



Basketball for Grown-ups!

Ok... so you come week after week and watch your children play basketball but secretly you think why cant I have a go! Well now you can. Here's your chance to shoot some hoops, have some fun and get some exercise.

On hand will be Nigel Potter, Sports Therapist to help with any aches and pains and offer a FREE massage!

AND THE SESSION IS FREE TOO!

Back by Popular demand at Holywells High School
Saturday 12th December 2009 18:00

For more details call Kathryn James on **07748 320 802**

