



DARTMOUTH RUGBY FOOTBALL CLUB



Any age, any gender, no tackling

Walking Rugby

the Rugby Field at Norton, Dartmouth (or, during winter: *Townstal Community Hall*)
Thursdays between 5.30 and 6.30 pm



(Great fun - Google it!)



TUESDAYS from 4 to 5.30 pm - Cost £3.50 per session



Medau, is a form of rhythmic movement fitness training which uses small apparatus (balls, hoops etc) to aid movement (Minimal charge to cover cost of hall only)



Classes: Townstal Community Hall, Wednesdays from 12.30 – 1.30
Dittisham Village Hall, Thursdays from 2.30 – 3.30

Racquets Morning



Wednesdays 10 – 11 am cost £3.50

for the less able

Play a mixture of table tennis, badminton and pickleball



Tennis

Coronation Park

Mondays 10 – 11 am

cost £3.00

for the less able



Contact: Yvonne Cottam 01803 835251 or

ycottam@live.co.uk or *just turn up*