

SPORT

**sencio**

WHITE OAK LEISURE CENTRE



**Sport**

[www.sencio.org.uk](http://www.sencio.org.uk)



# 2017 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
<b>Archery Course</b> 8 - 17 Years (6 week course) 18 + Years (6 week course) A fun filled session where you will learn the basics of Target Archery. It's your chance to become Robin Hood for the day! Subject to availability.	<b>Thursday</b> 16:30 - 17:30 <b>Thursday</b> 18:00 - 19:00	£30.90	£37.20 (8 - 17 Years) £42.90 (18 + Years)
<b>Adult Trampoline Course</b> Jump for joy on this 7 week Sencio adult trampolining course. Learn the skills and techniques used by Bryony Page and take your trampolining to the next level.	<b>Monday</b> 19:00 - 20:00	£6.30	£8.40
<b>Junior Trampoline Course</b> Experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves and impressive routines during this 12 week course.	<b>Monday</b> 16:45 - 17:45 <b>Thursday</b> 16:45 - 17:45 17:45 - 18:45	£5.45	£6.55
<b>Ladies' badminton*</b> A fast paced exciting course designed to teach you the rules and skills required to take on the badminton pros!	<b>Friday</b> 10:00 - 12:00	£8.10	£8.10

\*not available during school holidays

## WHITE OAK LEISURE CENTRE

**S** Hilda May Avenue, Swanley, Kent BR8 7BT  
 01322 662188 | wolc@sencio.org.uk



[www.sencio.org.uk](http://www.sencio.org.uk)