



**Centre Opening Times**  
**Monday to Friday 9.30am – 8.30pm**  
**Saturday and Sunday 9.30am – 4.00pm**

**Main Hall Activities**  
Tuesday - Karate 6.30pm - 7.30pm  
Wednesday - Stay & Play 10.00am - 12.00pm  
Wednesday - Clubbercise 8.00pm - 9.00pm  
Thursday - Ballet-Be-Fit 6.30pm - 7.30pm  
Friday - Karate 6.30pm - 7.30pm

**Gym Memberships**  
No joining fee or contract, £20.00 per month or £4.50 per session.

**Teen Gym**  
Every Mon, Wed & Fri (14 - 18 years) 4.00pm - 5.30pm, £2.00 per session.

**Main Hall**  
Regular bookings for fitness classes etc are £15.00 per hour, private functions and parties are £30.00 per hour. We do a special offer on a Sunday where you can hire the hall from 12.30pm - 3.30pm for £60.00.

**Football Pitch Hire**  
Available to groups, clubs on a regular or casual basis  
Hire charges start from £33 floodlit for adult games  
**Weekend special offer**  
£50 two hour match charge, including changing rooms, subject to availability

**Casual Football**  
£1.00 per person per hour

**Football Parties**  
Hire the pitch for 1 hour and the meeting room for 1 hour (2 hours) hire charge £60.00.

**Meeting Room**  
**Available for private hire, bookings, parties**  
£15.00 per hour

**For Further Details Please**  
**Tel 01524 855019**

**See us on - facebook Heysham Mossgate Community & Sports Facilities**  
**E mail us at – heyshammossgatecommunity@live.co.uk**  
**Heysham Mossgate Community & Sports Facilities, Townson Way, Heysham, LA3 2AW**