

SCOTTSDENE SPORT AND RECREATION CENTRE

Edam Avenue, Scottsdene, Kraaifontein

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Disability Sport and Recreation Programme 09:00 - 12:00	Aerobics classes: Focus on housewives 09:00 - 12:00	Seniors wellness programmes 09:00 - 12:00	Aerobics classes: Focus on housewives Line dancing 09:00 - 12:00	Early Childhood Development programmes 09:00 - 12:00	Basketball coaching 09:00 - 11:00
After-school Recreation programmes 14:00 - 15:45	After-school Recreation programmes 14:00 - 15:45	After-school Recreation programmes 14:00 - 15:45	After-school Recreation programmes 14:00 - 15:45	After-school Programmes 14:00 - 15:45	
Boot-camp fitness classes, Mixed martial arts (Kick boxing) 18:00 - 19:00			Basketball coaching 17:00 - 18:00	Basketball coaching 17:00 - 18:00	
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**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.