

Queen Mary's Sports Centre

Open Weekend



Get active and into the Olympic spirit

Free sport and fitness activities for the whole family - all ages and abilities welcome!

The QMC Open Day challenge is to try 3 new sports in one day... are you up to the challenge?

No registration necessary - just come in comfortable sports clothes ready to get active.

Saturday 24th July, 10am-4pm

- Free Sports taster sessions
- Free swimming activities
- Free fitness classes
- Free gym inductions
- Sports information stands
- Join QM sports centre gym for 2months for half price

**For information call 01256 845465
or email stephanie.humphreys@basingstoke.gov.uk**





Open weekend
July 24

bp



Supported by BP

Are you up
for the challenge?

london2012.com/openweekend

QM Sports Centre Open Day



Time	Sports Hall	3G Pitch	Grass pitches	Pool	Gym	Gymnasium
10am to 11am	Gymnastics/ Badminton		Archery	Swimming activities all day Including: rookie lifesaving, water polo, synchronised swimming, flip and fun, kayaking	Inductions	
11am to 12pm	Sporting Stars (7-11years)/ Netball		Archery		Inductions	
12pm to 1pm	Basketball	Ladies Football	Army Cadet Force (12-1.30)		Inductions	
1pm to 2pm	Volleyball	Ladies Football			Inductions	Boxercise 1.30-2.30
2pm to 3pm	Sporting Stars (7-11 years)	Men's Football	American Football		Inductions	
3pm to 4pm	Basketball	Men's Football	Golf		Inductions	

Clubs attending the day: Basingstoke Gymnastics Club, Basingstoke and District Badminton League, Starz Netball Club, Basingstoke Blizzards Basketball Club, Basingstoke Bobcats Basketball Club, Basingstoke Town Football Club, Basingstoke Town Ladies Football Club, Basingstoke Zombie Horde Flag American Football, Old Basing Archers, Hampshire Golf partnership, Kim Chapman Swim School, Basingstoke Ice Skating Club, Basingstoke and Deane Canoe club, Basingstoke and District Table Tennis League.