



MyClub

For adults with learning disabilities and autism

TUESDAY

The Pavilion, the Glades, Bromley BR1 3EF

- **BOWLING*** 10.00-11.30
- **KEEP FIT** 11.45-12.25

WEDNESDAY

Bromley Golf Centre, Magpie Hall Lane, BR2 8JF

- **WARM UP WORKOUT** 13.00-13.45
- **GOLF** 14.00-15.00

THURSDAY

The Pavilion, the Glades, Bromley BR1 3EF

- **BOWLING*** 10.00-11.30
- **DANCE PARTY** 11.45-12.30

FRIDAY

Walnuts Leisure Centre, Orpington BR6 0TJ

- **MULTI SPORTS** 10.30-11.30
- **STRETCH & RELAX** 12.00-13.00

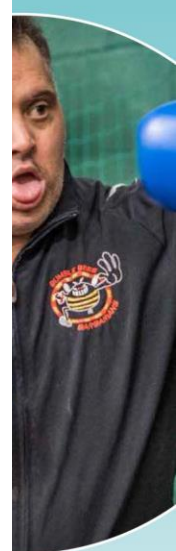
Activities are **FREE** except for Bowling which is subsidised for **MyClub**

FREE SWIMMING now available at Mytime Active general swim times

NOTE: This activity is not supervised. You need to attend independently or with a carer and registration for **MyClub** will be needed to access swimming for free.

To Register for MyClub

www.mytimeactive.co.uk/myclubadults or email myclub@mytimeactive.co.uk



SPORT
ENGLAND

LOTTERY FUNDED

<https://www.mencap.org.uk/about-us/what-we-do/mencap-sport>

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