

# GETBACKINTO

## IS AN ACTIVE LIFESTYLE A FADING MEMORY?

Try an activity you once played, or a new one,  
in a fun and relaxed environment.  
Why not...

### GETBACKINTO...

- |                    |                        |
|--------------------|------------------------|
| ...Badminton       | - Starts November 2009 |
| ...Bowls           | - Starts November 2009 |
| ...Ladies Football | - Starts November 2009 |
| ...Martial Arts    | - Starts November 2009 |
| ...Tennis          | - Starts November 2009 |
| ...Ballroom Dance  | - Starts January 2010  |
| ...Gentle Exercise | - Starts January 2010  |
| ...Netball         | - Starts January 2010  |
| ...Squash          | - Starts January 2010  |
| ...Street Dance    | - Starts January 2010  |
| ...Cricket         | - Starts February 2010 |
| ...Cycling         | - Starts February 2010 |
| ...Nordic Walking  | - Starts April 2010    |
| ...Athletics       | - Start date tbc       |
| ...Basketball      | - Start date tbc       |
| ...Rugby           | - Start date tbc       |
| ...Triathlon       | - Start date tbc       |

FIRST  
SESSION  
FREE!

For more information visit the website!

[www.activestalbans.com](http://www.activestalbans.com)

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*Making our District an Active St Albans*

