



Well Being & Leisure Newsletter



The Well-being and Leisure team are here to help you find activities or courses you would like to do in your area.

Please see below a couple of classes that already take place at Bracknell Leisure Centre and looking for people to join



RPM (Cycling to Music)
Thursday from 11.30am – 12 noon
Cost of activity is £4.30



Keep Fit
Thursday from 1.00 – 1.30pm
Cost of activity is £3.30

Other Groups looking for people to join their activities



REDTEN Football Coaching (www.red10fc.com)
Football every Saturday at Easthampstead Park School
from 2.30 – 4.00 p.m. £3.00 a session.
Please email Jason@red10fc.com or telephone Jason Collins on
0740 3317172 to join.



Dance
Thursday from 5pm – 5.50pm
Cost £5
Whitford Building, (Berkshire Ballroom,) Easthampstead Park
Conference Centre
Please contact Kelly Wilkins on 07725269138

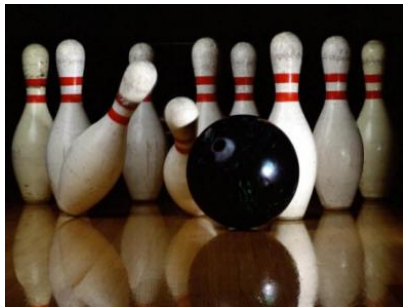
Please contact for further information
Well-BeingLeisure.Team@Bracknell-Forest.gov.uk
Matthew Rowell 07887 632627



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We are looking for people interested in these activities.



Ten Pin Bowling at The Point
Monday evening from 7pm – 8pm
Cost of activity £2.50



Badminton
Wednesday from 1.30pm to 2pm
Thursday and Friday from 2pm to 3pm
Cost of activity £3.30 / £2.65 on
Leisure Saver Scheme



Table Tennis
Wednesday from 1.40pm – 2.30pm
Cost of activity £3.30 / £1.45 on
Leisure Saver Scheme



Snooker at Lavender Park, Ascot
Any afternoon
Cost of activity £6.60 per hour

Other News

From the 1st April price of activities at Bracknell Leisure Centre will be increasing.

If you are unable to keep your appointment with Matthew please call him on 07887 632627.

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