

# Join the Club

The following clubs are based at Parish Wharf.  
For further information please contact the club organiser below.



## Monday

Swimming Club	7.00pm to 9.00pm	Vervia Adamson	01275 847332
Tae Kwon Do	5.00pm to 9.00pm	Jane Lambert	07767668303
Badminton Club	7.00pm to 9.55pm	Ruth Gilbert	01275 849538

## Tuesday

50+ CLUB	10.00am to 1.00pm	Parish Wharf Leisure Centre	01275 848494
Tai Chi Chuan	1.00pm to 3.00pm	Sifu Tony Dove	07886630436
Running Session	7.00pm Onwards	Mike Andrews	01275 848085

## Wednesday

Football Fun	10.00am to 10.55pm	Head Office	01275 341090
PAC Tri (Swimming)	7.00pm to 9.00pm* *8.00pm to 9.00pm alternate weeks.	Gary Embury	07871186447
Fresh Vibes	7.00pm to 8.00pm	Main Office	01173732842

## Thursday

Mini/Tots Tennis	10.00am to 10.55am	Matt Rogers	07788713672
Socatots Brazilian	4.00pm to 5.55pm	Main Office	01132441970

## Friday

50+ CLUB	10.00am to 1.00pm	Parish Wharf Leisure Centre	01275 848494
Badminton Club	7.00pm to 9.55pm	Ruth Gilbert	01275 849538
Tang So Do	6.00pm – 9.00pm	Ken Thorne	01179043680

## Saturday

### Sunday

Socatots	9.00am to 10.55am	Main Office	01132441970
PAC Tri (Spinning)	9.00am to 10.00am	Steven Fox	07976276242

Times may vary or change, please contact the club for more information.

Are you a club or regular booking? Would you like us to display your details? Contact the centre to arrange to be placed on our clubs page!