

FOOTBALL

Saturdays

12 January - 6 April

(not 23 February)

11.30am - 1.00pm

8-16 yrs and 16+ yrs

📍 Hampton Sports & Fitness Centre

Session cost: R/C £5.00 / £5.50

FUSION DANCE AND DRAMA

Mondays

7 January - 1 April

(not 18 February)

5.45-7.00pm 16+ yrs

📍 Hampton Sports & Fitness Centre

Course cost: £54.00

JUNIOR FUSION DANCE

Saturdays

12 January - 6 April

(not 23 February)

11.30am-12.15pm (5-9 yrs)

12.15-1.00pm (10-16 yrs)

📍 Teddington Sports Centre

Course cost: £32.40

MULTI-SPORTS

Saturdays

12 January - 6 April

(not 23 February)

10.30am-11.30am 8-25 yrs

📍 Hampton Sports & Fitness Centre

Session cost: R/C £4.70 / £5.40

TRAMPOLINING

Saturdays

12 January - 6 April

(not 23 February)

11.30am-12.30pm

For children 5+ yrs, young people and adults

📍 Whitton Sports & Fitness Centre

Course cost: R/C £60.00/£72.00

WHEELCHAIR BASKETBALL

Thursdays

6.30-7.45pm (6-16 yrs)

📍 Waldegrave School

For detail and to book please contact office@knightsbasketball.co.uk or call 020 8797 0477

Please contact us for information on adult sessions.

RISE TO SHINE SWIMMING

Tuesdays

8 January - 2 April

6.00 - 6.45pm

📍 Teddington Pools & Fitness Centre

A stroke improver swimming group for young people aged 8 - 18 yrs who live or go to school in the borough. Swimmers need to be able to swim a length of the pool (25m) unaided. Swimmers work towards competing in the London Youth Games Para Swimming in June

8 - 18 yrs

Course cost: R/C £60.00/£66.00

CANOEING WILL START IN APRIL 2019.



If you would like to attend any of these activities or for more details, please contact the Sports Development Team

email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

R/C - Richmond Card with paid for leisure subscription