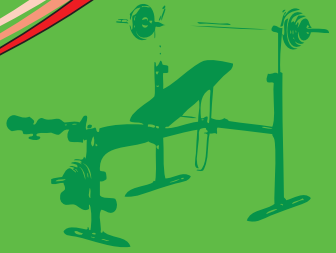


Crayside Sports Centre



gym

weights room

Cardiovascular

- Running machine
- Cycling machine
- Rowing machine
- Step machine



Weight Training

- Free weights
- Resistant machines
- Personal programmes



Tel: 01322 528159

email: crayside@yahoo.co.uk or visit: www.crayford.com

Crayside Sports Centre Stadium Way, Crayford, Kent DA1 4HR



Crayford

Sports Centre



main

sports hall

A purpose built,
576 square metre sports area

Sports include:

Football

Basketball

Netball

Trampolining

Hockey

Table tennis

Roller-skating

Dancing



Can also be used for special events

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email: crayside@yahoo.co.uk or visit: www.crayford.com

Crayford Sports Centre Stadium Way, Crayford, Kent DA1 4HR



kids activities



Badminton Beginners/intermediate & advanced

Weight training 12 – 16 years

Football 5 – 10 years

Street Dance 5 – 16 years

Roller Disco 5 – 14 years

Trampolining 5 – 16 years

Tiny Tumblers Under 5's

Taekwondo Family

School holiday activities 5 – 16 years



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Crayside Sports Centre

parties

Jump and bump:

Including bouncy castles and small items of equipment

Roller disco Including D.J and skates

Football Including goals and referee

Party room Seating and tables ready for
a banquet of your choice.



Maximum 20 children.
Food and drink not supplied



Children's parties are held on Saturday's and Sunday's only

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email: crayside@yahoo.co.uk or visit: www.crayford.com

Crayside Sports Centre Stadium Way, Crayford, Kent DA1 4HR



Crayford

Sports Centre

studio

Suitable for all types of dance and fitness classes

Ceiling to floor mirrors

Sprung flooring

Suitable for use as a consulting room

Can also be used as a meeting room for up to 40 people



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