

Timetable

Monday

Gymnastics

5:00pm-6:00pm for 5 to 9 year olds

6:00pm-7:00pm for 10 to 13 year olds

Tumble, roll, jump, balance, hop, spring. Advance your way through the British Gymnastics Proficiency Awards.

Adults Badminton 7:30pm-9:30pm,

Come along and join our friendly, social club for a competitive match or just a knock about. All abilities welcome.

Tuesday

Adult Football League From 7pm

If you want to put a team together contact Pro Star leagues. www.soccersixes.net

NRFC – Julie Gorham U9's 5.00pm to 6.00pm

NRFC – Mark Davies 6.00pm to 7.00pm

For more information call mark on 07925200182

Wednesday

Gymnastics

5:30pm-6:30pm for 5 to 9 year olds

6:30pm-7:30pm for 10 to 13 year olds

Tumble, roll, jump, balance, hop, spring. Advance your way through the British Gymnastics Proficiency Awards.

Grasshoppers U11's- 6.30pm to 7.30pm

Grasshoppers U14's- 7.30pm to 8.30pm

For more info call Alan on 07764941371 or log onto www.lyddgrasshoppersjfc.com

Boxing Course – See reception for course availability

Fight fit with our 10 week boxing courses. Learn from one of the best trainers; GB Team Coach Lee Pullen.

Beginners and Advanced courses available.

Thursday

Grasshopper Football (Various age group sessions) – From 5:30pm

Call Dave on 07950118399 or log onto www.lyddgrasshoppersjfc.com/ for more information.

Netball 7pm-8pm

Join our local ladies netball team “ Marshmellows” for training and maybe even break into the team which competes in the Ashford League. All abilities welcome.

Social Tennis From 7.30pm.

Come along and improve your tennis with our fully qualified coach.

Friday

Grasshoppers – Andy Preston 6.30pm to 7.30pm

Call Dave on 07950118399 or log onto www.lyddgrasshoppersjfc.com/ for more information.

Salsa Dancing From 7pm

Any age, any size, single or with a partner. People with two left feet very welcome. Lose weight and have fun at the same time. Salsa Tiempo.

Saturday

Karate 10:30am-12pm

Master Karate with our instructor Neil. Neil has studied martial arts for 27 years, and holds a 5th Dan Black belt.

Trampolining

9:30am-10:30am for 5 to 9 yrs,

10:30am-11:30am for 10 to 13 yrs

Bounce your way through the British Trampoline proficiency awards scheme.

Sunday

Archery Club – 10am-12pm

Shoot that golden arrow with The Romney Marsh Bowmen. Call Bridget on 07759 946076 for more information on how to get involved.

Please call us for more information on **01797 369200**

Some Courses require advanced booking. Please check for age restrictions.