

# Medway: Get active for 2010

## Futsal

Learn to play like a Brazilian

Futsal is indoor football with a difference – different goals and different balls with a focus on skill and knowledge, not physicality and fitness. It is the game that produced players such as **Ronaldinho, Kaka and Robinho.**

**Every Thursday, 7.30-9pm** starting 21 January for 10 weeks  
**The Thomas Aveling School sports hall, Rochester**

More information: **Derek Whiley**  
☎ 07793 647465 or email [derekmwiley06@yahoo.co.uk](mailto:derekmwiley06@yahoo.co.uk)

£2  
per session

For over  
**16s**



## Squashacise

A fantastic new workout for those who want to get fit and learn to play squash and racketball.

**Every Wednesday, 9.30-11am**  
starting 20 January  
**Black Lion Leisure Centre, Gillingham**  
(soon to become Medway Park)

**Booking is essential**

More information or booking:  
**Steve Franks** ☎ 07855 288471 or email [elsteveo969@hotmail.co.uk](mailto:elsteveo969@hotmail.co.uk)  
or **Dave Berwick** ☎ 07933 021301 or email [dave\\_berwick@sky.com](mailto:dave_berwick@sky.com)

\*unless a premier member

For over  
**16s**

£3.50\*  
per session

## Judo Fit

- Experience the wide ranging benefits of judo without engaging in combat.
- Fun games and exercise providing you with key judo skills while being fun.
- Circuits incorporating the unique movements associated with Judo.
- Tailored to suit the fitness levels of each individual.

**Every Wednesday, 6-7pm** starting 27 January for 10 weeks  
**Greenacre School hall, Walderslade**

More information: **Eddie Orgee**  
☎ 01634 230903 or [eddie@orgee.fsnet.co.uk](mailto:eddie@orgee.fsnet.co.uk)

1st session  
**FREE**

£2  
per session  
thereafter

For over  
**16s**



## Medway Touch - Indoor fun and fitness training

- Adapted indoor versions of a number of sports and games including **touch, dodgeball** and **ultimate frisbee.**
- Brilliant fun for all abilities with no experience needed.
- Something different to help keep your new year resolutions.

**Every Monday, 7.30-8.30pm** starting 11 January for 12 weeks  
**The Thomas Aveling School Sports Hall, Rochester**

**Save £4** - Book and pay for the full 12 weeks in advance for £20

More information:  
☎ 07793 196525 or email [info@medwaytouch.co.uk](mailto:info@medwaytouch.co.uk)  
[www.medwaytouch.co.uk](http://www.medwaytouch.co.uk)

1st session  
**FREE\***

£2  
per session

For over  
**16s**

[www.medwaygetsactive.co.uk](http://www.medwaygetsactive.co.uk)

- Your one-stop-shop for sports and activity ideas in Medway.
- Find out how and where you can get active in Medway.
- Information on clubs, classes, events and programmes in Medway to get you reaching for your trainers.