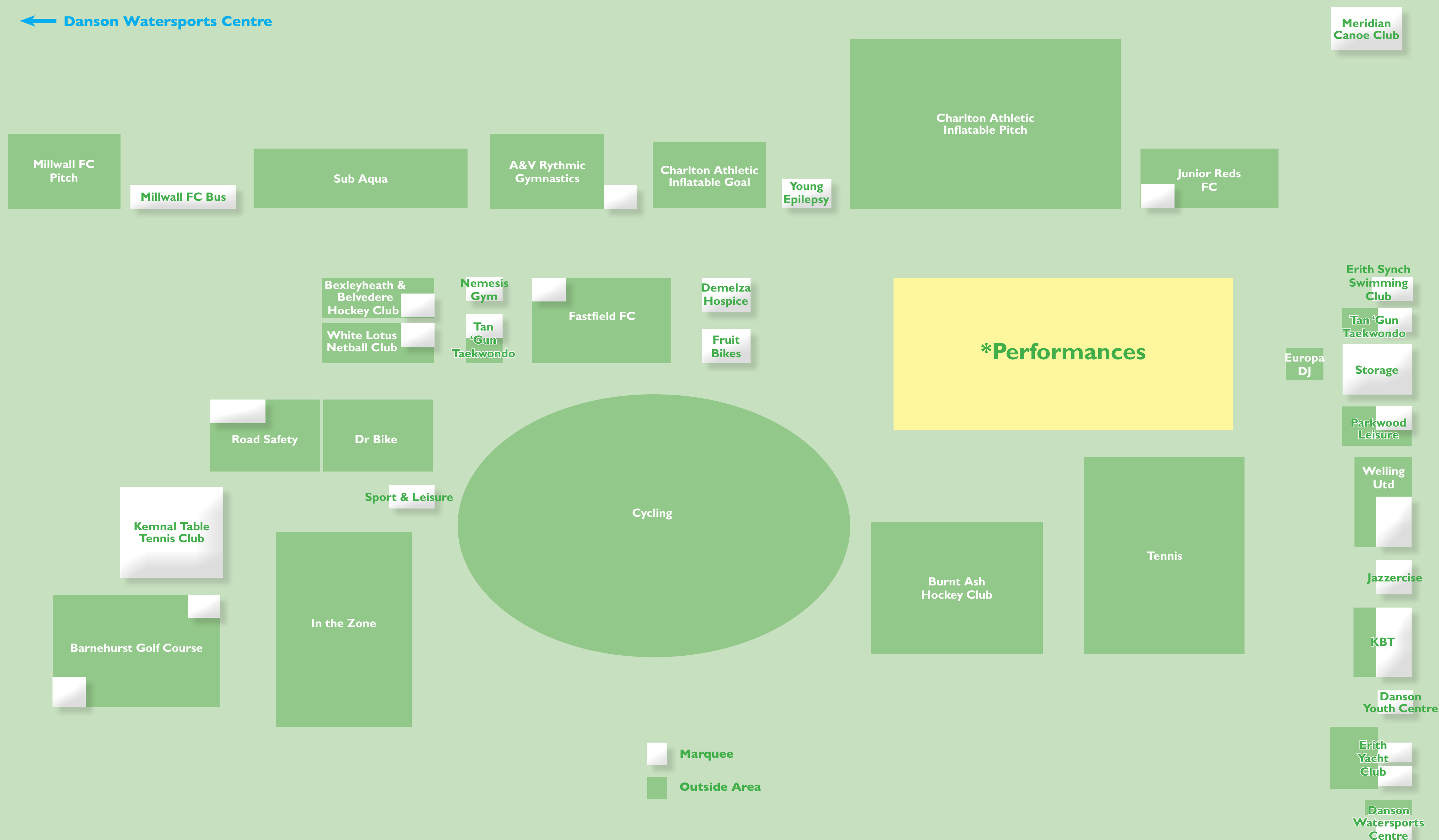


# Sports Zone

## Free Sports and Activities!



### \*Performance Times

#### Saturday

11.30 - 11.55am	Nemesis Gym
12.00 - 12.25pm	Jazzercise
12.30 - 12.55pm	KBT Academy
1.00 - 1.25pm	Zumba
1.30 - 1.55pm	A & V Rhythmic Gymnastics Club
2.00 - 2.25pm	Body Combat
2.30 - 2.55pm	Europa Gym Club
3.00 - 3.25pm	Tan 'Gun Taekwondo
3.30 - 3.55pm	Jazzercise

#### Sunday

11.00 - 11.25am	Postural Alignment workshop
11.30 - 11.55am	Nemesis Gym
12.00 - 12.25pm	Zumba
12.30 - 12.55pm	KBT Academy
1.00 - 1.25pm	Body Combat
1.30 - 1.55pm	Jazzercise
2.00 - 2.25pm	Tan 'Gun Taekwondo
2.30 - 2.55pm	Europa Gym Club
3.00 - 3.25pm	Jazzercise

### The Common Sense Bit

All sports have their hazards and while every precaution has been taken to ensure your safety, you take part in Sports Zone activities at your own risk.

If you think you might have a physical or medical condition that may prevent you from taking part, please check with a coach or member of staff. You are responsible for warming up before playing any sport and cooling down afterwards.

You are responsible for taking off glasses, jewellery etc before taking part, and will also be responsible for any damage or losses incurred.

In wet weather please be extra careful when taking part to prevent slipping. For your own safety please listen to any instructions given by staff or coaches.

Sport and Leisure Team staff or Festival personnel may take photographs of the activities for promotional purposes. Please let us know if you'd rather not be in any of the pictures.

**And most of all... enjoy the Sports Zone!**

Please note: running times and Sports Zone layout are subject to change.

### FREE Watersport Taster Sessions

#### Saturday

10.00am - 6.00pm	Rowing
10.00am - 6.00pm	Kayak

#### Sunday

10.30am - 4.00pm	Sailing
10.00am - 6.00pm	Kayak

For details of local Sports Clubs in the London Borough of Bexley visit [www.bexley.gov.uk/sport](http://www.bexley.gov.uk/sport)

