

# SUTTON DISABILITY

## TERM TIME SESSIONS

### Phoenix Leisure Centre

Activity	Day	Time	Location
Get Fit	Friday	10:00am - 11:00am	Dance Studio
Sportsability	Friday	12 noon - 1:00pm	Community Hall
Crystal Palace	Wednesday	11:00am - 12 noon	Sports Hall
Trampolining	Saturday	2:00pm - 3:00pm	Sports Hall
Mencap Croydon	Monday	11:30am - 1:00pm	Group Exercise Studio
Malookoo Fitness Class	Monday	4:30pm - 5:30pm	Group Exercise Studio
Independence Homes Activity	Monday	1:00pm - 3:00pm	Community Hall
Independence Homes Boccai	Friday	1:15pm - 2:15pm	Community Hall
Boccai	Tuesday	1:30pm - 2:30pm	Community Hall

### David Weir Leisure Centre

Activity	Day	Time	Location
Fresh Start	Tuesday	11:00am - 12 noon	Fields Hall
Fresh Start	Friday	10:30am - 11:30am	Fields Hall
Gymnastics	Thursday	4:00pm - 4:45pm*	Fields Hall
Gymnastics	Thursday	4:45pm - 5:30pm**	Fields Hall
Cycling Eco local	Wednesday	10:00am - 12 noon	Outdoor Track
Cycling Eco local	Thursday	10:00am - 12 noon	Outdoor Track
Sutton And District Athletics Club	Tuesday & Thursday	4:15pm - 5:30pm	Track and Field
Velocity Wheelchair Athletics	Monday & Wednesday	6:30pm - 8:30pm	Outdoor Track

### Westcroft Leisure Centre

Activity	Day	Time	Location
Waves	Wednesday	6:30pm - 8:00pm	Swimming Pool
Malookoo Fitness Class	Monday	1:30pm - 2:30pm	Group Exercise Studio
Zest- Active Session	Wednesday	1:00pm - 3:00pm	Group Exercise Studio

\* Ages 3 to 4 yrs old \*\*Ages 5 years & above

### David Weir Leisure Centre

020 8641 9480

### The Phoenix Centre

020 8773 6060

### Westcroft Leisure Centre

020 8669 8666



Everyone Active manages these facilities on behalf of Sutton Council.

everyone  
ACTIVE

Feel better for it