



SPORTS ACTIVITIES



info@harlowleisurezone.co.uk
www.harlowleisurezone.co.uk
01279 621500



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Squash, Racketball, Table Tennis & Badminton

Leisurezone has 3 glass backed squash courts, one hard backed court and 8 badminton courts. Equipment is available to hire on request. You can drop in and play, however, we recommend pre-booking.

Costs are available on our Price List, or visit www.harlowleisurezone.co.uk.

Squash Club Night

For the seasoned player or beginner, this is the perfect opportunity to give this energetic fast paced game a go! You can be partnered up on the night and the focus is on fun rather than being ultra competitive. It's a fantastic way to really boost your fitness level too!

Monday: 18:00 - 20:40
Friday: 19:20 - 20:40

Members: £5.15 per session
Non members: £7.15 per session

Just turn up on the night!

Adult Trampolining

Adult trampolining is a great way to have fun and keep fit! Whether you have never bounced before and fancy giving it a try, or used to bounce when younger, these sessions will really get you feeling fantastic!

You can learn basic trampolining skills and jumps, through to somersaults. If you really get into it our coaches can help you progress through a structured proficiency scheme.

Monday: 19:30 - 21:00
Thursday: 19:30 - 21:00

Members: £6.20 per session
Non members: £8.20 per session

Book in advance, or turn up on the evening.

Badminton Club Night

Whether you are new to badminton or have been playing for a while, our club night is an ideal way to come and experience the game.

You can play at your own pace, no partner required as you can be paired up on the night. So come along to experience the social, friendly atmosphere.

Thursday: 20:00 - 22:00

Members: £6.75 per session
Non members: £8.75 per session

Active Retired Rackets

This popular and sociable group meet up for badminton and table tennis. Play at your own pace.

Monday: 10:00 - 12:00
Friday: 10:00 - 12:00

Members: £3.80 per session
Non members: £5.80 per session
Over 65 years & Leisure Card: £3.10 per session

Gentle Circuits

An uplifting and friendly class with a wide range of gentle activities for an invigorating workout.

Wednesday: 09:30 - 10:30
Friday: 09:30 - 10:30

Members: £4.20
Non members: £6.20
Over 65 years & Leisure Card: £3.40 per session

We also have a wide range of Active Retired activities. Full details are available in our Active Retired leaflet.

Book now!
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**Harlow Leisurezone, Second Avenue,
Harlow, Essex, CM20 3DT**

Prices correct
until April 2020