

MONDAY

Adult Ballet (Silver Swans)

Pavilion 9.30 – 10.30am

Flowetic Dancing

Pavilion 10.45 – 11.45am

Yoga Beginners

Pavilion 8.15 – 9.15pm

TUESDAY

Men's Shed

Old Pavilion from 10am

Yoga Restorative

Pavilion 6.30 – 7.30pm

Flow Yoga

Pavilion 8 – 9.15pm

WEDNESDAY

THURSDAY

Strength and Balance

Pavilion 2 – 3pm

FRIDAY

Country Flower Club

Occasional Fridays

SATURDAY

SWCFC

Recreation Ground (mornings during season)

Boot Camp

Recreation Ground 7.45 – 8.45am

Men's Shed

Old Pavilion from 10am

Line Dancing

Pavilion 9.30 – 11.00am (fortnightly)

SUNDAY

Gentle Yoga

Pavilion 9.30 – 11am

Cricket matches

Recreation Ground (Summer months)

The pavilion is available for private hire when there are no activities