

# REBECCA VAN AMSTERDAM HALL

Kerria Avenue, Protea Park, Atlantis

## RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors (Ball games, fitness) 08:00 - 14:00	Seniors (Ball games, fitness) 08:00 - 14:00	Seniors (Ball games, fitness) 08:00 - 14:00	Seniors (Ball games, fitness) 08:00 - 14:00	Fitness Programs 08:00 - 09:30
Fitness Programs 08:00 - 09:30	Fitness Programs 08:00 - 09:30	Fitness Programme 08:00-09:00/Gym4Life 09:00 - 11:00	Fitness Programme 08:00 - 09:30	Afterschool Programme 13:00 - 17:00
Afterschool Programme 13:00 - 17:00	Afterschool Programme 13:00 - 17:00	Afterschool Programme 13:00 - 17:00	Afterschool Programme 13:00 - 17:00	Handball 17:00 - 18:00
Handball 17:00 - 18:00	Handball 17:00 - 18:00	Handball 17:00-18:00	Handball 17:00 - 18:00	Dance Programs 18:00 - 19:00
Kick boxing 18:00 - 19:00	Kick boxing 18:00 - 19:00	Kick boxing 18:00 - 19:00	Kick boxing 18:00 - 19:00	Youth Programs 19:00 - 21:00
Volleyball 19:00 - 21:00	Volleyball 19:00 - 21:00	Volleyball 19:00 - 21:00	Volleyball 19:00 - 21:00	

**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.