

Active Life

C E N T R E



THURSDAY ACTIVITY MORNINGS FROM 9th SEPTEMBER 2010!



OPEN SESSIONS FOR ADULTS WITH LEARNING OR PHYSICAL DISABILITIES

10:30 - 11:15hrs

Each week a selection of general activities such as, trampolining, table tennis, line dancing or cheer-leading.

11:15 - 11:30hrs

coffee break, refreshments available from our café

11:30—12:30hrs

Join in the fun with our Gymnastic activities using state of the art apparatus, soft play equipment & trampolines.

BASINGSTOKE GYMNASTIC CLUB



- ◆ Activity sessions for 18yrs+, hoist available
 - ◆ No experience necessary
 - ◆ Have fun and socialize
 - ◆ All carers welcome!



- ◆ Join in as much or as little as you wish
- ◆ British Gymnastic Association qualified coaches lead the activity sessions
- ◆ **ONLY £3/PERSON EACH WEEK**
- ◆ **9TH SEPTEMBER FREE to ALL!**

Find us at

ActiveLife
CENTRE

In Houndmills, bus route no. 6
Tel 01256 352858 [Www.basingstokegym.co.uk](http://www.basingstokegym.co.uk)

chances4change
Improving health and well-being
for people in South East England

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