



Due to refurbishment of the Leisure centre facilities sessions at Sport For Confidence will be temporarily operating at a reduced capacity.

Sessions will be affected between **11th November 2022 – 14th December 2022**. After this period we will be pausing sessions for the Christmas period and return to the **Normal timetable as shown on the flyers** on the **3rd January 2023** with brand new facilities.

The temporary timetable for the time period **11th November 2022 – 14th December 2022** will be as follows:

Tuesday:

Gentle exercise 10:30-11:00 (10 spaces)

Outdoor group walking 12.00 -12.45 (No payment required, subject to weather conditions)

Boccia 13.00 – 13.45 (10 spaces)

Supported Swim 14:15-15:00 (22 spaces)

Thursday:

Outdoor group walking 11.15 – 12.00 (No payment required, subject to weather conditions)

Boccia 13.00 – 13.45 (10 spaces)

Supported Swim 14:15-15:00 (22 spaces)

We apologise for any inconvenience, especially as the timetable has only recently been changed. Please ask any members of the team if you have any questions.

Thank you,

The Sport for Confidence team.