

# Sessions Explained

**Aqua Aerobics/Zumba:** A water-based workout that includes cardio, body conditioning, but most of all is exhilarating beyond belief!

**Aqua Circuits:** For those who prefer a more targeted workout, aqua circuits is the aquatic equivalent to circuits in the gym.

**Leisure Swimming:** Race down the flume and slide, clamber aboard the pirate ship and ride the waves in these fun packed sessions!

**Lane Swimming:** Swimming is a great all round exercise whatever your ability and you can set your own pace in these dedicated sessions.

**Swimfit:** Fully qualified staff will be present at poolside to provide advice and assist in developing strength fitness and technique. Swimmers must be at competent level.



## Learn to Swim



Lessons available from Birth - Adult  
Find out more:  
[siv.org.uk/lessons](http://siv.org.uk/lessons)

Suitable for **All Abilities**

# Prices

	lifeCARD	
	Adult	Junior
<b>Casual Swimming</b>		
<b>Lane Swimming</b>	£4.80	£2.80
<b>Leisure Swimming</b>	£4.80	£2.80
<b>Family Swim</b> (2 adults and 1 child or 1 adult and 2 children)	£9.20	
<b>Family Swim</b> (2 adults and 3 children)	£15.00	
<b>Swimming Lessons</b> (Paid by monthly direct debit)	£28.50	

## Swimming Guidelines & Admissions Policy

Children under 4 years old must be accompanied by a responsible person aged 16 or over on a 1-to-1 ratio. Children aged between 4 and 7 must be accompanied by a responsible person aged 16 or over on a two to one ratio. Children aged 8 or over can enter the pool unaccompanied.

At Hillsborough Leisure Centre children under 4 can be accompanied by an adult (over 16) on a 2 to 1 ratio Monday-Friday 9.00am-3.30pm or between 9.00am-10.30am and 3.00pm-4.30pm at weekends and bank holidays.

At Hillsborough Leisure Centre during School Holidays the 2 to 1 ratio for under 4's is only applicable Monday - Friday between 9am - 10.30am and 3pm - 4.30pm

All timetables are correct at the time of print and are subject to change.

**For the most up-to-date timetable or to view any alterations please visit [www.siv.org.uk/swimming](http://www.siv.org.uk/swimming).**

**Non-lifeCARD holders:**  
Enjoy our activities by paying a per-activity charge of £3 per adult or £1.50 per child

Download our App for timetables, offers & bookings Search 'SIV lifecard'



We are **proudly** open to all



**Buy yours today!**



# Swimming Timetable & Price Guide



Save with **Swim Unlimited Membership**

Hillsborough Leisure Centre  
Beulah Road,  
Sheffield  
S6 2AN



**January 2019**

**Hillsborough Leisure Centre**

# The Rock Pool

## Monday

Lane Swimming	5.30am - 11.25am
Aqua Aerobics	11.30am - 12.30pm
Lane Swimming	12.35pm - 1.25pm
Lane Swimming	3.00pm - 3.55pm
Lane Swimming	6.10pm - 7.55pm
Aqua Circuits	8.15pm - 9.00pm
Lane Swimming	9.10pm - 10.00pm

## Tuesday

Lane Swimming	5.30am - 8.55am
Lane Swimming	12.30pm - 3.55pm
Lane Swimming	6.10pm - 7.55pm
Aqua Zumba	8.00pm - 9.00pm
Lane Swimming	9.10pm - 10.00pm

## Wednesday

Lane Swimming	5.30am - 9.55am
Aqua Aerobics	10.00am - 11.00am
Lane Swimming	12.30pm - 1.35pm
Lane Swimming	2.35pm - 3.55pm
Swimfit	6.05pm - 7.00pm
Lane Swimming	7.00pm - 8.10pm
Aqua Aerobics	8.15pm - 9.15pm
Lane Swimming	9.20pm - 10.00pm

## Thursday

Lane Swimming	5.30am - 8.55am
Aquaerobics	11.15am - 12.15pm
Lane Swimming	12.20pm - 1.25pm
Lane Swimming	3.00pm - 3.55pm
Swimfit	6.15pm - 7.15pm
Lane Swimming	6.10pm - 9.30pm

## Friday

Lane Swimming	5.30am - 1.20pm
Lane Swimming	7.05pm - 9.00pm

## Saturday

Lane Swimming	7.00am - 7.55am
Lane Swimming	12.30pm - 5.00pm

## Sunday

Lane Swimming	7.00am - 8.55am
Lane Swimming	12.45pm - 5.00pm

# The Beach Pool

## Monday

Leisure Swimming	9.00am - 8.00pm
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## Tuesday

Leisure Swimming	9.00am - 8.00pm
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## Wednesday

Leisure Swimming	9.00am - 8.00pm
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## Thursday

Leisure Swimming	9.00am - 8.00pm
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## Friday

Leisure Swimming	9.00am - 8.00pm
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## Saturday

Leisure Swimming	8.00am - 4.30pm
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## Sunday

Leisure Swimming	8.00am - 4.30pm
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For the most up-to-date timetable or to view any alterations please visit [www.siv.org.uk/swimming](http://www.siv.org.uk/swimming)

# SWIM MORE THAN ONCE A WEEK?



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