

[Health & Fitness](#)

[Sports & Coached Activities](#)

[Young People Activities](#)

[Room Hire & Conferencing](#)

[Venue Tours & Group Activities](#)

[Alterations](#)

[Timetables & Prices](#)

[Accommodation](#)

[Did You Keep Your Promise?](#)

[Search The Website](#)

[Centre Opening Times](#)

Monday - Friday 08:00am - 10:00pm
Saturday & Sunday 09:00am - 05:00pm
Easter Fri, 10th Apr 08:00am - 10:00pm
Saturday 11th April 09:00am - 05:00pm
Easter Sun, 12th Apr 09:00am - 05:00pm
Bank Hol, 13th Apr 08:00am - 10:00pm

[Activity Opening Times >](#)

[Explore Sheffield International Venues](#)

Hillsborough Leisure Centre

[More Information](#)

Beauchief Golf Course

[More Information](#)

[See All Venues ►](#)

Q WHERE CAN MY CHILDREN HAVE ATHLETICS COACHING?



[sport 4 life ►](#)



Want something to do over the School Holidays?

Our School Holiday clubs for 8-13 year olds is packed full with games, coached sessions and lots of different sports.

Book now for our next holiday club on 6th-10th and 14th-17th April 2009

[Save up to 20% with early bird booking discounts >](#)



New Women Only Boxing Club

Come along and have a go. Boxing is a great way to relieve stress and develop aerobic fitness, agility and strength. You don't need to be any good just willing to try something new and have fun.

[Find out more here >](#)



It's crunch time

Times are tight so get fit with us for less. At the Valley health & fitness centre at EIS Sheffield our membership is now 15% cheaper per month. We offer Personal Support, inspiration and motivation.

[Find out more details on our health & fitness membership >](#)