

Community Sports  
Foundation



*Achieving your goals*

Just  
**£3.50**  
per session

**Extra  
Time**

**Physical and social  
activities for over-55s**

**Come and try it - the first session is FREE!**

- Enjoy an hour of physical activity followed by a social hour
- Try new sports at sessions run by qualified coaches and instructors
- Weekly sessions in Norwich (Wednesdays - 10:00am-12:15pm)
- Visits from guest speakers



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