



Opening Times and Prices Saturday 27th – Tuesday 30th December 2025



Opening Hours:

Fitness Suite

Sat 27th to Tue 30th 9.00am-3.00pm

Last Admission Fitness Suite 2.30pm

*Fitness Suite Induction

*Inductions subject to availability-please phone on the day

Admission Prices

	Adult	*Con
Exercise Class (Booking required)	£8.55	£5.15
Fitness Suite	£9.75	£5.80
Lane Swimming	£8.55	£5.15
Open Swim	£8.55	£5.15
Family Friendly 45 mins (Booking required)	£8.55	£5.15
Family Swim (2 adults + 2 juniors or 1 adult + 3 juniors)	£21.95	
0-2yrs swim (free with accompanying paying adult)	FREE	
Squash (per person) (Booking required)	£7.80	£4.60
Sauna and Steam	£8.55	£5.15
Gym Induction (Booking required)	£13.40	£7.90
Shower	£4.00	£2.35

* Concessions available: If you are under 18yrs old, or in full time education, or over 60yrs old
Active Scheme (please ask for details)

Sauna and Steam Open Sessions

Sat 27th 9.15am-3.00pm
Sun 28th 10.15am-3.00pm
Mon 29th & Tue 30th 9.15am-3.00pm

Last admission 2.30pm
Last admission 2.30pm
Last admission 2.30pm

Bookable Squash Time Slots 60 mins (max 2 bookers, non-marking indoor shoes must be worn) online booking required

Sat 27th to Tuesday 30th 9.00am, 10.00am, 11.00am, 12.00pm, 1.00pm, 2.00pm

Please book online – <https://hlh.gladstonego.cloud/book>

Timetable subject to change

All sessions are included in High Life Membership



ALL-INCLUSIVE access to all High Life leisure centres is just £42.99 per month for the family or £28.99 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £515.88 or an individual membership for £347.88

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