

Whatever
your level we
have a game
for you

Active Ageing

Active Retired Rackets

This popular and sociable group meet up for badminton and table tennis. Play at your own pace.

Monday 10:00 - 12:00
Friday 10:00 - 12:00

Cost: Members £3.60 per session
Non members £5.60 per session
Over 65 years & Leisure Card users £2.75 per session

Gentle Circuits

An uplifting and friendly class with a wide range of gentle activities for an invigorating workout.

Wednesday 09:30 - 10:30
Friday 09:30 - 10:30

Cost: Members £3.85
Non members £5.85
Over 65 & Leisure Card users £3.00 per session

Over 65 & Leisure Card users pay £5.90 to join for the year.

We also have a wide range of Active Retired Activities. Full details are available in our Active Retired leaflet.



Sports Activities

Sports Activities for Adults



2017

Suitable for
all abilities

Tennis Coaching

WimX at Leisurezone offer adult tennis sessions for all abilities from beginners to advanced.

For more information, please contact **Victoria Davies on 07940 581036** or email **info@wimx.org.uk**

Tennis Court Hire

Harlow Leisurezone has 2 indoor tennis courts allowing for all year round play. Rackets and balls are available to hire. Pre-booking advisable.

Cost: £12 per hour per court
Non members pay a £2 Guest Fee per player.

Squash, Racketball, Table Tennis & Badminton

Leisurezone has 3 glass backed squash courts, one hard backed court and 8 badminton courts. Rackets, bats and balls are available to hire. You can drop in and play, however we recommend pre-booking to ensure your space. Costs are available on our Price List, or visit www.harlowleisurezone.co.uk.

Squash Club Night

For the seasoned player or beginner, this is the perfect opportunity to give this energetic fast paced game a go! You can be partnered up on the night and the focus is on fun rather than being ultra competitive. It's a fantastic way to really boost your fitness level too!

Monday 18:00 - 20:40
Friday 19:20 - 20:40

Cost: Members £4.80 per session
Non members £6.80 per session
Just turn up on the night!

Adult Trampolining

Adult trampolining is a great way to have fun and keep fit! Whether you have never bounced before and fancy giving it a try, or used to bounce when younger, these sessions will really get you feeling fantastic!

You can learn basic trampolining skills and jumps, through to somersaults. If you really get into it our coaches can help you progress through a structured proficiency scheme.

Monday 19:30 - 21:00
Thursday 19:30 - 21:00

Cost: Members £5.40 per session
Non members £7.40 per session

Book in advance, or turn up on the evening.

Badminton Club Night

Whether you are new to badminton or have been playing for a while, our club night is an ideal way to come and experience the game.

You can play at your own pace, no partner required as you can be paired up on the night. So come along to experience the social, friendly atmosphere.

Thursday 20:00 - 22:00

Cost: Members £6.35 per session
Non members £8.35 per session

Book in advance or turn up on the night.

All
equipment is
available
for hire



Book NOW
call 01279 621500

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