



**1-5 March 2010**

## **FREE activities for the over 50s**

- Archery
- Badminton
- Bowls
- Exercise to Music
- Folk Dancing
- Golf
- Health Checks
- Pilates
- Short Mat Bowls
- Table Tennis
- Walking

These activities will be on offer across the District at the following locations:

Canewdon Village Hall  
Lambourne Hall Road  
Canewdon SS4 3PG

Greensward Academy  
Greensward Lane, Hockley  
SS5 5HG

The Hullbridge Centre  
Windermere Ave,  
Hullbridge SS5 6JR

Rayleigh Leisure Centre  
Priory Chase, Rawreth Lane  
SS6 9NF

The Warehouse Centre  
7 Brook Road, Rayleigh SS6 7UT

Great Wakering Community Centre  
High Street, Great Wakering  
SS3 0EJ

Hockley Woods  
Main Road, Hockley SS5 4RN

Hullbridge Community Centre  
Pooles Lane, Hullbridge SS5 6PA

Lords Golf & Country Club  
Hullbridge Road, Rayleigh SS6 9QS

**Please see timetable on the back of this flyer  
for full details and booking information.**

If you have any enquiries about the activities please contact  
Mark Aldous, Rochford District Council Sports Development Officer  
phone: **01702 318121** or  
email: **mark.aldous@rochford.gov.uk**  
web: **http://www.rochford.gov.uk**

*All details subject to change*

Date	Activity	Venue	Time	Booking No.
1 March	Health Walk	Hullbridge (Meet at Community Centre)	10.45-11.45am	Just turn up
3 March	Badminton	The Warehouse Centre	10-10.45am	01702 318076
	Table Tennis	The Warehouse Centre	11-11.45am	01702 318076
	Short Mat Bowls	The Warehouse Centre	12-12.45pm	01702 318076
	Health Checks	The Warehouse Centre	12.30-2.30pm	Just turn up
	Fit for Life	The Hullbridge Centre	10-11am	Just turn up
	Golf	Lords Golf & Country Club	10am-12pm	01702 232377
	Badminton	Greensward Academy	10am-1pm	01702 318076
	Fitness Centre	Greensward Academy	10am-1pm	01702 318076
	Folk Dancing	Greensward Academy	10am-12pm	01702 318076
	Pilates	Greensward Academy	10-11am	01702 318076
	Pilates	Greensward Academy	11.30am-12.30pm	01702 318076
	Exercise to Music	Rayleigh Leisure Centre	12-12.30pm	01702 318076
	Effective Toning	Rayleigh Leisure Centre	12.40-1.10pm	01702 318076
	Dance for Fitness	Rayleigh Leisure Centre	1.20-1.50pm	01702 318076
	Health Checks	Rayleigh Leisure Centre	12-4pm	Just turn up
	Bowls	Rayleigh Leisure Centre	1-4pm	01702 318076
4 March	Health Walk	Hockley Woods (Meet in Car Park)	10.45-11.45am	Just turn up
5 March	Fit for Life	Great Wakering Community Centre	10.30-11.30am	Just turn up
	Exercise to Music	Canewdon Village Hall	10.10-10.30am	01702 318076
	Resistance Training	Canewdon Village Hall	10.40-11am	01702 318076
	Fitness Walking	Canewdon Village Hall	11.10-11.30am	01702 318076
	Pilates & Stretch	Canewdon Village Hall	11.40am-12pm	01702 318076
	Health Checks	Canewdon Village Hall	12-2pm	01702 318076

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