



No catch...
IT REALLY IS
FREE!

Free swimming for under 16s

Open to all residents of Brighton & Hove, register today at -
King Alfred Leisure Centre, Prince Regent Swimming Complex or St Luke's Swimming Pool. Free Swimming is available at the following public swimming times:

- Monday-Friday from 3.30pm during state school term time
- Saturday and Sunday all day
- School Holidays (Brighton & Hove state school holidays including inset days)
- Bank Holidays



For more details and to download an application form please visit www.brighton-hove.gov.uk/free-swimming



Holiday sports programme

The Breakout summer programme hits Brighton and Hove again this summer with lots of affordable activities to keep your children active. Here at Freedom Leisure Brighton and Hove we have teamed up with leisure partners across the city to bring the ultimate sports programme for children 3-14yrs.

This year we will be taking email bookings throughout June and emails will be dealt with on a first come first serve basis. Email Breakout@freedom-leisure.co.uk with your child's name, date of birth, the activities you would like to book and a contact telephone number. Multiple children can be booked in the same email. You can also add a suitable time for us to call you within office hours. We will deal with the bookings and call you back within two working days to take payment.

Payment will be required at the time of call to secure the booking. Places cannot be held. Our email can also be used to contact us if you have any questions regarding any of our activities.

Our telephone line will open July 3rd 10am-4pm for bookings, 01273 710555, places do get booked quickly so please take advantage of our email system. Further details, notes for parents & guardians on activities including venue addresses can be found on our website www.brightonbreakout.co.uk

Week 1 25/26/27 July

				Age	Cost	Family/ Junior Member	Leisure Card
Sports Day Camp	Withdean	25th July	9am-4pm	8-14	£25	£20	£15
Multisports	Portslade	25th July	9am-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	25th July	9am-12pm	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	25th July	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	25th July	11-12noon	7-14	£7.45	£5.95	£4.45
Badminton	Stanley Deason	25th July	1.30-3pm	7-14	£6.50	£5.10	£3.80
Sports Day Camp	Withdean	26th July	9am-4pm	8-14	£25	£20	£15
Watersports	Lagoon	26th July	1-4pm	8-14	£43.70	£43.70	£43.70
Trampolining	Portslade	26th July	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	26th July	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Sports Day Camp	Withdean	27th July	9am-4pm	8-14	£25	£20	£15
Climbing	Withdean	27th July	10.30am-12noon	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	27th July	1-3pm	6-11	£10.00	£8.00	£6.00

Week 2 30 July - 3 August

				Age	Cost	Family/ Junior Member	Leisure Card
Sports Day Camp	Withdean	30 July - 3 Aug	9am-4pm	8-14	£25 a day £100 week	£20 a day £80 week	£15 a day £60 week
Multisports	Portslade	30 July	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	30 July	9am-12 noon	8-12	£7.50	£7.50	£7.50
Multisports	Portslade	31 July	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	31 July	9am-12 noon	8-12	£7.50	£7.50	£7.50
Mini Tennis	Preston Park	30 July - 3 Aug	9-10.30am	5-8	£31.20	£25	£18.70
Tennis	Preston Park	30 July - 3 Aug	10.30-12 noon	8-12	£31.20	£25	£18.70
Trampolining	King Alfred	31 July	9-10am	3-7	£7.45	£5.95	£4.45
Trampolining	King Alfred	31 July	10-12 noon	7-14	£14.90	£11.90	£8.90
Multisports	Portslade	1 August	9-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	1 August	9-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	1 August	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	1 August	11-12 noon	7-14	£7.45	£5.95	£4.45
Badminton	Stanley Deason	1 August	1.30-3pm	7-14	£6.50	£5.10	£3.80
Climbing	Withdean	1 August	2-3.30pm	5-14	£14.90	£11.90	£8.90
Trampolining	Portslade	2 August	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	2 August	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Watersports	Lagoon	2 August	1-4pm	8-14	£43.70	£43.70	£43.70
Climbing	Withdean	3 August	10.30am-12 noon	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	3 August	1-3pm	6-11	£10.00	£8.00	£6.00

Week 3 6 - 10 August

				Age	Cost	Family/ Junior Member	Leisure Card
Mini Athletics	Withdean	6-10 August	9-10am	4-7	£25 week	£20 week	£15 week
Athletics/Startrack	Withdean	6-10 August	10-3pm	8-14	£85 week	£68 week	£51 week
Tennis Games/Skills	Withdean	6-10 August	10.20am-12.30am	5-13	£9 day	£6.60 day	£5.20 day
Multisports	Portslade	6 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	6 August	9-12pm	8-12	£7.50	£7.50	£7.50
Multisports	Portslade	7 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	7 August	9-12pm	8-12	£7.50	£7.50	£7.50
Multisports	Portslade	8 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	8 August	9-12pm	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	8 August	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	8 August	11-12pm	7-14	£7.45	£5.95	£4.45
Badminton	Stanley Deason	8 August	1.30-3pm	7-14	£6.50	£5.10	£3.80
Climbing	Withdean	8 August	2-3.30pm	5-14	£14.90	£11.90	£8.90
Trampolining	Portslade	9 August	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	9 August	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Watersports	Lagoon	9 August	1-4pm	8-14	£43.70	£43.70	£43.70
Climbing	Withdean	10 August	10.30-12pm	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	10 August	1-3pm	6-11	£10.00	£8.00	£6.00

Week 4 13-17 August

				Age	Cost	Family/ Junior Member	Leisure Card
Mini Athletics	Withdean	13-17 Aug	9-10am	4-7	£25 week	£20 week	£15 week
Athletics/Startrack	Withdean	13-17 Aug	10-3pm	8-14	£85 week	£68 week	£51 week
Tennis Games/Skills	Withdean	13-17 Aug	10.20am-12.30am	5-13	£9 day	£6.60 day	£5.20 day
Multisports	Portslade	13 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	13 August	9-12pm	8-12	£7.50	£7.50	£7.50
Trampolining	King Alfred	14 August	9-10am	3-7	£7.45	£5.95	£4.45
Trampolining	King Alfred	14 August	10.15-12.15pm	7-14	£14.90	£11.90	£8.90
Multisports	Portslade	14 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	14 August	9-12pm	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	15 August	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	15 August	11-12pm	7-14	£7.45	£5.95	£4.45
Multisports	Portslade	15 August	9-12pm	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	15 August	9-12pm	8-12	£7.50	£7.50	£7.50
Badminton	Stanley Deason	15 August	1.30-3pm	7-14	£6.50	£5.10	£3.80
Climbing	Withdean	15 August	2-3.30pm	5-14	£14.90	£11.90	£8.90
Trampolining	Portslade	16 August	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	16 August	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Watersports	Lagoon	16 August	1-4pm	8-14	£43.70	£43.70	£43.70
Climbing	Withdean	17 August	10.30-12pm	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	17 August	1-3pm	6-11	£10.00	£8.00	£6.00



01273 710555

Breakout@freedom-leisure.co.uk

www.brightonbreakout.co.uk

Week 5 20 - 24 August

				Age	Cost	Family/ Junior Member	Leisure Card
Sports Day Camp	Withdean	20-24 Aug	9am-4pm	8-14	£25 day £100 week	£20 day £80 week	£15 day £60 week
Multisports	Portslade	20 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	20 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Multisports	Portslade	21 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	21 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	King Alfred	21 August	9am-10am	3-7	£7.45	£5.95	£4.45
Trampolining	King Alfred	21 August	10.15-12.15pm	7-14	£14.90	£11.90	£8.90
Multisports	Portslade	22 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	22 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	22 August	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	22 August	11-12pm	7-14	£7.45	£5.95	£4.45
Badminton	Stanley Deason	22 August	1.30-3pm	7-14	£6.50	£5.10	£3.80
Climbing	Withdean	22 August	2-3.30pm	5-14	£14.90	£11.90	£8.90
Trampolining	Portslade	23 August	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	23 August	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Watersports	Lagoon	23 August	1-4pm	8-14	£43.70	£43.70	£43.70
Climbing	Withdean	24 August	10.30am-12 noon	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	24 August	1-3pm	6-11	£10.00	£8.00	£6.00

Week 6 28 August - 31 August

				Age	Cost	Family/ Junior Member	Leisure Card
Sports Day Camp	Withdean	28-31 Aug	9am-4pm	8-14	£25 day	£20 day	£15 day
Multisports	Portslade	28 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	28 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	King Alfred	28 August	9-10am	3-7	£7.45	£5.95	£4.45
Trampolining	King Alfred	28 August	10.15-12.15pm	7-14	£14.90	£11.90	£8.90
Multisports	Portslade	29 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	29 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	Stanley Deason	29 August	10-11am	3-7	£7.45	£5.95	£4.45
Trampolining	Stanley Deason	29 August	11-12 noon	7-14	£7.45	£5.95	£4.45
Badminton	Stanley Deason	29 August	1.30-3pm	7-14	£6.50	£5.10	£3.80
Climbing	Withdean	29 August	2-3.30pm	5-14	£14.90	£11.90	£8.90
Multisports	Portslade	30 August	9am-12 noon	5-7	£7.50	£7.50	£7.50
Multisports	Portslade	30 August	9am-12 noon	8-12	£7.50	£7.50	£7.50
Trampolining	Portslade	30 August	1-2pm	3-7	£7.45	£5.95	£4.45
Trampolining	Portslade	30 August	2.15-4.15pm	7-14	£14.90	£11.90	£8.90
Watersports	Lagoon	30 August	1-4pm	8-14	£43.70	£43.70	£43.70
Climbing	Withdean	31 August	10.30-12 noon	5-14	£14.90	£11.90	£8.90
Gymnastics	Portslade	31 August	1-3pm	6-11	£10.00	£8.00	£6.00

Don't forget to bring your registration form (link on your booking confirmation email) in advance to save even more time on the day.

Please make sure that lunches and snacks are healthy with no fizzy or sugary drinks

Are you on a low income?

The Leisure Card - Reduced rate memberships and activities for residents on low income. Brighton & Hove City Council recognise the need to help residents on low income to access sports facilities in the city.

Being active has a positive impact upon physical and mental wellbeing and so the council, in partnership with Freedom Leisure, offer the **Leisure Card** scheme.

The scheme provides upto 40% discount on memberships and 'pay as you go' use of facilities throughout the city including swimming, badminton, squash, table tennis and use of the gyms and is available to all residents who are in receipt of one or more of the following state benefits:

- Jobseekers Allowance
- Pension Credit
- Income Support
- Attendance Allowance
- Employment & Support Allowance/ Incapacity Allowance
- Universal Credit
- Disability Living Allowance/Personal Independence Payment
- Child Tax Credit (First Threshold Limit Only)
- Students (With a valid NUS Extra Card)



The Leisure Card can be used at the following seven leisure centres:

- King Alfred Leisure Centre
- Prince Regent Swimming Complex
- Withdean Sports Complex
- Portslade Sports Centre
- Moulsecoomb Community Leisure Centre
- Stanley Deason Leisure Centre
- St Luke's Swimming Pool

To apply, all you need to do is visit your local leisure centre to complete a simple application form. You will need to bring with you some identification such as a passport/driving licence/birth certificate and proof of the benefit that you are in receipt of. Hollingbury Park Golf Course and Waterhall Golf Course also now offer reduced prices at designated times for leisure card holders.

For further details please visit www.brighton-hove.gov.uk/leisure-card