



Activity Programme

Long Stratton Leisure Centre

Swan Lane, Long Stratton, Norwich NR15 2UY

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**South Norfolk**
COUNCIL

Day	Time	Activity
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Mon	5.30 - 6.25pm	Junior Football
	6.00 - 6.30pm	Little Tigers
	6.30 - 7.25pm	Casual Badminton courts
	6.30 - 8.25pm	Karate
	8.30 - 10.25pm	Tasburgh Badminton Club
	8.30 - 10.25pm	Casual Badminton courts

Tues	5.30 - 6.25pm	Casual Bookings
	9.30 - 10.25pm	Casual Bookings

Wed	5.30 - 6.25pm	Casual Bookings
	6.15 - 7.45pm	Weight Watchers
	7.30 - 8.25pm	Casual Badminton Courts
	8.30 - 10.25pm	Long Stratton Badminton Club
	8.30 - 10.25pm	Tasburgh Badminton Club

Thurs	5.00 - 8.25pm	Long Stratton Gym Club
	5.30 - 6.25pm	Casual Badminton Courts
	6.30 - 8.25pm	Kuk Sool Won

Fri	2.30 - 4.25pm	60+ Group
	5.30 - 7.25pm	Party / Casual Bookings
	7.30 - 8.55pm	Basketball
	8.30 - 10.15pm	Ballroom Dancing
	9.00 - 9.55pm	Tas Valley

Sat	9.30 - 10.25am	Beginners Skate
	10.30 - 12.25pm	Roller Skating
	12.30 - 1.25pm	Party / Casual Bookings
	1.45 - 3.45pm	Trampoline (Course) (2 Sessions) (Term Time Only)
	1.45 - 4.45pm	Long Stratton Gym Club

Sun	9.00 - 10.00am	Casual Bookings
	10.00 - 11.00am	Basketball
	11.00 - 12.00noon	Basketball

Age	Contact Name	Contact Number
Under 8s	Leisure Centre	01508 531444
Any	Lynn Shipley	07766 542856
5 - Adult	Leisure Centre	01508 531444
14 - Adult	Lynn Shipley	07766 542856
Any	David Guy	01603 881218
Any	Leisure Centre	01508 531444
Any	Leisure Centre	01508 531444
Any	Leisure Centre	01508 531444
Any	Angela	01508 531203
Any	Leisure Centre	01508 531444
13 - Adult	Ann Lorne	01508 530987
Any	David Guy	01603 861218
5+	Tina Kent	07919 383860
Any	Leisure Centre	01508 531444
6+	Lynda Gillingwater	01379 854465
Any	Leisure Centre	01508 531444
Any	Leisure Centre	01508 531444
Adult	Andy Thacker	07734 817655
Adult	Mike Yemm	01603 811119
Adult	David Alcock	01603 702003
2 - 7	Leisure Centre	01508 531444
Any	Leisure Centre	01508 531444
Any	Leisure Centre	01508 531444
7+	Jono Atmore	07595 022386
5+	Tina Kent	07919 383860
Any	Leisure Centre	01508 531444
Ladies	Andy Thacker	07734 817655
Adult	Andy Thacker	07734 817655

Activity Descriptions:

60+: Group badminton and darts available.

Ballroom / Latin Dancing: Improver's standard.

Basketball: The basketball club welcomes players of all abilities. The adults will have the opportunity to play in a local league.

Beginners Skate: Bring your own skates or use ours for this fun session. Sessions just for beginners or inexperienced skaters.

Karate: A Tae-kwondo style of karate. Classes are suitable for all levels of fitness and all ages.

Kuk Sool Won: Korean Traditional Martial Art suitable for anyone aged 6 to adult.

Long Stratton Badminton Club: A club for social play (no league games) but of an intermediate standard (no beginners). Looking for new experienced players.

Long Stratton Gym Club: Girls gymnastic club using all four pieces of Olympic apparatus, i.e. floor, beam, A bars and vault. The club provides a safe and happy environment for girls from the age of 5 and upwards and from recreational to competition standard. The club operates on a waiting list system.

Roller Skating: Fun for all ages with music and lights. Skates for hire. Come anytime from 10.30am onwards.

Tasburgh Badminton Club: Players of Intermediate standard. The Club also has teams in Norwich & District and Waveney Leagues.

Trampoline: (Course Please Book)
A fun class which helps to improve balance and co-ordination as well as fitness levels. This class is suitable for all, regardless of age or experience.

Weight Watchers: Easy to follow eating plan, fits in with your lifestyle.

Gym opening times

Mon-Thurs	6.45am - 10.00pm
Friday	6.45am - 9.30pm
Saturday	9.00am - 5.00pm
Sunday	9.00am - 2.00pm