

## **REGULARLY HELD ACTIVITIES**

### **SWIMMING**

Swimming sessions are held on Wednesdays from 3.00 pm to 4.00 pm, and Saturdays 11.00 am to mid-day, and Sundays 1.00 pm to 2.00 pm at the Fore St. Swimming Pool, Ipswich. Sundays are family swimming sessions and children accompanied by an adult are very welcome. Sessions (£1.50) throughout the year.

### **EXERCISE**

Exercise sessions for members take place at Chantry High Sports Centre Birkfield Drive Ipswich each Monday evening, 6.30 pm to 8.00 pm except for Bank Holidays and the month of August. Cost: £2.00 per session. For further information about swimming, or exercise sessions please contact:

**Len Tate on: (01206) 393292**

### **WALKS**

Walks are on Tuesday evenings at 6.30/Tuesday afternoons at 2.30. For information on walks contact:

**Tony Freeman (01473) 461747**

### **TEN PIN BOWLING**

Ten Pin Bowling is held every Friday at King Pin Bowling, Martlesham Heath, during school term time, 10:00 am to 1:00 pm. Ring Margaret (telephone number below) for dates.

Cost only £5.00 (includes bowling shoes and a free cup of coffee).

**Margaret Cockrill on (01473) 271958**

### **LINE DANCING**

2:00 pm every Thursday afternoon at Kesgrave Social Club

Edmonton Road Kesgrave. Non-line dancing partners are welcome to come and enjoy a game of cards or just a drink and a chat. Everyone is welcome to come if you need directions please ring

**Tessa Hawes (01473) 610212**