



SPORT

sencio

2015 SPORTS 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	
Trampolining 12 week course From 5 years	Monday 17:00 - 18:00	£75.60	£87.60	
	Saturday 11:15 - 12:15			
Ladies Only Trampolining Weekly class, no booking required	Friday 09:45 - 10:45	£6.15	£8.15	
Basketball 14 - 15 years Adults (16+ years) Weekly class, no booking required	Sunday 19:15 - 20:45	£4.75	£5.75	
		£5.95	£7.95	
Badminton 12 week course Junior (8 - 15 years)	Wednesday 16:30 - 17:30 17:30 - 18:30	£63.60	£75.60	
	Adults (16+ years)			18:30 - 19:30 19:30 - 20:30
Football Charlton Athletic Challenge 12 week course	Tuesday 16:15 - 17:15 17:15 - 18:15 18:15 - 19:15	£63.60	£75.60	
				Thursday 16:30 - 17:30 17:30 - 18:30* *by invitation only
	5 - 7 years 8 - 13 years			
	5 - 7 years 8 - 13 years			
Gymnastics 12 week course 4 - 7 years 8 - 15 years	Sunday 09:30 - 10:30 10:30 - 12:00	£75.60	£87.60	



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