



# SPORTS ACTIVITIES



info@harlowleisurezone.co.uk  
www.harlowleisurezone.co.uk  
01279 621500



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## Squash, Racketball, Table Tennis & Badminton

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Leisurezone has 3 glass backed squash courts and 8 badminton courts. Equipment is available to hire on request. You can drop in and play, however, we recommend pre-booking.

Costs are available on our Price List, or visit [www.harlowleisurezone.co.uk](http://www.harlowleisurezone.co.uk).

## Adult / Youth Trampolining

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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

**Member:** £7.30 per session

**Non-member:** £9.30 per session

Book in advance, or turn up on the evening.





## Active Retired Rackets

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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

**Member:** £4.70 per session

**Non-member:** £6.70 per session

**Over 65 years & Leisure Card:**  
£4.00 per session

## Gentle Circuits

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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

**Member:** £5.15

**Non-member:** £7.15

**Over 65 years & Leisure Card:**  
£4.30 per session

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

To receive the over 65's and Leisure Card discount you must be a member of the centre which is £7.70 per year.

**Book now!**  
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Harlow Leisurezone, Second Avenue,  
Harlow, Essex, CM20 3DT

Prices correct  
until April 2024