

Senior Activities

at Basingstoke Sports Centre



All activities must be
booked in advance

01256 326331



Young at Heart Badminton £4.50 over 60's

A supervised session for players of all ability.

Thursday 10.30 - 12.00

Racket morning £4.50 (Senior rate)

Badminton, suitable for players who are intermediate & above standard.

Friday 10.00 - 12.00

Line Dancing for Seniors £4.50

Monday 13.00 - 13.45 **Thursday** 10.00 - 10.45

Monday 14.00 - 14.45 **Thursday** 11.00 - 11.45

Aerobics £6.50

You can also enjoy participating in our classes, ranging from Yoga, Pilates, Tums, Bums & Thighs and many more (*see our studio timetable*).

Senior Swimming £2.90

Tuesday 14.00 - 14.45

Aquafit £6.50

Tuesday 10.00 - 10.45 **Thursday** 14.00 - 14.45

Basingstoke Sports Centre

Festival Place

Basingstoke Hants RG21 7LE

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