



2018 Sport Programme

JOIN US FOR A RANGE OF SPORTING ACTIVITIES TO BOOST SKILLS, FITNESS AND FUN FOR ALL THE FAMILY

Activity	Day & Time	Centre Member	Non-Member
Basketball (14+ years) Challenge your friends to an intense match of endurance, speed and skill at one of our Sunday evening Basketball sessions. Our qualified basketball coach is on hand throughout the session teaching you the skill needed to enjoy the thrills this energetic precision sport has to offer.	Sunday 19:15 - 20:45	£5.40 (14-15 years)	£6.55 (14-15 years)
Badminton* (Adult) A course designed to teach you the exciting fast paced Olympic sport of badminton. From drop shots to smash shots you'll have a blast.	Wednesdays 18:30 - 19:30 19:30 - 20:30	£50.40 (based on a 7 week course)	£64.75 (based on a 7 week course)
Badminton* (Junior) A fast paced exciting course is designed to teach you the rules and skills required to take on the badminton pros! This course is designed especially for juniors using a combination of music and fun games to help develop core skills.	Wednesdays 16:30 - 17:30 17:30 - 18:30	£43.05 (based on a 7 week course)	£51.10 (based on a 7 week course)
Football Charlton Athletic Challenge* (5-7 years) Develop your football skills on this Charlton Athletic Community course.	Tuesdays 16:15 - 17:15 17:15 - 18:15 Thursdays 16:30 - 17:30 Fridays 16:00 - 17:00	£67.20 (based on a 12 week course)	£79.80 (based on a 12 week course)
Football Charlton Athletic Challenge* (8-13 Years) Develop your football skills on this Charlton Athletic Community course.	Tuesdays 18:15 - 19:15 Thursdays 17:30 - 18:30 Friday 17:00 - 18:00	£67.20 (based on a 12 week course)	£79.80 (based on a 12 week course)
Trampolining (Junior) Experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves and impressive routines.	Saturdays 11:15 - 12:15	£72.00 (based on a 10 week course)	£83.50 (based on a 10 week course)

*Term time only. Number of weeks vary per term