

INCLUSIVE PHYSICAL ACTIVITY TIMETABLE

The Better Community Sport programme is delivered in partnership with Royal Borough of Greenwich to provide physical activity & sport in the community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fun and Fitness Oxleas NHS Trust 1:00pm-2:15pm *Referral only Waterfront Leisure Centre SE18 6DL	Inclusive Multi-sport 11:00am-12:00pm Cost: £2 The Plumstead Centre SE18 1JL	“Sailability” 10:00am-3:00pm Water sports The AHOY Centre SE8 3JY	Swimming 10:00am-11:00am Cost: £2.80 (First session free) Waterfront Leisure Centre SE18 6DL	Tramshed Socials Oxleas NHS Trust 1:00pm-3:00pm FORTNIGHTLY Tramshed SE18 6ET	Unique Cycling 13:00pm-3:00pm Non-members: £4 Members: £2 Sutcliffe Park Sport Centre SE9 5LW	Swimming Lions Swimming club 10:00am-12:00pm Cost: £30 (annual fee) Eltham Centre SE9 1HA
Fun and Fitness Swimming 10:30am-11:30am FREE Eltham Centre SE9 1HA	Boccia 1:30pm-2:30pm Cost £2 The Plumstead Centre SE18 1JL	Fun and Fitness Oxleas NHS Trust 1:00pm-2:30pm 3:00pm-4:30pm Waterfront Leisure Centre *Referral only	Power-chair Football South London Special League 4:30pm-6:30pm Waterfront Leisure Centre SE18 6DL		Inclusive Tennis 2:00pm-3:00pm £3 (Booked termly) Charlton Lido, Hornfair Park, Shooters Hill Rd, SE18 4LX	
			Swimming Lions Swimming Club 7pm-8pm Cost: £30 (annual fee) Eltham Centre SE9 1HA			

For more information on the programme, please email RBGSportdevelopment@gll.org
better.org.uk/greenwich-sport-development

