



25th September – 1st October 2017

MELTON



DATE	ACTIVITY	TIME	VENUE	COST
Mon 25th	Walking Netball Contact: 075400126816 or 07969236211	11am-12pm	Wilton Park, LE13 ODZ	£2
Mon 25th	Tai Chi Contact: 01664 502502	11.30am-12.30pm	Gloucester House, LE13 1JE	£3.50
Mon 25th	Young at Heart Swimming (50+)*	9-10pm	Waterfield Leisure Centre, LE13 OBG	£1.95
Tues 26th	Zumba*	9.30-10.30am	Waterfield Leisure Centre, LE13 OBG	£5.30
Tues 26th	Over 50s Kurling*	9.30-11.30am	Melton Sports Village, LE13 1DR	Pay sub through club
Tues 26th	Aqua Class*	10.30-11.30am	Waterfield Leisure Centre, LE13 OBG	£5.30
Tues 26th	50+ Forever Fit*	11.45am-12.45pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Tues 26th	Indoor Bowls Taster Sessions** Contact: 0754777258 or 01664 410159	4-6.30pm	Pet Bowling Green, LE13 OLR	Free
Tues 26th	Aqua Class*	8.30-9.30pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Tues 26th	Pure Stretch*	8.30-9.30pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Weds 27th	Over 50s Table Tennis*	10am-12pm	Melton Sports Village, LE13 1DR	£1.50
Weds 27th	Back Pain Class*	11am-12pm	Waterfield Leisure Centre, LE13 OBG	Free
Weds 27th	Pure Stretch*	11.30am-12.30pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Weds 27th	Over 50s Walking football*	12.30-1.30pm	Melton Sports Village, LE13 1DR	£1.50
Weds 27th	Seniors Health Walk Contact: 01664 564928	1.30-2.30pm	Melton Country Park, LE13 1PH	Free
Weds 27th	Indoor Bowls Taster Sessions** Contact: 0754777258 or 01664410159	4-6.30pm	Pet Bowling Green, LE13 OLR	Free
Weds 27th	Aqua Class*	5-6pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Weds 27th	Zumba*	5.30-6.30pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Weds 27th	Young at Heart Swimming (50+)*	9.30-10pm	Waterfield Leisure Centre, LE13 OBG	£1.95
Weds 27th	Over 50s Kurling*	9.30-11.30am	Melton Sports Village, LE13 1DR	Pay sub through club
Thurs 28th	Body Balance*	10.45-11.45am	Waterfield Leisure Centre, LE13 OBG	£5.30
Thurs 28th	Over 50s Table Tennis*	11am-1pm	Melton Sports Village, LE13 1DR	£1.50
Thurs 28th	50+ Forever Fit*	12-1pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Thurs 28th	Steady Steps Contact: 01664 502502	2-3pm	Gloucester House, LE13 1JE	£2
Thurs 28th	Aqua Class*	6.30-7.30pm	Waterfield Leisure Centre, LE13 OBG	£5.30
Fri 29th	Zumba*	9.30-10.30am	Waterfield Leisure Centre, LE13 OBG	£5.30
Fri 29th	Young at Heart Swimming (50+)*	2-3pm	Waterfield Leisure Centre, LE13 OBG	£1.95
Fri 29th	Over 50s Circuit*	2.15-3.15pm	Waterfield Leisure Centre, LE13 OBG	Free
Fri 29th	Aqua Class*	5-6pm	Waterfield Leisure Centre, LE13 OBG	£5.30



LEICESTER-SHIRE
& RUTLAND SPORT
HOLDING LIMITED



For more information on activities in Melton, contact:

t: 01664 502502

e: sports@melton.gov.uk

w: www.meltonsportandhealth.org.uk and www.lrsport.org/beactive

*Contact: Matthew Hopkin on 01664 563550 or waterfieldinfo@everyoneactive.com

**Shoes and Bowls provided