

Watford Get Active Activity Timetable



Day	Time	Activity	Venue	Cost	Age	Booking
Monday	9.30-11am	Get set Dance/Sport Disability session	Watford YMCA, WD17 2RT	£2	16yrs+	No booking required
	11am-12pm	Get Moving	Holywell Community Centre, WD18 9QD	£3	Older Adults	No booking required
	4.30-5.30pm	Beginners skateboarding	Watford Leisure Centre Central, WD17 3HA	As per course	5yrs+	To book www.abcskateboarding.co.uk
	5.30-6.30pm	Improvers Skateboarding	Watford leisure centre Central, WD17 3HA	As per course	5yrs+	To book www.abcskateboarding.co.uk
	8pm-9pm	Back to Netball	Watford Grammar School for Girls, WD18 0AE	£3	16yrs+	No booking required
Tuesday	10-11am	Ladies Learn to Run	Cassiobury Park, WD18 7LB	As per course	16yrs+	To book www.learntorun.co.uk
	11am-12pm	Stroller Fitness	Cassiobury Park, WD18 7LB	£4	16yrs+	To book www.mumsofsteel.com
	11.15-12.15pm	Ladies Keep Running	Cassiobury Park, WD18 7LB	As per course	16yrs+	To book www.learntorun.co.uk
Wednesday	10am-11.30am	Get Set Trampoline Disability session	Watford Leisure Centre Woodside, WD25 7HH	£3	16yrs+	No booking required
	10-11am	Stroller Fitness	Oxhey Park, WD18 0GF	£4	16yrs+	To book www.mumsofsteel.com
	11am-12pm	Get Moving	Holywell Community Centre, WD18 9QD	£3	Older Adult	No booking required
	6pm-7pm	Walking Football	Watford Grammar school for Girls, WD18 0AE	£3	40yrs+	No booking required
	7pm-8pm	Men's Fitness Circuits	Watford Grammar School for Girls, WD18 0AE	£3	16yrs+	No booking required
	7.30-8.30pm	Ladies Learn to Run	Cassiobury Park, WD18 7LB	As per course	16yrs+	To book www.learntorun.co.uk
	7.30pm-8.30pm	Ladies Keep Running 5K	Cassiobury Park, WD18 7LB	As per course	16yrs+	To book www.learntorun.co.uk
	7.30pm-8.30pm	Ladies Keep Running 10K	Cassiobury Park, WD18 7LB	As per course	16yrs+	To book www.learntorun.co.uk
Thursday	10am-10.45am	Nordic Walking	Cassiobury Park, main carpark	£5	16yrs+	A Valid Registered Nordic Walking UK Freedom Card is required to book this Activity. www.nordicwalking.co.uk
	6pm-7pm	Walking Netball	Watford Leisure Centre Central, WD17 3HA	£3	16yrs+	No Booking required
Friday	10-11am	Stroller Fitness	Cassiobury Park, WD18 7LG	£4	16yrs+	To book www.mumsofsteel.com
	12.30pm-2.30pm	Love to Dance	Wellspring Church, WD17 2AH	£3 (First session is free)	50yrs+	No Booking required
	5pm-6pm	Women and Girls Only Swimming	Watford Leisure Centre Central, WD17 3HA	£1.90	All ages	No Booking required
	6pm-6.30pm	Women Only Swimming Lessons	Watford Leisure Centre Central, WD17 3HA	£20 (10 week block)	16yrs+	To book www.everyoneactive.com/centre/watford-leisure-centre-central or phone 01923 296750
	6pm-6.45pm	Women only Aqua Aerobics	Watford Leisure Centre Central, WD17 3HA	£6.65	16yrs+	Book required: www.everyoneactive.com/centre/watford-leisure-centre-central or phone 01923 296750
Saturday	9am	Parkrun	Cassiobury Park, WD18 7LB	Free	All ages	Register www.parkrun.org.uk/cassiobury
	11.30-1.30pm	Badminton	Watford Leisure Centre Central, WD17 3HA	£3 adult / £1.50 child	All ages	No booking required