

**Hillbrow Health and Wellbeing
Christmas Opening Hours**

Tuesday 24th December 08:00 - 15:00
 Wednesday 25th December Closed
 Thursday 26th December Closed
 Friday 27th to Monday 30th December
 Hillbrow Health and Wellbeing will be open as normal
 Tuesday 31st December 08:00 - 15:00
 Wednesday 1st January Closed

Monday 23 rd December			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:15		Fitness Swim
08:15	09:30		Active Age Swim
09:30	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Family Splash Zone
13:30	15:50		*Swim For All
16:15	17:15	Wave Swim School Christmas Party	
Evening Session			
17:20	20:30		*Swim For All
20:30	21:30		Fitness Swim

Tuesday 24 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	11:00		*Swim For All
11:00	12:30		Active Age Swim
Afternoon Session			
12:30	13:30		Fitness Swim
13:30	14:45		*Swim For All

Friday 27 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Fitness Swim
08:00	09:00		Fitness Swim
09:00	09:45		Active Age Aquafit
09:45	10:45		Active Age Swim
10:45	12:45		*Swim For All
Afternoon Session			
12:45	13:45		Fitness Swim
13:45	15:40		*Swim For All
Evening Session			
20:00	21:00		Fitness Swim

Saturday 28 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim
09:00	11:15		*Swim For All
11:15	14:30		*Swim For All
Afternoon Session			
14:30	16:30		*Open Family Swim

Sunday 29 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim
09:00	13:30		*Swim For All
Afternoon Session			
13:30	15:00		Open Family Swim
15:00	16:30		*Swim For All

- Aqua Aerobics
- Fun Session
- Open Swimming
- Wellness Swim
- Lane Swimming
- Wave Swim School
- Party Use & Hire
- School & Private Hire

The ability to book a session is available, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. *Swim For All and Get Wet & Wacky are non-bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit www.waveleisure.co.uk. Please note: timetable subject to change.

Monday 30 th December			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:15		Fitness Swim
08:15	09:30		Active Age Swim
09:30	12:30		*Swim For All
Afternoon Session			
12:30	13:30		Family Splash Zone
13:30	18:15		*Swim For All
Evening Session			
18:15	20:30		*Swim For All
20:30	21:30		Fitness Swim

Tuesday 31 st December			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	11:00		*Swim For All
11:00	12:30		Active Age Swim
Afternoon Session			
12:30	13:30		Fitness Swim
13:30	14:45		*Swim For All

Thursday 2 nd January			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Bodyworks
08:00	09:00		Active Age Swim
09:00	10:00		Active Age Swim
10:00	11:45		*Swim For All
11:45	12:30		Aqua Zumba
Afternoon Session			
12:30	13:30		*Swim For All
13:30	14:30		Fitness Swim
14:30	15:45		*Swim For All
16:00	17:00		Bodyworks
Evening Session			
17:00	18:00		Fitness Swim
18:00	21:30		*Swim For All (C)

Friday 3 rd January			
Start Time	Finish Time	Focus	Session
Morning Session			
06:00	07:00		Fitness Swim
07:00	08:00		Fitness Swim
08:00	09:00		Fitness Swim
09:00	09:45		Active Age Aquafit
09:45	10:45		Active Age Swim
10:45	12:45		*Swim For All
Afternoon Session			
12:45	13:40		Fitness Swim
13:40	18:00		*Swim For All
Evening Session			
18:00	20:00		*Swim For All
20:00	21:30		Fitness Swim

New Year Opening Hours
 Tuesday 31st Dec 08:00 - 15:00
 Wednesday 1st January Closed

Saturday 4 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Bodyworks
09:00	11:15		*Swim For All
11:15	14:30		*Swim For All
Afternoon Session			
14:30	16:30		*Open Family Swim

Sunday 5 th January			
Start Time	Finish Time	Focus	Session
Morning Session			
08:30	11:30		Bodyworks
11:30	13:30		*Swim For All
Afternoon Session			
13:30	15:00		Open Family Swim
15:00	16:30		*Swim For All

- Aqua Aerobics
- Open Swimming
- Lane Swimming
- Party Use & Hire
- Fun Session
- Wellness Swim
- Wave Swim School
- School & Private Hire

The ability to book a session is available, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. *Swim For All and Get Wet & Wacky are non-bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit www.waveleisure.co.uk. Please note: timetable subject to change.