

# SCHEDULE OF ACTIVITIES NS

<p><b>1</b> <b>MAR</b> <b>FRIDAY</b> 5:30PM - 11:00 PM</p>	<p><b>THE LUDOQUIST - BOARD GAME CAFÉ</b>  <b>WHAT?</b> Enjoy an evening of boardgaming and wood-fired, homemade pizza at Croydon's first ever Board Game Café.  <b>BRING?</b> Entry is £3 which gives you access to a huge back catalogue of games. You will also need some money for dinner plus your Freedom Pass/Oystercard.  <b>WHERE?</b> 63-67 HIGH ST, CROYDON CR0 1QE</p>	<p>£</p>
<p><b>4</b> <b>MAR</b> <b>MONDAY</b> 10:00AM - 3:00 PM</p>	<p><b>GYM SESSION AT WESTCROFT &amp; LUNCH AT BOXPARK</b>  <b>WHAT?</b> With access to over 160 different exercise stations at this state of the art gym, plus time with a professional personal trainer, you'll have all the help you need to ensure you reach your fitness goals. Following our session, we'll head to the Boxpark in Croydon to replenish our energy supplies with a healthy lunch.  <b>BRING?</b> The cost of a personal trainer this month is £36. Additionally, access to the gym will cost £4.65. You will need your gym membership, a spare change of clothes and a towel. In addition, you should bring water and a healthy snack. For those heading into Croydon for lunch, don't forget your Freedom Pass and some money for food.  <b>WHERE?</b> WESTCROFT LEISURE CENTRE, CARSHALTON, SM5 2TG</p>	<p>£</p>
<p><b>6</b> <b>MAR</b> <b>WEDNESDAY</b> 10:00AM - 3:00 PM</p>	<p><b>GEOCACHING AND CRAGGY ISLAND</b>  <b>WHAT?</b> A morning of Geocaching followed by a visit to Craggy Island, one of the South of England's best indoor bouldering spaces.  <b>BRING?</b> Sports/Comfortable Clothes. A packed lunch. Session is £12 and needs to be booked in advance  <b>WHERE?</b> WESTCROFT RD, CARSHALTON SM5 2TG</p>	<p>££</p>
<p><b>7</b> <b>MAR</b> <b>THURSDAY</b> 6:00PM - 7:00PM</p> <p><b>THURSDAY</b> 7:00PM - 11:00PM</p>	<p><b>YOGA</b>  <b>WHAT?</b> Improve your muscle tone, strength, balance and overall health on this eight week Yoga course, hosted by a trained Yoga instructor. Following the class, there will be the option of going somewhere local for dinner.  <b>BRING?</b> The total cost for the eight week course is £64 (£8 a session). The total amount will have to be paid for in advance of the first class. You will need sports clothes, water as well as your Freedom Pass.  <b>WHERE?</b> SARAWATI YOGA STUDIO, 122 ROBIN HOOD LANE, SUTTON</p> <p><b>CINEMA</b>  <b>WHAT?</b> Film to be chosen on Monday that week.  <b>BRING?</b> Money for film tickets and snacks.  <b>WHERE?</b> SUTTON EMPIRE CINEMA, SM1 1AZ</p>	<p>£££</p> <p>£</p>

£ = £5-£10, ££ = £15-£20, £££ = £20+

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<p><b>10</b> MAR SUNDAY 10:00AM-5:00PM</p>	<p><b>HAREQUINS VS GLOUCESTER RUGBY</b>  <b>WHAT?</b> Watch the Harlequins take on the Gloucester Tigers in the Gallagher Premiership. With touch-line seats, you'll witness all of the action and drama.  <b>BRING?</b> Tickets are £49 and will need to be booked in advance. You will need your Freedom Pass and some money for lunch, plus warm outdoor clothes.  <b>WHERE?</b> TWICKENHAM STOOP, LANGHORN DRIVE, TW2 7SX</p>	<p>£££</p>
<p><b>11</b> MAR MONDAY 10:00AM - 3:00 PM</p>	<p><b>GYM SESSION AT WESTCROFT</b>  <b>WHAT?</b> With access to over 160 different exercise stations at this state of the art gym, plus time with a professional personal trainer, you'll have all the help you need to ensure you reach your fitness goals. Following our session, we'll head to the Boxpark in Croydon to replenish our energy supplies with a healthy lunch.  <b>BRING?</b> Access to the gym will cost £4.65. You will need your gym membership, a spare change of clothes and a towel. In addition, you should bring water and a healthy snack. For those heading into Croydon for lunch, don't forget your Freedom Pass and some money for food.  <b>WHERE?</b> WESTCROFT LEISURE CENTRE, CARSHALTON, SM5 2TG</p>	<p>£</p>
<p><b>13</b> MAR WEDNESDAY 10:00AM - 3:00 PM</p>	<p><b>GEOCACHING AND DANCE</b>  <b>WHAT?</b> A morning of Geocaching followed by a dance class at the hub, hosted by a professional choreographer.  <b>BRING?</b> The cost of the session is £15 per person. You will need sports clothing and a packed lunch.  <b>WHERE?</b> THE HUB</p>	<p>£</p>
<p><b>14</b> MAR THURSDAY 6:00PM - 7:00PM</p> <p>THURSDAY 7:00PM - 11:00PM</p>	<p><b>YOGA</b>  <b>WHAT?</b> Improve your muscle tone, strength, balance and overall health on this eight week Yoga course, hosted by a trained Yoga instructor. Following the class, there will be the option of going somewhere local for dinner.  <b>BRING?</b> The total cost for the six week course is £48 (£8 a session). The total amount will have to be paid for in advance of the first class. You will need sports clothes, water as well as your Freedom Pass.  <b>WHERE?</b> SARAWATI YOGA STUDIO, 122 ROBIN HOOD LANE, SUTTON</p> <p><b>CINEMA</b>  <b>WHAT?</b> Film to be chosen on Monday that week.  <b>BRING?</b> Money for film tickets and snacks.  <b>WHERE?</b> SUTTON EMPIRE CINEMA, SM1 1AZ</p>	<p>N/A</p> <p>£</p>

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<p><b>16</b> MAR SATURDAY 12:00PM - 5:00PM</p>	<p><b>SUTTON UNITED VS GATESHEAD</b>  <b>WHAT?</b> Watch Sutton United take on Gateshead in the Vanarama National League. We'll have lunch at a local pub before the match.  <b>BRING?</b> Tickets are £12 and will need to be booked in advance. You will need money for lunch plus warm outdoor clothes.  <b>WHERE?</b> GANDER GREEN LANE, SUTTON, SM12EY</p>	<p>££</p>
<p><b>18</b> MAR MONDAY 10:00AM - 3:00 PM</p>	<p><b>GYM SESSION AT WESTCROFT</b>  <b>WHAT?</b> With access to over 160 different exercise stations at this state of the art gym, plus time with a professional personal trainer, you'll have all the help you need to ensure you reach your fitness goals. Following our session, we'll head to the Boxpark in Croydon to replenish our energy supplies with a healthy lunch.  <b>BRING?</b> Access to the gym will cost £4.65. You will need your gym membership, a spare change of clothes and a towel. In addition, you should bring water and a healthy snack. For those heading into Croydon for lunch, don't forget your Freedom Pass and some money for food.  <b>WHERE?</b> WESTCROFT LEISURE CENTRE, CARSHALTON, SM5 2TG</p>	<p>£</p>
<p><b>20</b> MAR WEDNESDAY 10:00AM - 3:00 PM</p>	<p><b>GEOCACHING AND OXYGEN FREEJUMPING</b>  <b>WHAT?</b> A morning of Geocaching followed by a visit to the Oxygen centre, one of Britain's biggest trampolining spaces.  <b>BRING?</b> The activity is £8.50 and will need to be booked in advance. You will also need Sports/Comfortable Clothes. A packed lunch.  <b>WHERE?</b> THE COLONNADES PURLEY WAY, CROYDON CR0 4RQ</p>	<p></p>
<p><b>21</b> MAR THURSDAY 6:00PM - 7:00PM</p> <p>THURSDAY 7:00PM - 11:00PM</p>	<p><b>YOGA</b>  <b>WHAT?</b> Improve your muscle tone, strength, balance and overall health on this eight week Yoga course, hosted by a trained Yoga instructor. Following the class, there will be the option of going somewhere local for dinner.  <b>BRING?</b> The total cost for the six week course is £48 (£8 a session ). The total amount will have to be paid for in advance of the first class. You will need sports clothes, water as well as your Freedom Pass.  <b>WHERE?</b> SARAWATI YOGA STUDIO, 122 ROBIN HOOD LANE, SUTTON</p> <p><b>CINEMA</b>  <b>WHAT?</b> Film to be chosen on Monday that week.  <b>BRING?</b> Money for film tickets and snacks.  <b>WHERE?</b> SUTTON EMPIRE CINEMA, SM1 1AZ</p>	<p>N/A</p> <p>£</p>

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<p><b>22</b> MAR FRIDAY 10:00AM - 3:00 PM</p>	<p><b>HMS BELFAST TOUR</b>  <b>WHAT?</b> Explore all nine decks of HMS Belfast to discover what life was like on board for the crew at war and at sea. The most significant surviving Second World War Royal Navy warship.  <b>BRING?</b> Tickets for the tour are £13. You will also need your Freedom Pass and some money for lunch.  <b>WHERE?</b> HMS BELFAST, THE QUEEN'S WALK, LONDON, SE1 2JH</p>	<p>££</p>
<p><b>25</b> MAR MONDAY 10:00AM - 3:00 PM</p>	<p><b>GYM SESSION AT WESTCROFT</b>  <b>WHAT?</b> With access to over 160 different exercise stations at this state of the art gym, plus time with a professional personal trainer, you'll have all the help you need to ensure you reach your fitness goals. Following our session, we'll head to the Boxpark in Croydon to replenish our energy supplies with a healthy lunch.  <b>BRING?</b> Access to the gym will cost £4.65. You will need your gym membership, a spare change of clothes and a towel. In addition, you should bring water and a healthy snack. For those heading into Croydon for lunch, don't forget your Freedom Pass and some money for food.  <b>WHERE?</b> WESTCROFT LEISURE CENTRE, CARSHALTON, SM5 2TG</p>	<p>£</p>
<p><b>27</b> MAR WEDNESDAY 10:00AM - 3:00 PM</p>	<p><b>GEOCACHING &amp; BOXFIT</b>  <b>WHAT?</b> Following on from our usual morning Geocaching activity, we'll head to Westcroft for a BoxFit session. Train your way to fighting fitness with this unique activity that combines boxing with an overall cardio workout.  <b>BRING?</b> The cost of the session is £10 based on three trainees participating. You will need your gym membership and suitable sports clothing.  <b>WHERE?</b> WESTCROFT LEISURE CENTRE, CARSHALTON, SM5 2TG</p>	<p>£</p>
<p><b>28</b> MAR THURSDAY 6:00PM - 7:00PM</p> <p>THURSDAY 7:00PM - 11:00PM</p>	<p><b>YOGA</b>  <b>WHAT?</b> Improve your muscle tone, strength, balance and overall health on this eight week Yoga course, hosted by a trained Yoga instructor. Following the class, there will be the option of going somewhere local for dinner.  <b>BRING?</b> The total cost for the six week course is £48 (£8 a session). The total amount will have to be paid for in advance of the first class. You will need sports clothes, water as well as your Freedom Pass.  <b>WHERE?</b> SARAWATI YOGA STUDIO, 122 ROBIN HOOD LANE, SUTTON</p> <p><b>CINEMA</b>  <b>WHAT?</b> Film to be chosen on Monday that week.  <b>BRING?</b> Money for film tickets and snacks.  <b>WHERE?</b> SUTTON EMPIRE CINEMA, SM1 1AZ</p>	<p>N/A</p> <p>£</p>

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<p><b>29</b> MAR FRIDAY 5:30PM - 11:00 PM</p>	<p><b>SWINGERS CRAZY GOLF</b>  <b>WHAT?</b> Crazy golf goes back to its seaside routes in a West End venue that looks more akin to a faded 1920's English beach resort. There'll be bucket loads of nostalgia plus a number of unique food vendors selling a variety of delicious cuisines; all in the centre of London!  <b>BRING?</b> Tickest are £13 and will need to be purchased in advance. ID is absolutely essential. You will also need some money for dinner and your Oystercard/Freedom Pass.  <b>WHERE?</b> 15 JOHN PRINCE'S STREET, LONDON W1G 0AB</p>	<p>££</p>
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**MEALS OUT:** Please note, we aim to keep the cost of food whilst out on a PA activity as cheap as possible whilst recognising the importance of eating well. As a result, trainees will never need more than £15 during the week and £20 at weekend to fully cover the cost of lunch/dinner. For the majority of the time, prices will fall well below this threshold but having a bit extra will ensure the trainee never has to borrow any money to cover the cost of his/her meal.

**CANCELLATIONS:** Please also be aware that in order to avoid trainees incurring additional costs, you will still be charged for the cost of PA hours and any activities booked in advance should you cancel an activity and fail to provide more than 48 hours notice.