



Activity Programme Wymondham Leisure Centre

Norwich Road, Wymondham, Norfolk NR18 0NT

Tel: 01953 607171

www.south-norfolk.gov.uk/leisure

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Day	Time	Activity
Mon	5.00pm – 6.00pm	Judo
	5.00pm – 8.00pm	Football in the Community
	5.30pm – 6.30pm	Basketball
Tues	5.00pm – 6.00pm	Badminton - Beginners
	6.00pm – 7.00pm	Badminton - Improvers
	7.00pm – 8.00pm	Climbing
	8.00pm – 9.30pm	Climbing
	8.30pm - 9.30pm	Choy Li Fut Kung Fu - Adult beginners Session
Wed	1.10pm - 2:00pm	Lunchtime Social Badminton Group
	4.30pm – 6.30pm	Brazilian Soccer Schools
	6.30pm – 7.30pm	Karate – Eastern Shotokan Karate Association
	7.30pm – 8.30pm	Karate – Eastern Shotokan Karate Association
	8.30pm –10.30pm	Badminton Social
Thurs	6.30pm – 7.30pm	Soccer
	6.30pm – 9.30pm	Karate - East of England KDS
	7.00pm – 8.00pm	Climbing
	8.00pm – 9.00pm	Climbing
Fri	1.10pm - 2.00pm	Lunchtime Social Badminton Group
	7.00pm – 8.15pm	Korean Martial Arts – Lil Dragon & Cadets
	8.00pm – 9.30pm	Korean Martial Arts - Seniors
Sat	9.00am – 10.00am	Karate - Eastern Shotokan Karate Association
	10.00am –11.00am	Karate - Eastern Shotokan Karate Association
	11.00am - 13.00pm	San Chia Chuan Kung Fu
	12.00pm - 3.00pm	Junior Skate - selected Saturdays, see reception
	3.00pm - 5.00pm	Open Skate - selected Saturdays, see reception
	5.15pm – 6.15pm	Pool Party
	6.30pm – 7.30pm	Pool Party
Sun	1.30pm – 3.30pm	Public Pool Inflatable Session
	3.45pm – 4.45pm	Pool Party
	5.00pm – 6.00pm	Pool Party
	5.30pm – 9.30pm	Norwich City Roller Hockey Club
	8.00pm – 9.30pm	Norwich & Thetford Water Polo Club

Age	Contact Name	Contact Number
8 +	Leisure Centre	01953 607171
Juniors	Scott Emmerson	01603 761122
8 - 15	Leisure Centre	01953 607171
7 +	Leisure Centre	01953 607171
7 +	Leisure Centre	01953 607171
8 - 11	Leisure Centre	01953 607171
Adults	Leisure Centre	01953 607171
14+	Jo Hardy	07940 575336
Adults	Leisure Centre	01953 607171
5 - 18	John Marchant	01953 601033
6 - 14	Jason Hitchings	01603 418751
14 +	Jason Hitchings	01603 418751
Adults	Colin Greengrass	01953 605339
9 - 13	Leisure Centre	01953 607171
8+	Geoff Wilcockson	07834 171854
8 - 11	Leisure Centre	01953 607171
12 - 15	Leisure Centre	01953 607171
Adults	Leisure Centre	01953 607171
5 - 15	Chris Winter	01603 881376
15 +	Chris Winter	01603 881376
4 - 6	Jason Hitchings	01603 418751
6 - 14	Jason Hitchings	01603 418751
Any	Gary Brown	07765 402145
Under 8	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Leisure Centre	01953 607171
Any	Tim Nelson	01603 720481
Any	Mr R Peasgood	01953 600785

Activity Descriptions:

Basketball (course please book): Learn the skills to score baskets and move around the court with a basketball.

Climbing (course please book): Want to reach the top? Come and have a go on our climbing wall.

Choy Li Fut Kung Fu: Traditional Chinese Martial Arts. Classes focus on developing health, fitness and self-defence. Open to all abilities.

Judo: A form of wrestling in which clothes are worn by the contestants. The clothes and belt (encircling the waist twice) allow for greater range of technique.

Junior Badminton (course please book) : Beginners to tournament level, coached by a professional instructor. Equipment provided.

Junior Football (course please book and F.I.T.C group on Mondays): A supervised 5-A-Side session, including mini tournaments and shootouts and skill learning.

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

KDS: Our traditional Karate-Do Shotokai classes are structured yet relaxed and a great way to exercise. Experienced instructors will help to improve your fitness through learning new skills in a friendly supportive atmosphere.

Kuk Sool Won: Korean Traditional Martial Art suitable for anyone aged 5 to adult.

Pool Parties: Come and have fun and laughter for your birthday. Book a party and bring all the family and your friends.

Roller Hockey: Learn the moves and skills to play a game on wheels.