

# Active Slough



# SPRING PROGRAMME

These activities tie in with Public Health's aim to tackle obesity and empower adults and children to live healthier lives.

## MONDAY

**Learning Disability Football**  
**11am-12noon**  
Singh Sabha Sports Centre,  
SL1 3LW

**Junior Football**  
(6-11 yrs)  
**5.15-6.15pm**  
Arbour Park, SL2 5AY

**Adult's Run Class**  
**5.30-6pm**  
Arbour Park, SL2 5AY

## TUESDAY

**Beginner Disability Dance**  
**9.30-10.30am**  
73a Stoke Poges Lane,  
SL1 3NY

**Seated Exercises**  
**11am-12noon**  
Cippenham Library, SL1 5RB

**Female Junior Basketball** (6-11 yrs)  
**4.45-5.45pm**  
Manor Park Community Centre, SL1 2NP

## WEDNESDAY

**Pan-disability Gym**  
**1-2pm**  
Singh Sabha Sports Centre,  
SL1 3LW

## THURSDAY

**Walking Group**  
**11am-12noon**  
Singh Sabha Sports Centre,  
SL1 3LW

**Adult Men's Football**  
**5.30-6.30pm**  
Ditton Park Academy,  
SL3 7UX

## FRIDAY

**Seniors' Exercise and Yoga**  
**10.30am-12noon**  
Arbour Park, SL2 5AY

**Britwell Yoga**  
**11.45am-12.45pm**  
Britwell Hub, SL2 2DS

## SUNDAY

**Adult's Badminton**  
**1-2pm**  
Singh Sabha Sports Centre,  
SL1 3LW



# 20 MARCH TO 21 JUNE 2023

Participants need to sign-up in advance at [www.slough.gov.uk/xfp/form/184](http://www.slough.gov.uk/xfp/form/184) or scan the QR code. A one-off £10 sign-up fee is required to join the programme. If you sign-up, your household can access any session and only pay the fee once.

\*This is the last £10 programme, Summer Programme will be charged at £10 per month unless indicated otherwise.

Disclaimer: I am aware of my own health and physical condition, and having knowledge that my participation in this program may be injurious to my health, am voluntarily participating in physical activity. Having such knowledge, I hereby acknowledge this releases any representatives, agents and successors from liability for accidental injury or illness which I may incur in the Active Slough activity programme. I hereby assume all risk connected therewith and consent to participate in the Active Slough activity programme.



**ARE WE  
MISSING  
SOMETHING,  
LET US KNOW**

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

