

CHILDREN'S TIMETABLE



REGULAR CLUBS

DAY	TIME	CLUB	AGE GROUP	COST
WEDNESDAY	5.15pm – 6.15pm	Roller Skating	6 – 12 years	£5.50
THURSDAY	5.30pm – 6.15pm	Karate (Beginners)	6 – 12 years	£5.50
THURSDAY	6.15pm – 7.00pm	Karate (Intermediate)	6 – 12 years	£5.50
FRIDAY	7.00pm – 8.15pm	Roller Disco	7 -12 years	£5.50

DETAILS

Roller Skating	Practice your roller skating skills in a fun environment with music and games. Skates and safety equipment provided.
Karate	Sessions for Beginners and Intermediate levels. Karate classes are a great way to get active and have fun. Karate teaches discipline, self-defense and confidence. Progress to the next level attaining grades throughout.
Roller Disco	Experience a real disco feel with a sparkly disco ball, colourful disco lights and all your favourite music for skating to. Have fun at our term time weekly roller disco and bring your friends too. Skates and safety equipment provided.

FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

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