

Members' Activity Schedule 2019

Monday	Air Weapons			Pool		
	3:30-7:30pm Rifle and pistol shooting for all abilities Main Hall			7:30-10:00pm Practice + league play- new players welcome Bar		
Tuesday	Canoeing and Kayaking			Boccia		Table Tennis
	Summer Only Coached sessions and River Trips Booking required			Squad practice 6:00-8:00pm Inclusive coached sessions suitable for all Main Hall		7:30-10:30pm League matches home and away New Hall
Wednesday	Golf (off-site)	Art Club		Have-a-Go Wednesdays		Archery
	9:30am-12:30pm Inclusive golf for all abilities Local courses	9:30am Open to all abilities		11:45am-12:45pm Open fun, free daytime tasters every week Consult staff and notice board for details		5:00-9:30pm Indoor shooting for all abilities- beginner booking required Main Hall
Thursday	Air Weapons		Wheelchair Dance	Junior Swimming		Table Tennis
	1:00-3:00pm Rifle and pistol shooting Booking required Main Hall		4:00-6:00pm Squad sessions and practice by appointment only Main Hall	4:45-6:15pm Inclusive swimming for ages 5-14 by appointment only All sessions at Newlands School, Maidenhead		7:30-10:30pm League matches home and away New Hall
Friday	Wheelchair Dance		Walking Netball		Table Tennis	
	4:00-6:00pm Monthly taster sessions open to all		4:30-5:30pm Bi-weekly, Main Hall Followed by refreshments		7:30-9:30pm Free and friendly practice New Hall	
Saturday	Archery			Movers and Groovers		
	10:00am-1:00pm Open shooting for all abilities Main Hall			10:30-11:30am Inclusive instructor-led exercise classes 2 Saturdays per month - New Hall		
Sunday	Ten Pin Bowling		SportsAble Junior		Wheelchair Basketball	
	10:00am-1:00pm Monthly group bowling sessions Local bowling venues		12:30-4:00pm Suitable for U18s Social from 12:30pm, sports 2:00-4:00pm Booking required		2:30-4:30pm squad coaching 4:30-6:30pm public fun session Full court access and qualified coaching Windsor Leisure Centre	
						Swimming
						8:00-10:00pm Inclusive swimming for all ages and abilities Magnet Leisure Centre, Maidenhead

To find out detailed sessions times for activities that don't run weekly and social events, please visit www.sportsable.co.uk/events

Alternatively, please email sportsdevelopmentofficers@sportsable.co.uk