## **Sevenoaks Leisure Centre** sencio SPORT

## Trampolining

Our qualified coaches will help you progress, learn new skills and get lots of enjoyment out of this fun activity.

Kida (Currel) C	Day of activity	Time			Member	Non-Member
<i>Kids (6 week Col</i> Wednesday - 1 h Saturday		4.00pm 11.00am		6.00pm 12.noon	£27.00	£33.00
<i>Ladies Only</i> Monday Friday		9.45am 9.45am		10.45am 10.45am	£4.40	£5.55
Fludy		9.458	10	10.45am		
	n of all ages and fitness. A ved posture and body alig		'com	plete' martial art,	which teaches co-ordir	nation, stress
Monday & Wedn Sunday	esday	8.00pm 9.00am		9.30pm 10.30am	£4.80	£5.95
	es (6 week course) Inton skills with our qualifie	d and experienced coach.	Impi	rove your speed a	and agility whilst having	g fun in this session.
Wednesday	- Junior	5.30pm	to	6.30pm	£22.80	£28.80
Wednesday	- Adults	6.30pm		7.30pm	£26.40	£38.40
		7.30pm		8.30pm		
adminton Night ome along and me	eet friends whilst have a go	od session of Badminton.	All st	andards welcome	э.	
Sunday		5.30pm	to	7.00pm	£4.40	£5.55
asketball	this fast moving session w	ith our qualified instructor.	Imn	rove vour speed	adility and skills	
onie along and try	9		mp		aginty and brand.	
0,	6 years	7.00pm		8.30pm	£3.40 £4.40	£3.95 £5.55
Sunday 14-1 16+ ootball – Charltor his well organised	6 years <b>Challenge (12 week cou</b> programme of soccer skills	7.00pm I <b>rse</b> )	to	8.30pm	£3.40 £4.40	£5.55
Sunday 14-1 16+ potball – Charltor nis well organised hilst improving you	6 years <b>Challenge (12 week cou</b> programme of soccer skills	7.00pm I <b>rse</b> )	to	8.30pm	£3.40 £4.40	£5.55
Sunday 14-1 16+ <b>potball – Charltor</b> nis well organised nilst improving you Tuesday - 1 hour Tuesday - 1 hour	6 years <b>Challenge (12 week cou</b> programme of soccer skills i soccer skills r sessions 5 – 7 years r sessions 8 – 13 years	7.00pm (Irse) (s assessment and coachin (4.30pm (6.30pm)	to g run to to	8.30pm s over a period o 6.30pm 7.30pm	£3.40 £4.40 f 12 weeks. It's an ama	£5.55 zing chance to have fu
Sunday 14-1 16+ Dotball – Charltor nis well organised nilst improving you Tuesday - 1 hour Tuesday - 1 hour Thursday - 1 hour	6 years <b>Challenge (12 week cou</b> programme of soccer skills r sessions 5 – 7 years r sessions 8 – 13 years ir sessions 5 – 7 years	7.00pm s assessment and coachin 4.30pm 6.30pm 4.30pm	to g run to to to	8.30pm s over a period o 6.30pm 7.30pm 6.30pm	£3.40 £4.40 f 12 weeks. It's an ama	£5.55 zing chance to have fu
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chance to learn ontact c , wnere our ified instructor teaches KICKDOXI ng skills in a ate environment. Y ou get tr all the moves and techniques of this sport and at the same time receive a high aerobic workout and improve your co-ordination. Minimum age 14 years.

Monday - 14-16 years	7.00pm	to	8.20pm	£3.80	£4.35
Wednesday - Adult	8.30pm	to	9.45pm	£4.40	£5.55

## Fencing (6 week course)

Take up this amazing sport. Practice parring, thrusting and many more moves with our experienced coach.

Monday - Junior 8 – 15 years	5.00pm	to	6.00pm	£27.00	£33.00
- Junior 8 – 15 years	6.00pm	to	7.00pm	£27.00	£33.00
- Adult 16+ years	7.00pm	to	8.00pm	£28.80	£40.80