursday 24th Aug
10.00 - 14.00

Cost
Free to Haf voucher holders

HALF PRICE 3G HIRE

Ages
Open

Date/s Time/s
Monday 24th July - Friday 31st August
09.00 - 17.00

Cost
£35