

ADULT BACK TO SPORT SESSIONS

Our Adult Back to Sport programme offers a range of activities to help you lead an active lifestyle, whether you are looking to get back into sport or try something new. No matter what your activity and fitness level, the LC can help motivate and support you without the fees and commitment of a competitive club.

Day	Activity	Time	Price
Monday	BADMINTON	6.00-7.00pm	£3.90
	CLIMB TASTER	8.00-9.00pm	£2.00
Tuesday	BASKETBALL	5.30-6.30pm	£3.90
	NETBALL	5.30-6.30pm	£3.90
	CLIMB TASTER	8.00-9.00pm	£2.00
	TRAMPOLINE (Please book in advance)	8.00-9.00pm	£3.90
Wednesday	LADIES KICK BOXING	6.00-7.00pm	£3.90
Thursday	TABLE TENNIS	5.30-6.30pm	£3.90
	CLIMB TASTER	8.00-9.00pm	£2.00
Friday	5 A-SIDE FOOTBALL	5.15-6.15pm	£3.90
	CLIMB TASTER	8.00-9.00pm	£2.00

