

Lynsey's Summer activities.txt

Summer activities at Copeland Bowls & Sports Centre, Cleator Moor:

Tennis: Pay & Play:

Start Date: Monday 19th July

Times: 1pm – 3pm

Girls Football:

Non-Competitive training; 6 week program based at Copeland Bowls & Sports Centre, Cleator Moor

Start Date: Tuesday 20th July

Times: 4pm – 4:45pm: Under 8's

5pm – 5:45pm: Under 10's

Multi-Activity Sessions:

6 Week program for youngsters aged 8 plus, based at Copeland Bowls & Sports, Cleator Moor

Start Date: Wednesday 21st July

Times: 1pm – 2pm

Family Circuits:

Open to everyone aged 12 plus, & all levels of fitness, 4 Week program, Based at Copeland Bowls & Sports Centre

Start Date: Wednesday 4th Aug

Times: 12pm – 1pm

FREE: Family day out: Healthy Walking:

Please dress appropriately, bring light lunch & plenty to drink

Setting off from Copeland Bowls & Sports Centre:

Date: Friday 6th August

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Time: 11am – 3pm

Please contact Lynsey Smith or Jess McGlynn for any more information on: 01946 815100 / 07563438823

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