

September -
December 2023

Junior & Adult Autumn Programme

JUNIOR PROGRAMME

The junior programme will run from Monday 4 September to Sunday 17 December. No courses will run during half term 23 to 29 October.

Thursday		R/C	Standard
Karate beg 5+yrs	5.30-6.30pm	£81.20	£98.00
Karate int 8+yrs	6.30-7.30pm	£81.20	£98.00
Friday			
Judo Beg 5+yrs	5.00-6.00pm	£81.20	£98.00
Judo Int 8+yrs	6.00-7.00pm	£81.20	£98.00
Saturday			
RGA gymnastics beg Reception Year 1	9.00-10.00am	£81.20	£98.00
RGA gymnastics int Year 2-Year 4	10.00-11.00am	£81.20	£98.00
RGA gymnastics Year 5-Year 6	11.00am-12noon	£81.20	£98.00

ADULT PROGRAMME

The adult programme will run from week commencing 4 September.

Wednesday		R/C	Standard
Badminton 50+	6.30-8.00pm	£4.40	£5.00
Badminton Beginners	6.30-8.00pm	£7.50	£8.00
Badminton Adult Club	8.00-10.00pm	£6.90	£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,
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www.richmond.gov.uk/ssfc

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