

Primetime Programme

From January 2010

Exclusively for those aged 50+

Come along and enjoy a variety of activities on each day for only £4.20

Date	Time	Activity	Venue
Monday	9.00am -12.00 noon	Badminton	Sports Hall
	9.00am -12.00 noon	Table Tennis	Practice Hall
	9.00am -12.00 noon	Short Mat Bowls	Main Hall
	9.00am -12.00 noon	New Age Kurling	Main Hall
	9.00am -12.00 noon	Swimming	Main Pool
	9.00am -12.00 noon	Racquetball	Squash Courts
	11.00am - 12.00 noon	Primemovers	Dance Studio
Thursday	9.00am -12.00 noon	Badminton	Main Hall
	9.00am -12.00 noon	Table Tennis	Squash Courts
	9.00am -12.00 noon	Short Tennis	Main Hall
	9.00am -12.00 noon	Swimming	Main Pool
	9.00am -12.00 noon	Racquetball	Squash Courts
	9.00am -12.00 noon	Short Mat Bowls	Main Hall
	9.00am -12.00 noon	New Age Kurling	Main Hall
	10.30am - 11.30am	Primemovers	Dance Studio
	10.45am - 11.30am	Aqua Fitness*	Teaching Pool
Friday	2.00pm - 4.00pm	Badminton	Main Hall
	2.00pm - 4.00pm	Short Tennis	Main Hall
	3.00pm - 4.30pm	Swimming	Main Pool
	2.00pm - 4.00pm	Gym Workout	Wellness Studio

*Places are limited and must be pre-booked on the day
Please note that on Friday's a Primetime Co-ordinator will not be available



WHITE OAK LEISURE CENTRE
Hilda May Avenue, Swanley, Kent, BR8 7BT
01322 662188

www.sencio.org.uk

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PRIMETIME