

Events

From time to time events will be organised for the TOFF membership. In the past these have included theatre trips, flower shows, dinners and special offers that are exclusive to TOFF members only.

We encourage members feedback on a regular basis, including any event ideas you may have.

Court Bookings

Why not book a facility at reception? You can hire badminton, table tennis, netball, basketball and much more. You can bring up to three guests - they don't have to be a member. Prices and times vary, see reception for details.

Relax

Sprinters cafe offers pre and post exercise refreshments, including hot meals, drinks and snacks. Anyone is welcome here, including members and friends. Sprinters can be accessed via Hillbrow building but if you can't find it please ask reception for directions.

Gym

The centre is open:
07.30 - 22.00 Monday - Friday
08.30 - 17.00 on Saturday & Sundays / bank holidays.

Open Swims

Open swim sessions are at the following times and are open to TOFF members. Please see reception, website and open swim brochure for amendments to the following standard timetable.

Monday	Thursday
07.30 - 08.55	09.00 - 11.00
12.00 - 14.00	20.00 - 21.30
19.15 - 20.30	
Tuesday	Friday
13.00 - 15.00	07.30 - 08.55
20.00 - 21.30	20.00 - 21.30
Wednesday	Saturday
07.30 - 09.00	13.00 - 15.00
12.00 - 14.00	Sunday
	13.00 - 15.00

Changes and exclusions:
PLEASE NOTE THE POOL IS CLOSED
19/08 - 23/08

Open swim will only take place 12-2pm on bank holidays.

Tuesday 30th July & Tuesday 6th August:
The normal 13.00-15.00 open swim will be just one hour at 13.00-14.00

Wednesday 12th June:
No 12.00-14.00 session

Notes: As we are a higher education establishment priority will be given to academic requirements as necessary. We try to avoid amending structured sessions but please check reception or online for any weekly programme deviations. See website or reception notice board for up to date information. Tel: 01273 643706

TOFF

CLASSES & SWIMS

08 Jun 2019 - 22 Sept 2019



Visit
us
online



University of Brighton

sportbrighton

sport.brighton.ac.uk/toffs

About

Our Eastbourne Sports Centre has a special membership option for the general public in its TOFF programme.

The Programme specifically caters for local residents over the age of fifty five. This includes a free induction, exclusive classes and pool times as well as other health and well-being initiatives.

To take advantage of this programme users must hold a valid Associate membership. Membership includes use of swimming pool and fitness suite during allotted periods. As a TOFF member you will also benefit from exclusive excursions and special offers (see overleaf for detail).

The current exclusive programme is opposite.



Toff Swim



Cardio & Strength



Mind & Body

Monday*

Aerobics
08.30 - 09.15 - Studio

Aqua
08.55 - 09.40 - Pool No session: 10/06 & 19/08

Aerobics
09.15 - 10.00 - Studio

Aqua
09.45 - 10.30 - Pool No session: 19/08

Swim
10.30 - 12.00 - Pool No session: 19/08

Tuesday

Hatha+Anusara Yoga (Beginners)
09.00 - 10.00 - Gaudick No session: 23/07

Zumba
09.30 - 10.30 - Studio

Tai Chi
10.00 - 11.00 - Gaudick No session: 23/07

Strength & Tone
10.30 - 11.15 - Studio

Swim
11.00 - 13.00 - Pool No session: 20/08

Tai Chi
11.00 - 12.00 - Gaudick No session: 23/07

Spin
11.15 - 12.00 - Studio

Wednesday

Hatha+Anusara Yoga (Intermediate)
09.30 - 10.30 - Gaudick

Swim
10.00 - 12.00 - Pool No session: 21/08

Thursday

Zumba
10.00 - 11.00 - Studio

Strength & Tone
11.00 - 11.45 - Studio

Friday

Aqua
08.55 - 09.40 - Pool No session: 23/08

Hatha+Anusara Yoga (Intermediate)
09.30 - 10.30 - Gaudick

Aqua
09.45 - 10.30 - Pool No session: 23/08

Core & More
10.00 - 11.00 - Studio

Swim
10.30 - 12.30 - Pool No session: 23/08

Saturday

Swim
11.00 - 13.00 - Pool

Class Booking

We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance.

Pre-booked but unattended class bookings that are not cancelled at least 3 hours prior to commencement will result in a cancellation charge equal to the non-member booking rate.

Membership/ Prices

Associate
Annual £210
Per month £21

TOFF exercise classes
Member Included
Non Member £5.50
Prices correct as of 01/06/19. These are subject to change

*Classes subject to change on bank holidays, see online bookings for available classes.