



Whitby Leisure Centre



SUNDAY CLUB

Specially for you

Pool 6pm to 7pm
Sports Hall 6pm to 7pm
(football, badminton,
aerobics etc)

Meet your friends 6 to 8pm in
the Community Room for Cards,
Dominoes, Darts etc
Plus Tuck Shop

Starts
Sunday
13th Sept

£2.80 per person (Carers FREE)



What exactly is the Sunday Club?

It is a session aimed at adults with 'special needs'.

Can those attending do anything else?

Yes, the Fitness Suite is also available to those who have an induction and get a programme. Carers must attend induction and sessions although again this is FREE for carers.

What can we do at the Sunday Club?

There is swimming from 6 to 7pm and the sports hall will be available for a variety of activity such as football, badminton and even aerobics depending on demand and numbers. For those who like things a little more sedate or just want to socialise our Community Room will be available for darts, dominoes, cards or just chatting. There will also be a small tuck shop available.

What about carers?

All carers get in free of charge.

Sounds great. Do I need to book?

No, just turn up and pay at reception.



Whitby Leisure Centre
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