

Whitehaven

Sports Centre

September to December 2008

BACK TO SCHOOL - BACK TO FITNESS

Come along to our instructor led classes/sessions

MONDAY	4.00pm - 4.40pm	Teen Spinning (12-16 yrs) Height restriction applies
	4.00pm - 5.00pm	*Multi Sports Club - for young people with special needs
	4.30pm - 5.30pm	*Netball Coaching (11-14 yrs)
TUESDAY	3.45pm - 4.30pm	Street Dance (7-12 yrs)
	4.00pm - 5.00pm	*Basketball Coaching (11 & under)
	4.30pm - 5.15pm	Street Dance (12-16 yrs)
WEDNESDAY	1.00pm - 2.30pm	Parent & Toddler Group
	3.45pm - 4.30pm	Cheerleading (5-9 yrs)
	4.30pm - 5.15pm	Cheerleading (9-15 yrs)
	6.00pm - 6.45pm	*Basketball Coaching (12-15 yrs)
THURSDAY	1.00pm - 2.00pm	Musical Tots (3-4 yrs)
	4.00pm - 5.00pm	Junior Circuit Training (8+)
	4.00pm - 5.00pm	NFP Football Academy (5-7 yrs)
	7.30pm - 10.00pm	Table Tennis (12+)
FRIDAY	3.45pm - 4.30pm	Dance & Drama (5-10 yrs)
	4.30pm - 5.15pm	Dance & Drama (10+)
	7.30pm - 10.00pm	Recreational Badminton (12+)
SATURDAY	9.30am - 10.30am	Soccer Academy (4's & under)
	9.45am - 12.45pm	Squash Coaching
	10.30am - 11.30am	NFP Football Academy (5-7 yrs)
	11.00am - 12.00pm	High School Musical Club (4-8 yrs)
	11.30am - 12.30pm	NFP Football Academy (8-14 yrs)
	12.00pm - 1.00pm	High School Musical Club (8-10 yrs)
1.30pm - 2.30pm	Modern Dance Club (11+)	
SUNDAY	5.00pm - 6.00pm	Netball - Recreational (16+)

*Term time only