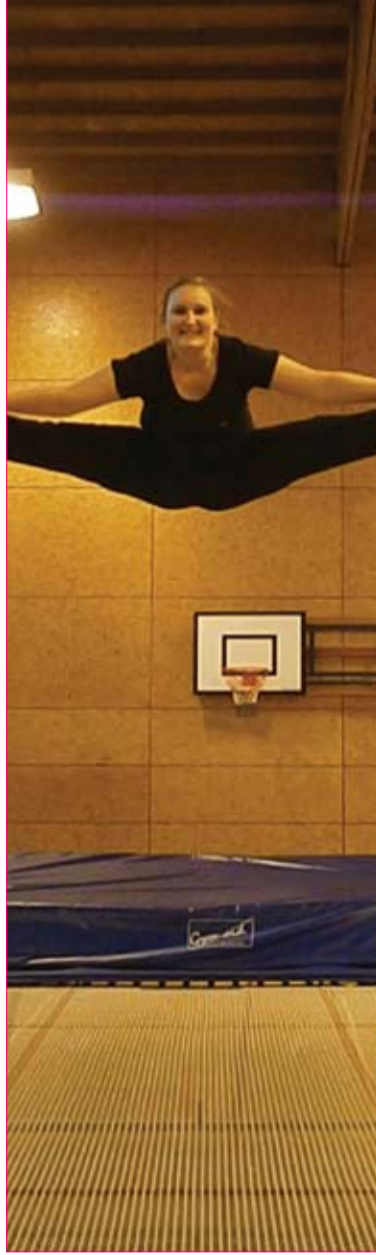


NEW YEAR NEW YOU



**NEW ACTIVITIES IN THREE RIVERS
FOR 14 – 25 YEAR OLDS!**

Sportivate



William Penn Leisure Centre

Gym Sessions

New Year fitness programmes for females aged 16-25 years.

Step 1

Induction.

Step 2

Set your Programme.

Step 3

Review!

Thursdays 5-7pm
26th Jan - 29th March 2012
in Beaumonts Gym. Suitable for all levels of fitness.

**JUST £20
for 10 sessions!**

BEAUMONTS
HEALTH CLUB

Netball

NEW to William Penn, Netball Coaching for females aged 16-25 years. Supported by England Netball.

Suitable for all levels of ability so come along and give it a go!

Wednesdays 6-7pm.
18th Jan - 21st March 2012.

**JUST £20
for 10 sessions!**

The Centre

Trampolining

Bounce your way to fitness at The Centre! NEW Trampolining sessions for 14-18 year olds.

Thursdays 5.30 - 6.30pm.
5th Jan - 1st March 2012
(excludes 16th Feb Half Term)

**JUST £10 for 8
week course**

that's just £1.25 for an hour of fun and fitness!

SJA

Snorkelling Crash Course

Learn the skills of snorkelling on this crash course for 14-16 year olds at Sir James Altham pool!

1 five-day course,
February half term 2012.

**JUST £10
for FULL 1
week course**

Please contact Sir James Altham for more information.

www.hertsmereleisure.co.uk

Follow us on:



William Penn Leisure Centre
Shepherds Lane, Mill End,
Rickmansworth, Herts.
WD3 8JN
Telephone: 01923 771050



The Centre
Gosforth Lane, South
Oxhey, Herts.
WD19 7AX
Telephone: 020 8428 4954



**Sir James Altham
Swimming Pool**
Little Oxhey Lane, South Oxhey
Watford, Herts. WD19 6FW
Telephone: 020 8421 0211



These centres are owned and funded by Three Rivers District Council and managed by Hertsmere Leisure. Hertsmere Leisure is a registered charity. Charity number: 1093653