

PARKWOOD COMMUNITY CENTRE

Cnr Walmer Road and Blackbird Ave, Parkwood

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	THURSDAY	FRIDAY
Matrix 12:00 - 13:30	Embrace senior programme 11:30 - 12:00	Embrace senior programme 11:30 - 12:00	Matrix 12:00 - 13:30
After-school Programme 16:30 - 17:00	Matrix 12:00 - 13:30	Matrix 12:00 - 13:30	
	After-school Programme 16:30 - 17:00	After-school Programme 16:30 - 17:00	
	Dare to Run 19:30 - 21:30	Dare to Run 19:30 - 21:30	

**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.