

TISBURY & DISTRICT SPORTS CENTRE

A facility provided by Wiltshire Council,
Where everybody matters

New Activities November/December 2011

The Tisbury and District Sports Centre programme of weekly fitness classes and children's activities has something for everyone, so why not join in and – whatever your fitness level is now – we aim to improve it.

For the younger generation we coach football following the FA Approved Skills, as well as gymnastics and trampolining, where the children work towards their British Gymnastics Badge Award Scheme.

New Activities

The following activities will all run for 6 weeks from the start date.

Activity	Start Date	Time\Day	Price
Fun Circuit	21 November	Mondays 3:30 – 4:30pm	£2.40
Ladies Football	23 November	Wednesdays 11 – 12noon	£2.40
Tag Rugby	23 November	Wednesdays 4 – 5pm	£2.40
Girls Football	23 November	Wednesdays 5 – 6pm	£2.40
Over 50's Football	24 November	Thursdays 11 – 12noon	£2.40
Tiny Tots Football	25 November	Fridays 11.15 – 12noon	£2.40

Fun Circuit

Variety of exercises designed to improve all round fitness working out to the latest music for 5 years and over.

Ladies Football

Coaching session for Girls only who would like to play football for 16 years and over.

Tag Rugby

Football with a difference as the game is played at walking pace for 5 years and over.

Girls Football

Basic ball & Football skills for 3 – 5 year olds.

Over 50's Football

Football with a difference as the game is played at walking pace for those in their 50's and above.

Tiny Tots Football

Basic ball & Football skills for 3 – 5 year olds.

For class and session times, further details and to book any of the above, please contact us on 01747 871141 or email us at tisburysc@wiltshire.gov.uk