

MAYOR OF LONDON

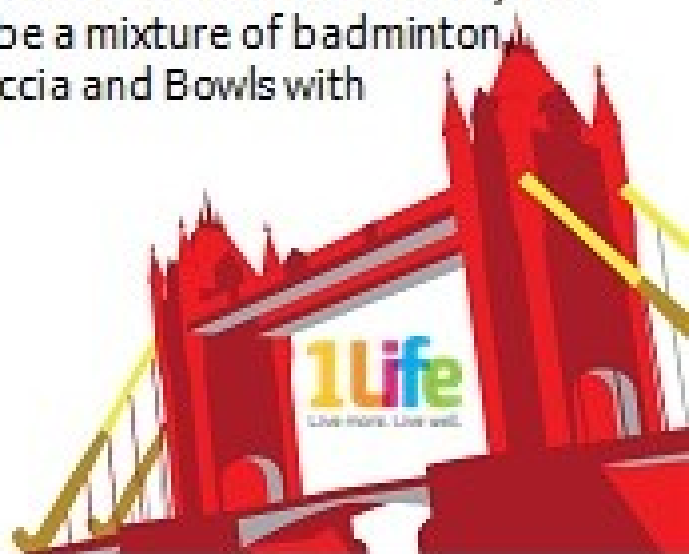
# FREE SPORT FOR LONDONERS

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## **60+ Active social sessions at Downham Health & Leisure Centre**

From 21 January until 14 April there will be 13 weeks of free sessions for people aged 60+. Sessions will be facilitated by our friendly coach. The sessions will be a mixture of badminton, table tennis, gym, swimming, Boccia and Bowls with breaks for a chat and a tea!

**Thursday's 13.30-15.30**  
**FREE**



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**Social Sessions at Downham Health for Over**

# 60s!

**Author:** Paul Stimpson

**Posted On:** January 05, 2016

From 21 January until 14 April there will be 13 weeks of free social sessions for people aged 60+ at Downham Health and Leisure Centre in Bromley.

Sessions will be facilitated by their friendly coach. The sessions will be a mixture of Badminton, Table Tennis, Gym, Swimming, Boccia and Bowls with breaks for a chat and a tea!

The sessions are free and will take place on Thursdays from 1:30pm until 3:30pm.

For further information please contact Emma Greenslade, Health and Physical Activity Manager on 0208 461 9200 or via email at HPADownham@lLife.co.uk.

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