

SP

Sportspark

08 Daytime Activities

There's always something for everyone to do during the day at Sportspark. A chance to be active, to learn a new activity in a social setting or to make new friends.

All sessions are led by suitably qualified and experienced instructors who make sure everyone is welcomed.



Daytime Activities

We have an extensive range of activities for all abilities. Please view the website for prices.

Mon	09:15-10:15	FILL - Aerobics 50+
	09:45-10:20	Pool - Ante-Natal Session
	10:25-11:00	Pool - Post Natal & Beyond Session
	10:30-11:30	Parkinson's Group - Yoga
	11:00-13:00	FILL - Badminton (50+)
	11:00-12:00	Pool - Light Aquafit & Swim Session
	13:00-15:00	FILL - Indoor Cricket Group (50+)
	13:00-13:40	Circuits
Tues	09:15-11:00	FILL - Health in Later Life (50+)
	09:30-11:00	Pool - Parent & Toddler Session
	09:40-11:40	Badminton - Ladies Group
	10:00-10:45	Pre-school Gymnastics - see SPRING leaflet
	11:00-12:00	Pool - Adult Swim Class
	11:00-11:45	Pre-school Gymnastics - see SPRING leaflet
	11:40-13:40	FILL - Badminton (50+)
	12:00-12:45	Pre-school Gymnastics - see SPRING leaflet
13:00-13:40	Circuits	
Wed	09:40-11:00	Retired Gents Cricket Group
	10:00-11:30	FILL - Tennis (50+)
	10:00-11:30	Post Cancer Surgery Group - Badminton
	10:30-11:30	Post Cancer Surgery Group - Yoga
	11:00-13:00	Badminton Advanced Group
	12:00-12:30	Post Cancer Surgery Group - Aquastretch
	12:30-13:05	Pool - Ante-Natal Session
	13:10-13:45	Pool - Parent & Toddler Session
14:00-15:00	Pool - Light Aquafit & Swim Session	
Thur	09:15-11:00	FILL - Health in Later Life session (50+)
	10:00-11:00	Retired Gents Table Tennis Group
	10:00-10:45	Pre-school Gymnastics - see SPRING leaflet
	10:20-12:20	FILL - Badminton (50+)
	11:00-11:45	Pre-school Gymnastics - see SPRING leaflet
	12:00-12:45	Pre-school Gymnastics - see SPRING leaflet
Fri	09:45-10:45	Yoga Beginner Course
	10:00-11:00	University of the Third Age Group - Swimming
	10:45-11:45	Yoga Intermediate Drop-In Session
	11:00-13:00	Badminton Intermediate Group
	13:00-13:40	Boot Camp
Sun	09:30-12:30	ESKA - Karate Club Session (4 - adults)
	11:00-12:00	Fit Kidz Course (10+ years)

Call now on 01603 592 398 or visit us at www.sportspark.co.uk