
INTRODUCTION

INFORMATION

We are very proud of our reputation for providing top class coaching. A wide range of sports and activities are on offer for all ages and abilities. All expertly coached by our enthusiastic team of instructors.

HOW TO ENROL ON A COURSE

If you are currently on one of our courses you can re-enrol now. Payment must be made at the time of booking.

If you are new to our courses you can book onto them by using the application form attached to this leaflet.

If you require further assistance please ask at reception.

JUNIOR COURSES

COURSE INFORMATION

11 WEEK COURSE

START W/B 07/01/2008/FINISH W/E 28/03/2008

EXCLUDING: MON 11/02/2008 to FRI 15/02/2008

PRICES VARY FOR EACH COURSE

FOOTBALL

1. MONDAY 5-6PM 4-7yrs
2. MONDAY 6-7PM 8-12yrs
3. TUESDAY 5-6PM 4-7yrs

BASKETBALL

4. TUESDAY 4.15-5.00PM 7yrs+

GYMNASTICS

5. TUESDAY 5.15-6.15PM 3yrs +

SHORT TENNIS

6. WEDNESDAY 3.45-4.15PM (Beginners)
7. WEDNESDAY 4.15-5.00PM (Intermediate)
8. WEDNESDAY 5.00-6.00PM (Advanced)
9. FRIDAY 3.45-4.15PM (Beginners)
10. FRIDAY 4.15-5.00PM (Intermediate)
11. FRIDAY 5.00-6.00PM (Advanced)

BADMINTON

12. THURSDAY 5-6PM 7-11yrs
13. THURSDAY 6-7PM 11-16yrs

KARATE

14. FRIDAY 4.45-5.30PM Children's beginners
15. FRIDAY 5.30-6.15PM Children's intermediate
16. FRIDAY 6.15-7.00PM Children's advanced

ADULT ACTIVITIES

MONDAY

- BODY CONDITIONING
9.30-10.30AM
- BELLY DANCING
10.45-11.45AM
- CIRCUIT TRAINING
7.00-7.45PM

TUESDAY

- PILATES MINI BALL
9.30-10.30AM
- PILATES
10.45-11.30AM
- PILATES
7.00-8.00PM

WEDNESDAY

- CORE TRAINING
9.30-10.30AM
- EXERCISE & DANCE
2.00-3.00PM
- TRIM & TONE
6.45-7.45PM

THURSDAY

- CARDIO KICK
10.30-11.30AM
- PILATES MINI BALL
11.30-12.30PM

FRIDAY

- BODY BLITZ
9.30-10.30AM
- PILATES
10.45-11.30AM

APPLICATION FORM

Course ref: _____

Course Title: _____

Name: _____

D.O.B. _____

Address: _____

Tel. No: _____

Memb. No: _____

Amount Paid: _____

How did you hear about the course?

REFUNDS WILL ONLY BE GIVEN
IN EXCEPTIONAL CIRCUMSTANCES
AND AT THE DISCRETION
OF THE MANAGER.

CHILDRENS PARTIES

WHY NOT BOOK YOUR CHILD'S
BIRTHDAY PARTY AT THE
CENTRE.

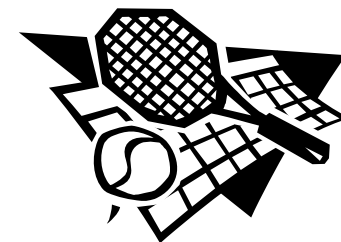
WE OFFER GO-KART, FOOTBALL
& MULTI SPORTS PARTIES OR
YOU CAN HIRE THE HALL FOR
VERY
COMPETITIVE PRICES.

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ASK AT RECEPTION FOR
FURTHER DETAILS

info@danburysportscentre.co.uk
www.danburysportscentre.co.uk

Registered in England and Wales. 4670561
Dawson Field, Main Road, Danbury, Essex
CM3 4NQ

COURSES



JAN— MAR 2008

DANBURY COMMUNITY ASSOCIATION
(TRUST) LTD
SPORTS & SOCIAL CENTRE
(01245 224515)

info@danburysportscentre.co.uk
www.danburysportscentre.co.uk
