



AT LUDLOW SWIMMING CLUB WE BELIEVE IN DEVELOPING YOUNG PEOPLE GIVING THEM LIFE SKILLS LEARNT THROUGH GREAT TEAM SPIRIT. COMPETITIVENESS AND FRIENDSHIPS THAT LAST.

for further details contact
FIONA MEREDITH
TEL: 01547 520574
or visit our website
www.ludlowsc.org.uk

50+ At Teme Ludlow

Monday: 11.15am - 2.15pm £4.10

Enjoy a variety of activities including Badminton, Short Tennis and Table Tennis. For the last hour of the session enjoy relaxing in our Health Suite.



Activities Available:

TEME LUDLOW (External Clubs)

Day	Time	Age	Activity	Contact details:
Monday	6.30pm - 8.00pm	5-13yrs	Shukokai Karate	Contact Teme Ludlow
	8.00pm - 8.45pm	13yrs+	Shukokai Karate	Contact Teme Ludlow
	8.45pm - 9.30pm	16yrs+	Shukokai Karate	Contact Teme Ludlow
	6.30pm - 8.45pm		Ludlow Judo Club	Colin Dodd 01584 873178
	8.45pm - 9.45pm	16yrs+	Ludlow Judo Club	Colin Dodd 01584 873178
Tuesday	7.30pm - 8.30pm	13yrs+	Tae Kwon-Do	Contact Teme Ludlow
Thursday	6.30pm - 9.30pm	5-13yrs	Kung Fu Classes	Contact Teme Ludlow
	7.30pm - 10.00pm	16yrs+	Ludlow Badminton Club	Contact Teme Ludlow
Friday	6.30pm - 8.30pm	13yrs+	Tae Kwon-Do	Contact Teme Ludlow
	6.30pm - 8.45pm		Ludlow Judo Club	Colin Dodd 01584 873178
Saturday	4.00pm - 6.00pm	8yrs+	Hotshots Netball Club	Karen Bowen 01584 874745

TEME CLEOBURY

Wednesday	7.00pm - 8.00pm		Junior Volleyball	Contact Teme Cleobury
Thursday	5.30pm - 6.30pm		Netball Academy	Contact Teme Cleobury
Thursday	8.00pm - 10.00pm	11yrs+	Badminton	Contact Teme Cleobury
Sunday	9.00am - 12.00pm	8yrs+	Archery	Contact Teme Cleobury
Sunday	3.00pm - 7.00pm	11yrs+	Bowls League	Contact Teme Cleobury

TEME SpArC

Monday	3.30pm - 6.30pm		Ballet	Debbie Collis 07887 856182
	5.00pm - 6.00pm		Cricket Club	Contact Teme Leisure SpArC
	7.00pm - 8.30pm		Karate	Philip Paul 07887 807762
	7.00pm - 9.00pm		Mixed Martial Arts	Andrew Rose 07884 002601
Tuesday	3.40pm - 5.00pm		Junior Squash Club	Mike Thurgur 01588 650448
	5.00pm - 6.00pm		Tennis Club	Haley Tomkins 01588 650739
Thursday	4.00pm - 6.00pm		Cricket Club	Richard Whately 01547 518681
	7.00pm - 8.30pm		Karate	Philip Paul 07887 807762
	7.00pm - 9.00pm		Badminton Club	Anne-Marie Jackson 01588 638566
Friday	7.00pm - 9.00pm		Mixed Martial Arts	Andrew Rose 07884 002601

Varied nights Bishop's Castle Football Juniors Simon Harris 07973 301097