

What sport/exercise	Where is it	Who is it for	Time/day	Contact
 <p>Line Dancing</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH</p>	<p>16+</p>	<p>Monday's 11.15am To 12.15pm</p>	<p>Nathan Isom YMCA Hawker Centre 020 8296 9747 www.ymcalsw.org</p>
 <p>Yoga</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH</p>	<p>16+</p>	<p>Monday's 12.30pm To 1.30pm</p>	<p>Nathan Isom YMCA Hawker Centre 020 8296 9747 www.ymcalsw.org</p>
 <p>Inspire multi sports club</p>	<p>Chessington Sports Centre Garrison Lane Chessington KT9 2JS</p>	<p>8 to 80 years old</p>	<p>Monday's 6pm to 8pm</p>	<p>Maggie North Special Olympics Surrey 07866 425575 www.sosurrey.org</p>
 <p>SOS Boccia</p>	<p>St Philips Sports Hall Harrow Close Chessington KT9 2HR</p>	<p>8 to 80 years old SOS members</p>	<p>Monday's 6pm - 8pm Fortnightly</p>	<p>Sandie Barker Special Olympics Surrey 07511 552985 www.sosurrey.org</p>

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 <p data-bbox="241 416 407 469">Bowling</p>	<p data-bbox="667 172 1048 421">Charrington Bowl Kingston Road Tolworth KT5 9PB</p>	<p data-bbox="1160 172 1355 453">14+ + Learning disability SOS members</p>	<p data-bbox="1400 172 1628 421">Tuesday's 7.30pm to 9.30pm</p>	<p data-bbox="1653 172 2136 453">Sue Frett Special Olympics Surrey 01372 749996 www.sosurrey.org suefrett@sosurrey.org</p>
 <p data-bbox="159 730 459 783">Deaf football</p>	<p data-bbox="703 507 1016 724">Fulham FC Training Ground Motspur Park KT3 6PT</p>	<p data-bbox="1151 507 1364 667">16+ deaf young men</p>	<p data-bbox="1400 507 1628 762">Tuesday's Wednesday's and Thursday's 7pm - 9pm</p>	<p data-bbox="1653 507 2092 730">Chris McGinn Fulham FC Foundation 020 8336 7542 cmginn@fulhamfc.com</p>
 <p data-bbox="203 1082 416 1134">SOS Golf</p>	<p data-bbox="645 842 1077 1123">Chessington Golf Club Garrison Lane Chessington Surrey KT9 2LW</p>	<p data-bbox="1151 842 1364 1091">8 to 80 years old SOS members</p>	<p data-bbox="1400 842 1628 1002">Wednesday's 7.00pm- 8.00pm</p>	<p data-bbox="1653 842 2136 1066">Elsie Undrom Special Olympics Surrey 07767 474380 www.sosurrey.org</p>
 <p data-bbox="190 1426 398 1479">Athletics</p>	<p data-bbox="629 1177 1088 1458">Kingsmeadow Athletics Stadium Kingston Road Kingston KT1 3PB</p>	<p data-bbox="1160 1177 1355 1401">8 to 80 SOS Members Only</p>	<p data-bbox="1400 1177 1628 1401">Thursday's Fortnightly 6.15pm to 8.15pm</p>	<p data-bbox="1653 1177 2136 1401">Maggie North Special Olympics Surrey 07866 425575 www.sosurrey.org</p>

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 <p>Spartans Swimming club</p>	<p>Malden Centre Blagdon Road New Malden KT3 4TA</p>	<p>8-80yrs + Physical disability</p>	<p>Thursday's 6.30pm- 8pm</p>	<p>Hilary Young Spartans 020 8941 3255 www.e-voice.org.uk/spartan/</p>
 <p>Zumba</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH</p>	<p>16+</p>	<p>Friday's 12.30 - 1.30pm</p>	<p>Nathan Isom YMCA Hawker Centre 020 8296 9747 www.ymcalsw.org</p>
 <p>Dancability</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH</p>	<p>16+</p>	<p>Friday's 12.30- 1.30pm</p>	<p>Nathan Isom YMCA Hawker Centre 020 8296 9747 www.ymcalsw.org</p>
 <p>Martial arts</p>	<p>YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH</p>	<p>16+</p>	<p>Friday's 1.30 - 2.30pm</p>	<p>Nathan Isom YMCA Hawker Centre 020 8296 9747 www.ymcalsw.org</p>