

# SPORT FOR CONFIDENCE



*STARTING FROM 3rd JUNE*

## SWIMMING

**Mondays 12-1pm**

ALL SPORTS  
**£2.60**  
PER SESSION



## BOCCIA

**Mondays 1.30-2.30pm**



*STARTING FROM 5th JUNE*

## SEATED EXERCISE

**Wednesdays 11-12pm**



## MULTI-SPORTS

**Wednesdays 12.30-1.30pm**



## INDOOR FOOTBALL

**Wednesdays 2.30-3.30pm**

Come along and try something different, meet new friends and learn new skills

**Where:** Leisure World Colchester,  
Cowdray Avenue, Colchester CO1 1YH

This programme is developed in partnership with a allied health professional and coaching team

For further information please contact Lyndee Oscar via email at [lyndee@sportforconfidence.com](mailto:lyndee@sportforconfidence.com) or by telephone on 07926 698294