

# Walpole Sport and Recreation Centre

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## WHATS ON IN OCTOBER 2010

				FRIDAY 1st
MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
	<b>Holiday Soccer</b> 9.30-11.00am  <b>Autumn Club</b> 1.00-3.15pm <b>Ladies Badminton</b> 1.30-3.00pm	<b>Stretch with Jenny Rutter</b> 9.00-10.00am <b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 7.00-8.00pm	<b>Holiday Soccer</b> 9.30-11.00am   <b>Table Tennis</b> 6.00 – 8.00pm	
MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
	<b>Over 50s Fitness</b> 7.30-8.30am  <b>Autumn Club</b> 1.00-3.15pm <b>Ladies Badminton</b> 1.30-3.00pm <b>Junior &amp; Senior Basketball</b> 3.15-7.30pm	<b>Stretch with Jenny Rutter</b> 9.00-10.00am <b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Zumba</b> 7.00-8.00pm	<b>Tai Bo</b> 2.00-3.00pm <b>Karate</b> 3.15-4.30pm  <b>Table Tennis</b> 6.00 – 8.00pm	
MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
<b>Volleyball</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Autumn Club</b> 1.00-3.15pm <b>Ladies Tennis</b> 1.30-3.00pm  <b>Junior &amp; Senior Basketball</b> 3.15-7.30pm	<b>Stretch with Jenny Rutter</b> 9.00-10.00am <b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Active After School Activities</b> 3.15-4.15pm <b>Zumba</b> 7.00-8.00pm	<b>Jumpin' Jellybeans</b> 10.00-11.00am  <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm  <b>Table Tennis</b> 6.00 – 8.00pm	<b>REMEMBER RED FACES @ COMMUNITY HALL SAT 23<sup>RD</sup> OCTOBER</b>
MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
<b>Volleyball</b> 6.30-8.30pm	<b>Over 50s Fitness</b> 7.30-8.30am <b>Autumn Club</b> 1.00-3.15pm <b>Ladies Tennis</b> 1.30-3.00pm  <b>Junior &amp; Senior Basketball</b> 3.15-7.30pm	<b>Stretch with Jenny Rutter</b> 9.00-10.00am <b>Senior Activity and Social Club</b> 10.00am- 3.00pm  <b>Active After School Activities</b> 3.15-4.15pm <b>Zumba</b> 7.00-8.00pm	<b>Jumpin' Jellybeans</b> 10.00-11.00am  <b>Tai Bo</b> 2.00pm-3.00pm <b>Karate</b> 3.15-4.15pm  <b>Table Tennis</b> 6.00 – 8.00pm	