

Adults What's On

Various activities available from our Adults What's On programme:

YOGA

Yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

NIFTY 50'S CLUB

A whole host of activities designed for health, flexibility, fitness & lots of FUN!!!

OPEN BADMINTON

“A great way to fully enjoy this exhilarating sport. Ideal for beginners upwards these ‘Open’ sessions include structured matchplay as well as coaching tips and a social atmosphere!!!”

PILATES

SWIMMING LESSONS

Let our qualified instructors help you enjoy your lessons and give you confidence in the water.

CRECHE FACILITIES

OPEN TRAMPOLINING

You may have tried swimming, you may have tried weight training, and you may have tried circuit training. Now you can try something completely different in the form of trampolining. It is an excellent way to have fun and get fit, and meet new friends.

GYMNASTICS CLASSES

Starting with a good general warm-up and stretch, followed by some basic strength and skill work. You will then have the options of vault, balance beam, trampette and trampoline. Guaranteed fun!

[Click here to download our Adult What's On for September 2010](#)