



Sign up for free 'Sport in the City' summer activities in Kensington and Chelsea

95.8 Capital FM's Help a Capital Child, Chelsea FC and the UK Fitness Network have teamed up again to offer 5 to 15 year olds in inner London the chance to take part in free sports taster sessions this summer. It's part of their commitment to drive participation in sport in the capital in the lead up to the London 2012 Olympic and Paralympic Games.

If you live in Kensington and Chelsea there's a range of taster sessions you can try from football to street dance. They take place on weekdays between Monday 1 to Friday 12 August at:

Portobello Green Fitness Club, 3-5 Thorpe Close, Ladbrooke Grove, W10 5XL

To book telephone 020 8960 2221 or call Matt Moore on 07917 575005.

Session dates and times				
Week 1 – Monday 1 to Friday 5 August 2011				
Date	Start	Finish	Activity / Sport	No of free spaces
Mon 1 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Squash	8
Tues 2 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Boxing	15
Wed 3 August	1.00pm	4.00pm	Gym / Trampolining	15
	2.00pm	4.00pm	Football	15
Thurs 4 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Squash	8
	3.00pm	4.00pm	Street dance	15
Fri 5 August	1.00pm	4.00pm	Gym	15
	1.00pm	4.00pm	Table tennis	16

Week 2 – Monday 8 August to Friday 12 August 2011

Date	Start	Finish	Activity/Sport	No of free spaces
Mon 8 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Squash	8
Tues 9 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Circuit training	15
Wed 10 August	1.00pm	4.00pm	Gym / Climbing	15
	2.00pm	4.00pm	Football	15
Thurs 11 August	1.00pm	4.00pm	Gym	15
	2.00pm	3.00pm	Squash	8
	3.00pm	4.00pm	Boxing	15
Fri 12 August	1.00pm	4.00pm	Gym	15
	1.00pm	4.00pm	Table tennis	16

August2011