

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

12 WEEK COURSE

START W/B 04/01/FINISH W/E 2/04/2010

EXCLUDING: MON 15/02/to FRI 19/02/2010

PRICES VARY FOR EACH COURSE

FOOTBALL

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

GYMNASTICS

3. TUESDAY 5.15-6.15PM 3yrs + (Beg/Int)
4. TUESDAY 4.45-6.15PM (Advanced)

MINI TENNIS

5. WEDNESDAY 3.45-4.15PM (Beginners)
6. WEDNESDAY 4.15-5.00PM (Intermediate)

BASKETBALL

7. THURSDAY 4.15-5.00PM 7yrs +

BALLROOM, LATIN AMERICAN & FREESTYLE

DANCE

8. THURSDAY 5.15-6.15 9-15yrs (starts 25.2.10)

BADMINTON

9. THURSDAY 5-6PM 7-11yrs
10. THURSDAY 6-7PM 11-16yrs

KARATE

11. FRIDAY 4.45-5.30PM Beginners
12. FRIDAY 5.30-6.15PM Intermediate
13. FRIDAY 6.15-7.00PM Advanced

ADULT ACTIVITIES

MONDAY

- BODY CONDITIONING 9.30-10.25AM
COMBAT WORKOUT 10.30-11.30AM (22.2.10)
HATHA YOGA 1.30-2.30PM
MULTI SPORTS CLUB 2.00-4.00PM
CIRCUIT TRAINING 7.00-7.55PM
LADIES DANCE CLASS 7.15-8.15PM
LADIES DANCE CLASS 8.30-9.25PM

TUESDAY

- PILATES MINI BALL 9.30-10.25AM
PILATES 10.45-11.30AM
PILATES 7.00-7.55PM

WEDNESDAY

- CORE TRAINING 9.30-10.25AM
INDOOR CYCLING 10.45-11.30AM
EXERCISE & DANCE 2.00-2.55PM

- TRIM & TONE 7.00-7.55PM

THURSDAY

- TONE & SHAPE 10.30-11.25AM (25.2.10)
PILATES 11.30-12.25PM
INDOOR CYCLING 7.05-7.50PM

FRIDAY

- BODY BLITZ 9:30-10:25AM
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.

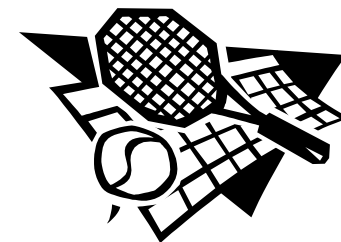
WE OFFER GO-KART, FOOTBALL
& MULTI SPORTS PARTIES OR
YOU CAN HIRE THE HALL FOR
VERY
COMPETITIVE PRICES.

.....
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— APRIL 2010
DANBURY COMMUNITY ASSOCIATION
(TRUST) LTD
SPORTS & SOCIAL CENTRE
(01245 224515)
info@danburysportscentre.co.uk
www.danburysportscentre.co.uk