

TIMETABLE Rochford District Sports Festival

Thursday 4th March – Monday 8th March 2010

DATE	TIME	ACTIVITY	AGE	LOCATION	
Thursday 4 th March	09:30 - 10:30	Jumping Beans	18 mths-3 yrs	Clements Hall Leisure Centre	
	10:30 - 11:30	Gym Tots	3-5 years	Clements Hall Leisure Centre	
	13:30 - 14:30	Tramp 'o' Bounce	18 mths-5 yrs	Clements Hall Leisure Centre	
	16:00 - 17:00	Funky Monkey Music	2-4 years	Rayleigh Leisure Centre	
	16:00 - 17:00	Junior Gym	12-16 years	Clements Hall Leisure Centre	
	16:00 - 18:00	Badminton	8-16 years	Clements Hall Leisure Centre	
	17:00 - 18:00	Punch	12-16 years	Rayleigh Leisure Centre	
Friday 5 th March	10:30 - 12:00	Active Life	50+ years	Clements Hall Leisure Centre	
	16:00 - 17:00	Alley Antics	3 - 8 years	Rayleigh Leisure Centre	
	16:00 - 17:00	Junior Gym	12 - 16 years	Clements Hall Leisure Centre	
	17:00 - 18:00	Judo	5+ years	Clements Hall Leisure Centre	
	18:00 - 19:00	Football	7-11 years	Great Wakering Sports Centre	
Saturday 6 th March	09:00 - 10:00	Trampolining	3-7 years	Rayleigh Leisure Centre	
	09:15 - 10:15	Step	16+ years	Rayleigh Leisure Centre	
	10:15 - 11:15	Trampolining	8-16 years	Rayleigh Leisure Centre	
	10:30 - 11:15	Body Pump Express	16+ years	Rayleigh Leisure Centre	
	10:30 - 12:00	Basketball	8+ years	Clements Hall Leisure Centre	
	11:00 - 12:00	Family Dodgeball	All ages	Great Wakering Sports Centre	
	11:30 - 12:30	Family Trampolining	All ages	Rayleigh Leisure Centre	
	12:00 - 13:00	Little Shakers	3-7 years	Rayleigh Leisure Centre	
	12:00 - 13:00	Trampolining	5-8 years	Clements Hall Leisure Centre	
	12:30 - 13:30	Street Dance	5-8 years	Clements Hall Leisure Centre	
	13:00 - 14:00	Family Table Tennis	All ages	Rayleigh Leisure Centre	
	13:00 - 14:00	Trampolining	8-16 years	Rayleigh Leisure Centre	
	13:15 - 14:15	Funk and Shake	8-11 years	Clements Hall Leisure Centre	
	13:30 - 14:30	Street Dance	8-16 years	Clements Hall Leisure Centre	
	14:00 - 16:00	Family Badminton	All ages	Rayleigh Leisure Centre	
	14:30 - 15:30	Rock the Beat	12-15 years	Rayleigh Leisure Centre	
	15:00 - 16:00	Climbing	8-16 years	Clements Hall Leisure Centre	
	17:00 - 18:00	Football	8-12 years	Rayleigh Leisure Centre	
	Sunday 7 th March	09:00 - 10:00	Adult Badminton	16+ years	Clements Hall Leisure Centre
		09:15 - 10:15	Body Pump	16+ years	Rayleigh Leisure Centre
10:30 - 11:30		Pilates	16+ years	Rayleigh Leisure Centre	
11:00 - 12:00		Family Badminton	All ages	Great Wakering Sports Centre	
15:00 - 16:00		Family Dodgeball	All ages	Rayleigh Leisure Centre	
16:00 - 17:00		Family Netball	All ages	Rayleigh Leisure Centre	
17:00 - 18:00		Family Basketball	All ages	Rayleigh Leisure Centre	
17:00 - 18:00		Family Climbing	6+ years (parents must stay)	Clements Hall Leisure Centre	
18:00 - 19:00	Family Climbing	6+ years (parents must stay)	Clements Hall Leisure Centre		
Monday 8 th March	13:00 - 14:00	Bouncy Castle Fun	2-5 years	Great Wakering Sports Centre	
	16:00 - 17:00	Sports Play	3-8 years	Rayleigh Leisure Centre	

*Under 8s must be accompanied by an adult. Only one adult per child under the age of 2.
All activities must be pre-booked as spaces are limited.

BOUNCE, KICK, CLIMB, DANCE, SHOOT OR SLAM-DUNK!

Rochford District Sports Festival

Clements Hall & Rayleigh Leisure Centres
and Great Wakering Sports Centre,
4th - 8th March 2010

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FREE SPORTS
AND ACTIVITIES
FOR THE WHOLE
FAMILY.



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GO MAD FOR SPORTS!

Join in your favourite activities, or try something you've never done before. Our timetable caters for every age and fitness level – and it's all completely free! Just book your spot in advance, turn up and make the most of all this...

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Rayleigh Leisure Centre
Priory Chase, Rawreth Lane
Rayleigh, Essex SS6 9NF
Tel: 01268 654510
www.rayleighleisure.co.uk

Great Wakering Sports Centre
High street, Great Wakering
Essex SS3 0HX
Tel: 01702 219 832
www.gtwakering.co.uk

Clements Hall Leisure Centre
Clements Hall Way, Hawkwell
Essex SS5 4LN
Tel: 01702 207777
www.clementshall.co.uk

- Gym tots
- Fun Swim
- Dodgeball
- Football
- Trampolining
- Basketball
- Street dance
- Climbing
- Badminton
- Netball
- Judo

See the timetable overleaf for full details, and use the details above to book your spot.

Brought to you by Great Wakering Sports Centre, Virgin Active Clements Hall & Rayleigh Leisure Centres, in partnership with Rochford District Council.