

## MEMBERS' ACTIVITY SCHEDULE 2020

<b>Monday</b>	<b>Have a Go</b>	<b>Short Mat Bowls</b>	<b>Air Weapons</b>		<b>Pool</b>
	10:30am –12:00pm Taster Sports Sessions All ages and abilities	12:30pm-2:30pm Fully inclusive Main Hall	3:30-7:30pm Rifle & pistol shooting all abilities Main Hall		7:30-10:00pm Practice + league play- new players welcome Bar
<b>Tuesday</b>	<b>Canoeing and Kayaking</b>			<b>Boccia</b>	
	Summer Only Coached sessions and River Trips Booking required			6:00-8:00pm Squad practice Inclusive coached sessions suitable for all Main Hall	
<b>Wednesday</b>	<b>Golf (off-site)</b>	<b>Art Club</b>	<b>Boccia</b>		<b>Archery</b>
	9:30am-12:30pm Inclusive golf for all abilities Local courses	9:30–11:30am Open to all abilities Main Hall	11:45am-12:45pm Open daytime Boccia sessions Everyone welcome		5:00-9:30pm Indoor shooting for all abilities Booking required - Main Hall
<b>Thursday</b>	<b>Air Weapons</b>	<b>Wheelchair Dance</b>	<b>Junior Swimming</b>		<b>Wheelchair Basketball</b>
	1:00-3:00pm Rifle and pistol shooting Booking required Main Hall	4:00-6:00pm Inclusive Dance Sessions Main Hall	4:45-6:15pm Inclusive swimming for ages 5-14 Booking Required, Off-site Newlands School		8:00-10:00pm Fun, social session open to all Main Hall
<b>Friday</b>	<b>Tai Chi</b>	<b>Walking Netball</b>	<b>Short Mat Bowls</b>	<b>Table Tennis</b>	<b>New Age Kurling</b>
	10:30am – 11:45am £3 per member per session New Hall	4:30-5:30pm Fortnightly Main Hall	7:45pm – 10:00pm Fully inclusive Main Hall	7:30-9:30pm Free and friendly practice New Hall	7:45-10:00pm Inclusive and friendly club sessions
<b>Saturday</b>	<b>Archery</b>		<b>Wheelchair Basketball</b>		<b>Movers and Groovers</b>
	10:00am-1:00pm Open shooting for all abilities Main Hall		12:00-2:00pm Squad practice by invite only Located at The Centre, Farnham Road, Slough		10:30-11:30am Inclusive instructor-led exercise classes 2 Saturdays per month - New Hall
<b>Sunday</b>					<b>Swimming</b>
					8:00-10:00pm Inclusive swimming all ages & abilities Magnet Leisure Centre, Maidenhead