

SAXONSEA HALL

Hermes Avenue, Saxonsea, Atlantis

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health walkers (Fitness) 08:00 - 10:00	Seniors (Ball games, fitness) 08:00 - 15:00	Seniors (Mind games, fitness) 08:00 - 15:00	Seniors (Ball games, fitness) 08:00 - 15:00	Early Childhood Development Programme 09:00 - 10:00	Spiritual dancers (El Shaddai) 10:00 - 13:00
Seniors (Arts & Craft) 10:00 - 15:00	Movers & Shakers (Aerobics) 10:00 - 11:00	Early Childhood Development Programme 09:00 - 10:00	After school programme (soccer, netball, volleyball) 14:00 - 17:00	After school programme (Recreational games) 14:00 - 17:00	Woman on the Move (once a month)
After school programme (board games, pool, kerrem, dominoes) 14:00 - 17:00	After school programme(circle games, dress up code, suikerkaskenades) 14:00 - 17:00	After school programme (Handball, games) 14:00 - 17:00	Health & Wellness 17:00 - 20:00	Extreme Youth 19:00 - 23:00	Outreach Programme - Orion Seniors (two weeks in a month on a Friday)
Health & Wellness (Fitness) 17:00 - 20:00	Spiritual dancing (El-Shaddai) 19:00 - 21:00	Health & Wellness (Fitness) 17:00 - 20:00	Spiritual dancing (El-Shaddai) 19:00 - 21:00		
	Health & Wellness (Fitness) 17:00 - 20:00		Health & Wellness (Fitness) 17:00 - 20:00		

**COME AND JOIN IN ON THE FUN,
AT A RECREATION HUB NEAR YOU!**



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.