



## New for January : **MyClub** and free swimming!

### TUESDAY

The Pavilion, the Glades, Bromley BR1 3EF

- **BOWLING\*** 10.00-11.30
- **KEEP FIT** 11.45-12.25

### WEDNESDAY

Bromley Golf Centre, Magpie Hall Lane, BR2 8JF

- **WARM UP WORKOUT** 13.00-13.45
- **GOLF** 14.00-15.00

### THURSDAY

The Pavilion, the Glades, Bromley BR1 3EF

- **BOWLING\*** 10.00-11.30
- **DANCE PARTY** 11.45-12.30

### FRIDAY

Walnuts Leisure Centre, Orpington BR6 0TJ

- **MULTI SPORTS** 10.30-11.30
- **STRETCH & RELAX** 12.00-13.00

Round the World Challenge participants can now register for our exciting Mytime Active Club for adults with learning disabilities and autism. This club is for YOU and is called **MyClub**

Activities are **FREE** except for Bowling which is subsidised for **MyClub**

**FREE SWIMMING** now available at Mytime Active general swim times

**NOTE:** This activity is not supervised. You need to attend independently or with a carer and registration for **MyClub** will be needed to access swimming for free.

Contact [fay.spencer@mytimeactive.co.uk](mailto:fay.spencer@mytimeactive.co.uk) to register for **MyClub** and keep clocking up those miles for Round the World Challenge.

SPORT  
ENGLAND

LOTTERY FUNDED

<https://www.mencap.org.uk/about-us/what-we-do/mencap-sport>

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