



INSPIRING YOU OPEN DAY
Alton Sports Centre
Wednesday February 17th 2010
1000-1600

Time	Sports Hall	Fitness Suite	Swimming Pool	Dance Studio	Outside Area	Climbing Wall		
1000-1030		ALL DAY (Free Induction)						
1030-1100	Boccia		ALL DAY (Free Induction)	General Swim	Fun & Fitness (*)	Adapted Cycling	Climbing (*)	
1100-1130								
1130-1200								
1200-1230	Inclusive Basketball							
1230-1300								
1300-1330								
1330-1400	Boccia					Fun & Fitness (*)	Adapted Cycling	Climbing (*)
1400-1430								
1430-1500	Inclusive Basketball				Fun & Float Session			
1500-1530								
1530-1600								

(*) – Please book on arrival