

Sports Development

Weekly Activities



MONDAY	Venue	Time
Gentle Exercise 50+ Hi-Lo Aerobics Football Coaching	Ardrossan Headland Sports Hall Grayfields	10.00am - 11.00am (adult) 10.00am - 11.00am (adult) 6.00pm - 7.00pm (6-11 years) 7.00pm - 8.00pm (12-16 years)
TUESDAY		
Hi-Lo Aerobics Fit at 50+	West View Community Centre Owton Manor Community Centre	9.30am - 10.30am (adult) 10.00am - 11.00am (adult)
WEDNESDAY		
Chair-Robics Footie Tots	Headland Sports Hall Throston Primary School	10.00am - 11.00am (adult) 1.00pm - 2.00pm (2-5 years)
THURSDAY		
Pilates Footie Tots	Headland Sports Hall Brougham Centre	10.00am - 11.00am (adult) 11.20am - 12.20pm (2-5 years)
FRIDAY		
Chair-Robics Health Circuits Equal Aero (step) Yoga	Anchor Court Owton Manor Community Centre Headland Sports Hall Owton Manor Community Centre	10.00am - 11.00am (adult) 10.00am - 11.00am (adult) 10.00am - 11.00am (adult) 1.30pm - 2.45pm (adult)

For more information contact Paul Reed on **01429 284048**

www.hartlepool.gov.uk/sportsdevelopment



Sport & Recreation