Over 300,000 people in Birmingham have now signed up to the 'Be active' scheme, all enjoying FREE swimming and gym.

The offer is changing from June 8th: The following activities will be included in the revised 'Be Active' scheme at Fox Hollies during the times listed: -

Advertised prices will be charged at all other times outside these hours.

For full details of the offer visit your local leisure facility, or log onto: www.birmingham.gov/beactive

General Swimming
Last admission an hour before end of session

Monday - Friday 09.00 – 12.30 & 13.30 – 15.30
Saturday 12.00 – 15.00
Sunday 15.45 – 16.45

Gym
Last admission 45 mins before end of session

Monday - Friday 20.00 – 21.00
Saturday 14.00 – 15.00
Sunday 16.00 – 17.00

Racketball
Tuesday & Thursday 09.30 - 11.30
Friday 08.50 – 12.50

Power Plates
Friday 07.00 - 21.00
Saturday 08.00 -15.00
Sunday 08.00 - 17.00

Community Football
For ages 8 - 15 yrs

Saturday 13.30 – 15.30
Sunday 11.00 – 16.00

Table Tennis
Monday - Thursday 08.00 - 17.00

50+ Fridays
Friday 08.30 – 12.30

Bowls
Monday 09.30 - 11.30
Tuesday 14.00 – 16.00

active

NHS

facebook

Birmingham City Council