

April - July 2023

# Junior & Adult Summer Programme

## JUNIOR PROGRAMME

The junior programme will run from Monday 17 April to Sunday 16 July. No courses will run on bank holiday 1 and 8 May and during half term 29 May to 4 June.

Thursday		R/C	Standard
Karate beg 5+yrs	5.30-6.30pm	<b>£69.60</b>	£84.00
Karate int 8+yrs	6.30-7.30pm	<b>£69.60</b>	£84.00
Friday			
Judo Beg 5+yrs	5.00-6.00pm	<b>£69.60</b>	£84.00
Judo Int 8+yrs	6.00-7.00pm	<b>£69.60</b>	£84.00
Saturday			
RGA gymnastics beg Reception Year 1	9.00-10.00am	<b>£69.60</b>	£84.00
RGA gymnastics int Year 2-Year 4	10.00-11.00am	<b>£69.60</b>	£84.00
RGA gymnastics Year 5-Year 6	11.00am-12noon	<b>£69.60</b>	£84.00

## ADULT PROGRAMME

The adult programme will run from week commencing 17 April.

Wednesday		R/C	Standard
Badminton 50+	6.30-8.00pm	<b>£4.40</b>	£5.00
Badminton Beginners	6.30-8.00pm	<b>£7.50</b>	£8.00
Badminton Adult Club	8.00-10.00pm	<b>£6.90</b>	£7.40

Courses and dates/times may be amended. Please check at the centre. Refunds will only be given when a valid doctor's note is supplied.

**R/C** Richmond Card with paid for leisure subscription

**RGA** Richmond Gymnastics Association

**Beg** beginners

**Int** intermediate

**Imp** improvers

**Adv** advanced

**All** all levels

**Shene Sports & Fitness Centre**

Park Avenue, East Sheen,  
London SW14 8AT

[www.richmond.gov.uk/ssfc](http://www.richmond.gov.uk/ssfc)

**020 3772 2999**

 LONDON BOROUGH OF  
RICHMOND UPON THAMES