



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



SPORT AND RECREATION DEPARTMENT PROGRAMMES

Making progress possible. Together.

The Sport and Recreation Department plays an important role in providing opportunities for people to get fit, stay healthy, interact and get involved within their communities.

Find the sport and recreation programmes available at a community centre in your area.



ATHLONE COMMUNITY CENTRE

Cnr Jan Smuts and Klipfontein Road, Athlone

RECREATION HUB PROGRAMMES

MONDAY	WEDNESDAY
Housewives Club 09:00 - 11:00	Housewives Club 09:00 - 11:00
Ballroom Dancing 19:00 - 20:00	Ballroom Dancing 19:00 - 20:00

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ATLANTIS MULTI-PURPOSE CENTRE

Christopher Starke, Atlantis Industrial, Atlantis

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Childhood Development Programme 08:00 - 09:00	Early Childhood Development Programme 08:00 - 09:00	After-school Programmes 15:00 - 16:00	Feed My Lambs - Early Childhood Development 08:00 - 10:00	After-school Programmes 15:00 - 16:00
After-school Programmes 15:00 - 16:00	After-school Programmes 15:00 - 16:00	Atlantis Schools Drummies 16:30 - 18:00	After-school Programmes 15:00 - 16:00	Atlantis Schools Drummies 16:30 - 18:00
Atlantis Schools Drummies 16:30 - 18:00	Karate 16:00 - 17:00		Karate 17:00 - 18:00	

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BARDALE MULTI-PURPOSE CENTRE

Parliament Avenue, Bardale, Mfuleni

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors 09:00 - 11:00	Seniors 09:00 - 11:00	Seniors 09:00 - 11:00	Seniors 09:00 - 11:00	Seniors 09:00 - 11:00
Muscle Evolution Gym 10:00 - 12:00	Muscle Evolution Gym 10:00 - 12:00	Muscle Evolution Gym 10:00 - 12:00	Muscle Evolution Gym 10:00 - 12:00	Muscle Evolution Gym 10:00 - 12:00
Come and Play 12:00 - 14:00	Come and Play 12:00 - 14:00	Come and Play 12:00 - 14:00	Come and Play 12:00 - 14:00	Come and Play 12:00 - 14:00
After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30
Basketball / Netball 15:00 - 16:00	Basketball / Netball 15:00 - 16:00	Basketball / Netball 15:00 - 16:00	Basketball / Netball 15:00 - 16:00	Basketball / Netball 15:00 - 16:00

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BEACON VALLEY COMMUNITY CENTRE

Corner Trampoline and Alpine Street, Mitchells Plain

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thaibo for Ladies 09:00 - 10:00	Thaibo for Ladies, Arisen Women 09:00 - 10:00	Thaibo for Ladies 09:00 - 10:00	Thaibo for Ladies 09:00 - 10:00	Thaibo for Ladies 09:00 - 10:00
After-school Programme 14:00 - 19:30	Life-skill school 09:00 - 12:00	After-school Programme 14:00 - 19:30	After-school Programme 14:00 - 19:30	
Judo 18:30 - 20:30	After-school Programme 14:00 - 19:30	Judo 18:30 - 20:30		
	Karate 18:00 - 19:30			

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BONTEHEUWEL MULTI-PURPOSE CENTRE

Jakkalsvlei Road, Bonteheuwel

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Walking Ladies/ Fitness 09:00 - 12:00	APD Disabled Group 09:00 - 15:00	Walking Ladies/ Fitness 09:00 - 12:00	APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00	Church Service 10:00 -12:00 17:00 -18:00
APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00	APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00		
After-school Programme 13:00 - 17:00	Ozzies Fitness/ Gym 18:00 -19:00	After-school Programme 13:00 - 17:00	Ozzies Fitness/ Gym 18:00 -19:00		
Ozzies Fitness/ Gym 18:00 -19:00	Break Dancing 18:00 - 20:00	Karate Classes Break Dancing 18:00 - 20:00	Break Dancing 18:00 - 20:00		
Karate Classes Break Dancing 18:00 - 20:00	Senior Citizens 19:30 - 20:30	Church Service 19:30 -20:30			

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BRIDGETOWN COMMUNITY CENTRE

98 Cornflower Street, Bridgetown

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba 09:00 - 10:00	Aerobics 09:00 - 10:30	Aerobics - Seniors 09:00 - 10:00	Line dancing 09:00 - 10:00	After-school Programmes 13:30 - 16:00
Ballroom dancing 11:00 - 13:00	Bridgetown Theatre Company 16:30 - 20:00	After-school Programmes 13:30 - 16:00	Bridgetown Theatre Company 16:30 - 20:00	Karate 18:30 - 20:00
After-school Programmes 13:30 - 16:00	After-school Programmes 13:30 - 16:00	Karate 18:30 - 20:00	After-school Programmes 13:30 - 16:00	
Karate 18:30 - 20:30		Villagers Sing Koor 21:00 - 22:00		

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CROSSROADS MULTI-PURPOSE CENTRE

Intsikizi Street Old Crossroads, Nyanga

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gym 09:00 - 10:00	Senior Citizens 09:00 - 11:00	Senior Citizens 09:00 - 11:00	Senior Citizens 09:00 - 11:00	Senior Citizens 09:00 - 11:00
Early Childhood Development Programme 10:00 - 12:00	Gym 10:00 - 12:00	Gym 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	Gym, Early Childhood Development Programme 10:00 - 12:00
After-school Programme (Recreation Activities) 13:00 - 17:00	After-school Programme (Recreation Activities) 13:00 - 17:00	After-school Programme (Recreation Activities) 13:00 - 17:00	After-school Programme (Recreation Activities) 13:00 - 17:00	After-school Programme (Recreation Activities) 13:00 - 17:00
Five-a-side Soccer, Choir, Karate 17:00 - 20:00	Karate, Basketball, Netball 17:00 - 20:00		Choir, Karate, Basketball 17:00 - 20:00	Five-a-side Soccer, Karate, Basketball 17:00 - 20:00

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DELFT SOUTH HALL

Delft Main Road, Delft

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Disabled Basketball 10:00 - 12:30	Disabled Basketball 10:00 - 12:30	Handball 14:00 - 16:30	Basketball 15:30 - 16:30	Basketball 15:30 - 16:30
Handball 14:00 - 16:30	Handball 14:00 - 16:30	Basketball 15:30 - 16:30	After-school Programmes 14:00 - 17:00	After-school Programmes 14:00 - 17:00
Basketball 15:30 - 16:30	Basketball 15:30 - 16:30	After-school Programmes 14:00 - 17:00		
After-school Programmes 14:00 - 17:00	After-school Programmes 14:00 - 17:00			

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DESMOND TUTU COMMUNITY CENTRE

Robert Sibukwe and Cececa Street, Khayelitsha

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY
Come & play activities 10:00 - 12:00	Kamva 15:30 - 17:30	African cont. dance 16:30 - 18:00
Recreation activities 14:00 - 17:00	5-a-side soccer 18:00 - 20:00	
Choir 18:30 - 20:30	Karate 17:00 - 18:30	
Dance 18:00 - 20:00		
Basketball 16:30 - 18:00		
English lessons 16:00 - 18:00		
Taebo classes 16:30 - 18:00		

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DU NOON RECREATIONAL HUB

Waxberry Road, Du Noon, Tableview

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness/Weight-lifting 10:00 - 17:00	Fitness/Weight-lifting 10:00 - 17:00	SASSA 10:00 - 16:30	Fitness/Weight-lifting 10:00 - 17:00	Fitness/Weight-lifting 10:00 - 17:00	Spray Park Programme 12:00 - 14:00	Spray Park Programme 12:00 - 14:00
After School Programme 14:30 - 16:30	After School Programme 14:30 - 16:30	After School Programme (Outreach) 14:30 - 16:30	After School Programme 14:30 - 16:30	After School Programme 14:30 - 16:30		
Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30		
Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00		
Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00		
Boxing 17:00 - 19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00		
Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00		
Early Childhood Development Programme 10:00 - 14:00	Disabled / Conquers Programme 10:00 - 14:00	Early Childhood Development Programme (Outreach) 10:00 - 14:00	Early Childhood Development Programme 10:00 - 14:00	Early Childhood Development Programme 10:00 - 14:00		
Inkwenkwezi High School / LO Physical Education 10:00 - 14:00	ECD / Early Childhood Development Programme 10:00 - 14:00	Seniors Programme (Outreach) 10:00 - 14:00	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00		
	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00					

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EASTRIDGE COMMUNITY CENTRE

4 Siegfried Street, Eastridge, Mitchells Plain

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Disabled Group/ Gymnastics 10:00 - 12:00	Disabled Group/ Gymnastics 10:00 - 12:00	Disabled Group/ Gymnastics 10:00 - 12:00	Disabled Group/ Gymnastics 10:00 - 12:00	Disabled Group/ Gymnastics 10:00 - 12:00
Arts & Crafts/Taebo 12:00 - 14:00	Arts & Crafts/Taebo 12:00 - 14:00	Arts & Crafts/Taebo 12:00 - 14:00	Arts & Crafts/Taebo 12:00 - 14:00	Arts & Crafts/Taebo 12:00 - 14:00
After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00
Elshadai Feeding Scheme 15:00 - 16:30	Elshadai Feeding Scheme 15:00 - 16:30	Elshadai Feeding Scheme 15:00 - 16:30	Elshadai Feeding Scheme 15:00 - 16:30	Elshadai Feeding Scheme 15:00 - 16:30
Karate 18:00 - 21:00	Karate 18:00 - 21:00	Karate 18:00 - 21:00	Karate 18:00 - 21:00	Karate 18:00 - 21:00

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EERSTERIVER MULTI-PURPOSE CENTRE

Cnr Bobsway and Beverley Street, Eersteriver

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Fitness - Aerobics 09:00 - 10:00	Fitness- Aerobics 09:00 - 11:00	Fitness- Aerobics 09:00 - 11:00	Fitness- Aerobics/ECD 09:00 - 11:00	Parks Programme 13:00 - 15:00	Hip-Hop Dance 14:00 - 15:00
Seniors Programme 10:00 - 13:00	Afterschool Programme 14:00 - 17:00	Afterschool Programme 14:00 - 17:00	Afterschool Programme 14:00 - 17:00		Boxing 15:00 - 16:00
Afterschool Programme 14:00 - 17:00	Boxing practice 17:00 - 19:00	Fitness- Aerobics 17:00 - 18:00	Fitness- Yoga 17:30 - 18:30		Volley 16:00 - 17:00
Fitness - Aerobics 17:00 - 18:00	Volley Ball 19:00 - 20:00	Ballroom Dance 18:00 - 22:00	4 aside soccer R.C.League 20:00 - 22:00		4 aside soccer R.C.League 17:00 - 18:00
Ballroom Dance 18:00 - 22:00	4 aside soccer R.C.League 20:00 - 22:00				

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EXT 12 HALL

Cnr Knysna Road & Newlands Road, Atlantis

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors (Mind games, fitness) 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	Seniors (Mind games, fitness) 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00
Youth at Risk 12:00 - 13:00	Afterschool Programme 13:30 - 16:00	Youth at Risk 12:00 - 13:00	Youth at Risk 12:00 - 13:00	Afterschool Programme 13:30 - 16:00
Afterschool Programme 13:30 - 16:00		Afterschool Programme 13:30 - 16:00	Afterschool Programme 13:30 - 16:00	

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FACTRETON COMMUNITY CENTRE

163 Sunderland Road, Factreton

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aerobics 10:00 - 10:30	Aerobics 10:00 - 10:30	Aerobics 10:00 - 10:30	Aerobics 10:00 - 10:30	Aerobics 10:00 - 10:30
After-school Programmes 13:30 - 17:00	After-school Programmes 13:30 - 17:00	Line Dancing 10:30 - 12:00	After-school Programmes 13:30 - 17:00	After-school Programmes 13:30 - 17:00
Zumba Fitness at the Kensington Civic Centre 17:30 - 19:00	Youth development programme 14:00 - 16:00	After-school Programmes 13:30 - 17:00	Youth development programme 14:00 - 16:00	
			Seniors Group 14:00 - 16:30	
			Zumba Fitness at the Kensington Civic Centre 17:30 - 19:00	

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FF ERASMUS HALL

Aandblom Street, Scottsville Kraaifontein

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aerobics 09:00 - 10:00	After-school Programme 13:30 - 17:00	Aerobics 09:00 - 10:00	Seniors' Fitness Programme 09:00 - 10:00	Early Childhood Development Programme 09:00 - 10:00
Senior Citizens 10:30 - 14:30	Badminton 18:00 - 20:00	After-school Programme 13:30 - 17:00	After-school Programme 13:30 - 17:00	After-school Programme 13:30 - 17:00
After-school Programme 13:30 - 17:00		Karate 18:00 - 20:00	Badminton 18:00 - 20:00	
Karate 18:00 - 20:00				

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FISANTEKRAAL MULTI-PURPOSE CENTRE

Peter Mokaba Street, Fisantekraal

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Feeding Programme 09:00 - 12:00	Senior Citizens 10:00 - 14:00	Merc Aidz Kids Club 13:00 - 16:00	After School Recreation Programme 13:00 - 16:00	After School Recreation Programme 13:00 - 16:00	Kids club 08:30 - 12:00 (Second Saturday of every month)	Church Service 08:30 - 12:00
After School Recreation Programme 13:00 - 16:00	After School Recreation Programme 13:00 - 16:00	Olympic wrestling 15:00 - 17:00	Dance & Drama Classes 17:00 - 19:00	Dance & Drama Classes 17:00 - 19:00		
Olympic wrestling 15:00 - 17:00	Dance & Drama Classes 17:00 - 19:00	Dance & Drama Classes 17:00 - 19:00		Friday Night Youth 18:00 - 21:00		
Dance & Drama Classes 17:00 - 19:00						

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GUGULETHU INDOOR SPORTS CENTRE

NY 50, Gugulethu

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Fun Games: All Codes 12:00 - 18:00	Dance 14:00 - 16:00
Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens Recreation Activities 10:00 - 11:00	Dance 14:00 - 16:00	
Recreation Activities, Basketball - Juniors, Dance Soccer - Juniors 14:00 - 18:00	Manata Edu Care 11:00 - 12:00	Recreation Activities, Basketball - Juniors, Dance Soccer - Juniors 14:00 - 18:00	Manata Edu Care Cape Mental Health 11:00 - 12:00	Dance 14:00 - 18:00		
Choirs 18:00 - 19:00	Dance 14:00 - 18:00	Choirs 18:00 - 19:00	Dance, Soccer - Juniors 14:00 - 18:00	Choirs 18:00 - 19:00		
Badminton, Taebo 18:00 - 20:00	Basketball - Seniors Soccer - Seniors 16:00 - 18:00	Taebo, Goal Ball 18:00 - 20:00	Handball 16:00 - 18:00	Handball 18:00 - 20:00		
	Choirs 18:00 - 19:00		Choirs 18:00 - 19:00			
	Taebo Handball 18:00 - 20:00		Taebo Indoor Soccer 18:00 - 20:00			

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HEIDEVELD COMMUNITY CENTRE

41 Jonkershoek, Heideveld

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
After School Recreational Play Programme Seniors Club Dance/ Skipping Rope Programme 15:00 - 16:30	After School Recreational Play Programme Seniors Club Dance/ Skipping Rope Programme 15:00 - 16:30	After School Recreational Play Programme Seniors Club Dance/ Skipping Rope Programme 15:00 - 16:30	After School Recreational Play Programme Seniors Club Dance/ Skipping Rope Programme 15:00 - 16:30	After School Recreational Play Programme Seniors Club Dance/ Skipping Rope Programme 15:00 - 16:30

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HEIDEVELD SPORT COMPLEX

Off Zuurberg Road, Heideveld

RECREATION-HUB-PROGRAMMES

MONDAY

Walking Club
10:00 - 12:00

WEDNESDAY

Walking Club
10:00 - 12:00

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JOE SLOVO SPORT & RECREATION CENTRE

Freedom Way, Joe Slovo, Milnerton

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
After-school Programmes 14:00 - 17:00	Seniors Programme 09:30 - 13:30	L.O Physical Education 08:00 - 14:00	L.O Physical Education 08:00 - 14:00	After-school Programmes 14:00 - 17:00
Drama, Arts Activity, 5-a-side Soccer, Netball 17:00 - 19:00	Early Childhood Development Programme 10:00 - 12:00	Seniors Programme 09:30 - 13:30	Seniors Programme 09:30 - 13:30	Baseball, Badminton 15:00 - 17:00
Basketball 20:00 - 22:00	After-school Programmes 14:00 - 17:00	Early Childhood Development Programme 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	
	Aerobics, 5-Aside Soccer, Karate 17:00 - 19:00	After-school Programmes 14:00 - 17:00	After-school Programmes 14:00 - 17:00	
		Badminton, 5-a-side Soccer, Baseball 17:00 - 19:00	Aerobics, 5-a-side Soccer, Karate 17:00 - 19:00	
		Basketball 20:00 - 22:00		

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KALKSTEENFONTEIN COMMUNITY CENTRE

Salvia Street, Kalksteenvontein

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
After-school Programme 14:00 - 17:00	Thru-Weensy (Prayer session for parents who have kids which abandoned school) 10:00 - 11:00	Health Education 10:00 - 11:00	Health Education 10:00 - 11:00	After-school Programme 14:00 - 17:00	Health Education 10:00 - 13:00	Church Service 08:30 - 10:00
Karate 18:00 - 20:00	After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00	After-school Programme 14:00 - 17:00			
		Karate 18:00 - 20:00				

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KLEINVLEI HALL

Cnr Kool ave and Gannas Streets, Kleinvlei

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Programme 08:30 - 11:00	Fitness Programme 08:30 - 11:00	Fitness Programme 08:30 - 11:00	Fitness Programme 08:30 - 11:00	Fitness Programme 08:30 - 11:00
Seniors Programme 10:00 - 13:00	Seniors Programme 10:00 - 13:00	After School Programmes 14:00 - 17:30	After School Programmes 14:00 - 17:30	After School Programmes 14:00 - 17:30
After School Programmes 14:00 - 17:30	After School Programmes 14:00 - 17:30	Skateboarding 15:00 - 16:00	Skateboarding 15:00 - 16:00	Skateboarding 15:00 - 16:00
Skateboarding 15:00 - 16:00	Skateboarding 15:00 - 16:00	Karate 18:00 - 20:00		
Hip-Hop Culture Programme 17:30 - 19:00	Karate 18:00 - 20:00			

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LEONSDALE COMMUNITY CENTRE

12th Avenue, Elsies River

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Community / Seniors Fitness Program 08:30 - 13:00	Community Fitness Program 08:30 - 13:00	Community Fitness Program 08:30 - 13:00	Community / Seniors Fitness Program 08:30 - 13:00	Community Fitness Program 08:30 - 13:00
After-school Programmes 13:00 - 16:30	After-school Programmes 13:00 - 16:30	After-school Programmes 13:00 - 16:30	After-school Programmes 13:00 - 16:30	Multi games 13:30 - 16:30

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LOTUS RIVER SPORT AND RECREATION CENTRE

Cnr 5th Avenue and Buck Road, Lotus River

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Wellness 08:30 - 09:30	Morning Wellness 08:30 - 09:30	Morning Wellness 08:30 - 09:30	Morning Wellness 08:30 - 09:30	Morning Wellness 08:30 - 09:30
Open play 14:00 - 15:30	Life-skills -spades 10:00 - 11:00	Life-skills -spades 10:00 - 11:00	Seniors 10:00 - 12:30	Open play 14:00 - 15:30
	Open play 14:00 - 15:30	Open play 14:00 - 15:30	Open play 14:00 - 15:30	
	Gymnastics 16:00 - 17:00	Wrestling 18:00 - 19:00	Gymnastics 16:00 - 17:00	
	Drama rehearsal 18:30 - 20:30	Drama rehearsal 18:30 - 19:30	Drama rehearsal 18:30 - 20:30	
		Remote control cars 20:00 - 21:00		

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MAITLAND GARDEN VILLAGE COMMUNITY CENTRE

Cnr Beaty and Alexandra Road, Maitland Garden Village

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
After-school Programmes 13:30 - 16:00	After-school Programmes 13:30 - 16:00	After-school Programmes 13:30 - 16:00	Greenlight Gym 11:00 - 12:30	After-school Programmes 13:30 - 16:00
		Seniors Programme 11:00 - 12:30		

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MAMRE COMMUNITY HALL

Main Road, Mamre

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Seniors/Disabled programme 08:30 - 14:00	Seniors/Disabled programme 08:30 - 14:00	Seniors/Disabled programme 08:30 - 14:00	Seniors/Disabled programme 08:30 - 14:00
Kick Boxing programme 17:30 - 18:30	Fitness programme 17:30 - 18:30	Kick Boxing programme 17:30 - 18:30	Fitness programme 17:30 - 18:30

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MANDALAY HALL

Cnr Coates and Auber Street, Mitchells Plain

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors Arts & Craft 09:00 - 13:30	After-school Programme 12:30 - 16:30	After-school Programme 12:30 - 16:30	Crèche Programs 09:00 - 12:00	After-school Programme 12:30 - 16:30
After-school Programme 12:00 - 16:30		Karate Satori 17:00 - 19:30	Taibo & Aerobics 18:00 - 20:00	Taibo & Aerobics 18:00 - 20:00

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MANDELA PEACE PARK SPORT & RECREATION CENTRE

The Hague Ave, Delft

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors 10:00 - 13:00	Seniors 10:00 - 13:00	Seniors 10:00 - 13:00	Aerobics 11:00 - 12:30	Aerobics 11:00 - 12:30
Aerobics 11:00 - 12:30	Beading 10:00 - 14:00	Aerobics 11:00 - 12:30	After-school Programme 14:00 - 16:30	After-school Programme 14:00 - 16:30
After-school Programme 14:00 - 16:30	Aerobics 11:00 - 12:30	After-school Programme 14:00 - 16:30		
	After-school Programme 14:00 - 16:30			

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MASIPHUMELELE COMMUNITY CENTRE

Cnr Skina and Myeza Road, Site 5, Masiphumelele

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors Programme 08:30 - 11:00	Early Childhood Development Programme 10:00 - 12:00	Seniors Programme 08:30 - 11:00	After-school programme 14:00 - 16:30	Seniors Programme 08:30 - 11:00
After-school programme 14:00 - 16:30	After-school programme 14:00 - 16:30	After-school programme 14:00 - 16:30	Ikamva Youth 15:30 - 17:30	After-school programme 14:00 - 16:30
Homework Programme 15:00 - 16:00	Homework Programme 15:00 - 16:00	Homework Programme 15:00 - 16:00	Ihlumelo 18:00 - 19:00	Ikamva Youth 15:30 - 17:30
Yona Yethu Sessions 15:30 - 19:30	Yona Yethu Sessions 15:30 - 19:30	Ihlumelo 18:00 - 19:00	Choir 19:00 - 20:30	
Masiphumelele Fitness Club 19:00 - 20:30	Ikamva Youth 15:30 - 17:30 Choir 19:00 - 20:30	Masiphumelele Fitness Club 19:00 - 20:30		

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MONWABISI RECREATION CENTRE

Cnr Brinton and Mendi Ave, Langa

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors Programme 11:00 - 13:00	Early Childhood Development Programme 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	Early Childhood Development Programme 10:00 - 12:00	After-school Programmes 14:00 - 18:00
After-school Programmes 14:00 - 18:00	After-school Programmes 14:00 - 18:00	Seniors Programme 11:00 - 13:00	After-school Programmes 14:00 - 18:00	Boxing 15:30 - 17:30
Boxing 15:30 - 17:30	Boxing 15:30 - 17:30	After-school Programmes 14:00 - 18:00	Boxing 15:30 - 17:30	
Karate 17:30 - 19:30	Karate 17:30 - 19:30	Boxing 15:30 - 17:30	Karate 17:30 - 19:30	
Aerobics 18:00 - 20:00	Aerobics 18:00 - 20:00	Karate 17:30 - 19:30 Aerobics 18:00 - 20:00	Aerobics 18:00 - 20:00	

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NELSON MANDELA FAMILY AND YOUTH CENTRE

Cnr Pyrenees and Kilimanjaro Street, Tafelsig

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Down Syndrome Support Group 09:00 - 11:00	Parenting Support Group 09:00 - 11:00	Harmonies Seniors Club 09:00 - 11:00	Mitchells Plain Network Opposing Woman Abuse 09:00 - 11:00	Sonke Gender Justice Couples Sessions 09:00 - 11:00
Searidge Seniors Club 10:00 - 12:00	Matrix Rehab Programme 10:00 - 12:00	NMFYC Weekly Walking Club 10:00 - 12:00	Mosaic Social III, Support / Arts & Crafts 10:00 - 12:00	Mosaic Social III Support 10:00 - 12:00
Taebo Fitness 12:00 - 14:00	Social Warriors Senior Club 12:00 - 14:00	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30
After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30			

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NOMZAMO CENTRE

Michael Street, Nomzamo

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Club 09:00 - 11:00	Fitness Club 09:00 - 11:00	Fitness Club 09:00 - 11:00	Fitness Club 09:00 - 11:00	Fitness Club 09:00 - 11:00
Field and Board Games 12:00 - 14:00	Field and Board Games 12:00 - 14:00	Field and Board Games 12:00 - 14:00	Field and Board Games 12:00 - 14:00	Field and Board Games 12:00 - 14:00
After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30
Hip Hop Dancing 15:00 - 16:00	Hip Hop Dancing 15:00 - 16:00	Hip Hop Dancing 15:00 - 16:00	Hip Hop Dancing 15:00 - 16:00	Hip Hop Dancing 15:00 - 16:00

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NY49 GUGULETHU STADIUM

NY 49, Gugulethu

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Health and Fitness Programmes/Gym 07:00 - 18:00	Health and Fitness Programmes/Gym 07:00 - 18:00	Health and Fitness Programmes/Gym 07:00 - 18:00	Health and Fitness Programmes/Gym 07:00 - 18:00	Health and Fitness Programmes/Gym 07:00 - 18:00
Senior Citizens 10:00 - 12:00	Nompumelelo School for Disability/Disabled programmes 10:00 - 12:00	Senior Citizens 10:00 - 12:00	Nompumelelo School for Disability/Disabled programmes 10:00 - 12:00	Seniors Programme 10:00 - 12:00
Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00	Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00	Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00	Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00	Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00
Edu-care 11:00 - 12:00	Recreation Activities - General play 14:00 - 18:00	Edu-care 11:00 - 12:00	Recreation Activities - General play 14:00 - 18:00	Edu-care 11:00 - 12:00
Recreation Activities - General play 14:00 - 18:00	Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00	Recreation Activities - General play 14:00 - 18:00	Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00	Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00
Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00		Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00		

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OCEANVIEW MULTI-PURPOSE CENTRE

Milky Way, Ocean View

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Healthy Minds and Wellness Programme 09:00 - 12:00	Healthy Minds and Wellness Programme 09:00 - 12:00	Healthy Minds and Wellness Programme 09:00 - 12:00	Healthy Minds and Wellness Programme 09:00 - 12:00	Healthy Minds and Wellness Programme 09:00 - 12:00	Dancing rehearsals 15:00 - 17:00
Homework & Reading Programme 13:30 - 16:00	Seniors Programme 10:00 - 13:00	Homework & Reading Programme 13:30 - 16:00	Seniors Programme 10:00 - 13:00	After-school Programme 13:30 - 16:00	
Volleyball 15:00 - 17:00	After-school Programme 13:30 - 16:00	Volleyball 15:00 - 17:00	After-school Programme 13:30 - 16:00	Youth Programme 18:00 - 19:00	
Badminton 17:00 - 19:00	Badminton 17:00 - 19:00	Women's Wellness 18:00 - 19:00	Badminton 17:00 - 19:00		
Darts 19:30 - 23:30	Volleyball 19:00 - 23:30	Basketball 19:30 - 21:00	Men's Wellness 18:00 - 19:00		
			Darts 19:30 - 23:30		

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PARADISE LANE HALL

Paradise Lane, Mamre

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Fitness Programme 08:30 - 09:30	Fitness Programme 08:30 - 09:30	Fitness Programme 08:30 - 09:30	Fitness Programme 08:30 - 09:30	Afterschool programme 13:00 - 16:00	Klawerjas (cards) 13:00 - 17:00
Afterschool programme 13:00 - 16:00	Ecd programme 10:00 - 12:00	Afterschool programme 13:00 - 16:00	Ecd programme 10:00 - 12:00	Youth programme 19:00 - 21:00	
Fitness Programme 17:30 - 18:30	Afterschool programme 13:00 - 16:00	Fitness Programme 17:30 - 18:30	Afterschool programme 13:00 - 16:00		
Drug rehab programme 19:00 - 21:00	Fitness Programme 17:30 - 18:30	Drug rehab programme 19:00 - 21:00	Fitness Programme 17:30 - 18:30		
			Klawerjas (cards) 19:00 - 21:00		

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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	

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PROTEAVILLE MULTI-PURPOSE CENTRE

Peter Barlow Way, Proteaville, Bellville South

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00
Senior Fitness (Aerobics) 09:00 - 10:00	Mentally Impaired Athl - Floor Hockey 09:00 - 10:00	Senior Fitness (Aerobics) 09:00 - 10:00	Mentally Impaired Athl - Floor Hockey 09:00 - 10:00	Boxing (Training) 09:00 - 10:00
Community Cardio Circuit 10:00 - 12:00	Line Dancing 10:00 - 11:00	Intense Fitness Programme 10:00 - 12:00	Spinning (Bicycle) 11:00 - 12:00	Community Cardio Circuit 10:00 - 12:00
Boxing (Training) 12:00 - 13:00	Spinning (Bicycle) 12:00 - 13:00	Community Aerobics 12:00 - 13:00	Boxing (Training) 12:00 - 13:00	Spinning (Bicycle) 12:00 - 13:00
Recreational Games 14:30 - 16:00	Recreational Games 14:30 - 16:00	Feeding Scheme 13:30 - 14:30	Recreational Programmes 14:00 - 16:00	School's Basketball 15:00 - 19:00
Taebo/ Hip Hop Abs/ Zumba 18:00 - 19:00	8 km - Community Fitness - Walk 18:00 - 19:00	Recreational Games 14:30 - 16:00	Taebo/ Hip Hop Abs/ Zumba 18:00 - 19:00	
Scouts 18:00 - 19:30	Scouts (Cubs) 18:00 - 19:30	Taekwondo (Self Defence) 17:00 - 18:00	Darts (League) 20:00 - 23:00	
Arts & Culture Community Music School 19:00 - 21:00	Wheelchair Basketball 18:00 - 22:00	Insanity Fitness Programme 18:00 - 19:00 Futsal (Indoor Soccer) 19:00 - 21:00		

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RAVENSMEAD MULTI-PURPOSE CENTRE

Florida Street, Ravensmead

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Club 60's Line dancing 10:00 - 11:00	Aerobics/Gym 10:00 - 11:00	Club 60's Line dancing 10:00 - 11:00	Aerobics /Gym 10:00 - 11:00	Aerobics /Gym 10:00 - 11:00	Table Tennis Youth De- velopment Programme 08:30 - 12:00	Fun Games: All Codes 12:00 - 18:00
Early Childhood Development Programme Club 60 - Learn To Swim 11:00 - 13:00	Early Childhood Development Programme 11:00 - 13:00	Early Childhood Development Programme Club 60 - Learn To Swim 11:00 - 13:00	Early Childhood Development Programme Club 60 - Learn To Swim 11:00 - 13:00	Early Childhood Development Programme Club 60 - Learn To Swim 11:00 - 13:00	Fun Games: All Codes 12:00 - 18:00	Dance 14:00 - 16:00
After-school Programme 14:30 - 17:00	After-school Programme 14:30 - 17:00	After-school Programme 14:30 - 17:00	After-school Programme 14:30 - 17:00	After-school Programme 14:30 - 17:00	Dance 14:00 - 16:00	
Netball 17:00 - 18:00	Netball 17:00 - 18:00	Netball 17:00 - 18:00	Netball 17:00 - 18:00	Netball 17:00 - 18:00		
Basketball, Boxing Programme, Learn To Swim Programme, Lifesaving Programme 17:00 - 20:00	Basketball, Boxing Programme, Learn To Swim Programme, Lifesaving Programme 17:00 - 20:00	Basketball, Boxing Programme, Learn To Swim Programme, Lifesaving Programme 17:00 - 20:00	Basketball, Boxing Programme, Learn To Swim Programme, Lifesaving Programme 17:00 - 20:00	Basketball, Boxing Programme 17:00 - 20:00		
Health & Fitness 18:00 - 19:00		Water Aerobics 18:00 - 19:00	Soccer Fitness - Pool 18:00 - 19:00			
Table Tennis 18:30 - 22:30		Table Tennis 18:30 - 22:30	Ballroom - Youth 18:00 - 20:00 Ballroom Dancing - Seniors 20:00 - 22:30			

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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	

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RUTH FIRST COMMUNITY HALL

Ruth First Road, Phillippi

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gym 08:30 - 19:30	Gym 08:30 - 19:30	Gym 08:30 - 19:30	Gym 08:30 - 19:30	Gym 08:30 - 19:30	Gym 10:00 - 14:00
Senior Citizens 09:00 - 10:30	Early Childhood Development Programmes 10:30 - 11:30	Senior Citizens 09:00 - 10:30	Early Childhood Development Programmes 10:30 - 11:30	Senior Citizens 09:00 - 10:30	
Early Childhood Development Programmes 10:30 - 11:30	Recreational/After School Programmes 13:00 - 16:30	Early Childhood Development Programmes 10:30 - 11:30	Recreational/After School Programmes 13:00 - 16:30	Early Childhood Development Programmes 10:30 - 11:30	
Recreational/After School Programmes 13:00 - 16:30	Youth Group Programmes Bead work, dance, drama, marimba & visual art, Netball 16:30 - 18:00	Recreational/After School Programmes 13:00 - 16:30	Youth Group Programmes Bead work, dance, drama, marimba & visual art, Netball 16:30 - 18:00	Recreational/After School Programmes 13:00 - 16:30	
Youth Group Programmes Bead work, dance, drama, marimba & visual art, Netball 16:30 - 18:00	Aerobics 18:00 - 19:30	Youth Group Programmes Bead work, dance, drama, marimba & visual art, Netball 16:30 - 18:00	Aerobics 18:00 - 19:30	Youth Group Programmes Bead work, dance, drama, marimba & visual art, Netball 16:30 - 18:00	
Aerobics 18:00 - 19:30		Aerobics 18:00 - 19:30		Aerobics 18:00 - 19:30	

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SAREPTA SPORT AND RECREATION CENTRE

Mission Road, Kuilsriver

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Health & Fitness Programme 09:00 - 10:00 18:00 - 19:00	Health & Fitness Programme 09:00 - 10:00 18:00 - 19:00	Health & Fitness Programme 09:00 - 10:00 18:00 - 19:00	Health & Fitness Programme 09:00 - 10:00 18:00 - 19:00
Metro - Fitness Programme 10:00 - 11:00	Funjain Goju Ryn Karate 19:00 - 20:00	Metro - Fitness Programme 10:00 - 11:00	Funjain Goju Ryn Karate 19:00 - 20:00
After-school Programme 13:30 - 16:30		Table Tennis 19:00 - 20:00	
Table Tennis 19:00 - 20:00			

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SAXONSEA HALL

Hermes Avenue, Saxonseas, Atlantis

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health walkers (Fitness) 08:00 - 10:00	Seniors (Ball games, fitness) 08:00 - 15:00	Seniors (Mind games, fitness) 08:00 - 15:00	Seniors (Ball games, fitness) 08:00 - 15:00	Early Childhood Development Programme 09:00 - 10:00	Spiritual dancers (El Shaddai) 10:00 - 13:00
Seniors (Arts & Craft) 10:00 - 15:00	Movers & Shakers (Aerobics) 10:00 - 11:00	Early Childhood Development Programme 09:00 - 10:00	After school programme (soccer, netball, volleyball) 14:00 - 17:00	After school programme (Recreational games) 14:00 - 17:00	Woman on the Move (once a month)
After school programme (board games, pool, kerrem, dominoes) 14:00 - 17:00	After school programme(circle games, dress up code, suikerkaskenades) 14:00 - 17:00	After school programme (Handball, games) 14:00 - 17:00	Health & Wellness 17:00 - 20:00	Extreme Youth 19:00 - 23:00	Outreach Programme - Orion Seniors (two weeks in a month on a Friday)
Health & Wellness (Fitness) 17:00 - 20:00	Spiritual dancing (El-Shaddai) 19:00 - 21:00	Health & Wellness (Fitness) 17:00 - 20:00	Spiritual dancing (El-Shaddai) 19:00 - 21:00		
	Health & Wellness (Fitness) 17:00 - 20:00		Health & Wellness (Fitness) 17:00 - 20:00		

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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 Recreation Programmes 14:00 - 15:45	
Boot-camp fitness classes, Mixed martial arts (Kick boxing) 18:00 - 19:00			Basketball coaching 17:00 - 18:00 Boot-camp fitness classes, Mixed martial arts (Kick boxing) 18:00 - 19:00	Basketball coaching 17:00 - 18:00	

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SUMMERGREENS RECREATION CENTRE

Tinkers Road, Summergreens

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheshire Homes 10:00 - 12:00	Wellness Classes 08:30 - 09:30	Wellness Classes 08:30 - 09:30	Wellness Classes 08:30 - 09:30	Cheshire Homes 10:00 - 12:00
After-school Programmes 15:00 - 17:00	Early Childhood Development Programme 10:00 - 10:30	Early Childhood Development Programme 10:00 - 11:30	Early Childhood Development Programme 10:00 - 11:30	Afterschool Programmes 15:00 - 17:00
Aerobics Class 18:00 - 19:30	Seniors Programme 11:00 - 14:30 Afterschool Programmes 15:00 - 17:00	Afterschool Programmes 15:00 - 17:00	Seniors Programme 11:00 - 14:30 Afterschool Programmes 15:00 - 17:00 Aerobics Class 18:00 - 19:30	Edge Kidz 15:45 - 17:15

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SWARTKLIP INDOOR CENTRE

Cnr Spine Road and Tafelberg Drive, Mitchells Plain

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAPS Training 09:00 - 11:00	Educare Free Play 09:00 - 10:00	Law Enforcement Training 09:00 - 11:00	Educare Free Play 09:00 - 10:00	Seniors Learn to Swim 09:00 - 11:00
Senior Soccer Boys 09:00 - 12:00	Law Enforcement Training 09:00 - 11:00	Senior Soccer Boys 09:00 - 12:00	Saps Training 09:00 - 11:00	After School Programmes 14:00 - 16:30
After-school Programmes 14:00 - 16:30	Senior Soccer Boys 09:00 - 12:00	After-school Programmes 14:00 - 16:30	Senior Soccer Boys 09:00 - 12:00	
Futsal indoor Soccer 18:30 - 20:30	Seniors/Arts & Crafts Social 10:00 - 11:30	Futsal indoor Soccer 18:30 - 20:30	Seniors/Arts & Crafts Social 10:00 - 11:30	
	After-school Programmes 14:00 - 16:30		After-school Programmes 14:00 - 16:30	
	Ladies keep fit power hour 17:00 - 18:00		Ladies keep fit power hour 17:00 - 18:00	

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THE HAGUE RECREATION CENTRE

Silversands Road, Delft

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors 10:00 - 13:00	Seniors 10:00 - 13:00	After School Programme 14:00 - 16:30	After School Programme 14:00 - 16:30	After School Programme 14:00 - 16:30
After School Programme 14:00 - 16:30	After School Programme 14:00 - 16:30		Aerobics 10:00 - 11:00	
	Aerobics 10:00 - 11:00		Capoeira 15:00 - 16:00	
	Capoeira 15:00 - 16:00		Dance 16:00 - 18:00	
	Dance 16:00 - 18:00			

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VALHALLA PARK MULTI-PURPOSE CENTRE

Angela Street, Valhalla Park

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Life Orientation/ Athletics Program By Valpark Primary 10:00 - 11:00	Fitness Club Aqua Aerobics (Bonteheuwel Pool) 08:30 - 10:00	Fitness Club Aerobics 08:30 - 10:00	Fitness Club Aqua Aerobics (Bonteheuwel Pool) 08:30 - 10:00	Learning Program 11:00 - 12:00	Valhalla United Football Club (bookings dependant) 10:00 - 11:00
After-school programme 14:00 - 18:00	Early Childhood Development - Program - Crèche 1 10:00 - 11:00	Early Childhood Development - Program - Crèche 2 10:00 - 11:00	Early Childhood Development Programme - Crèche 1 10:00 - 11:00	After-school programme 14:00 - 18:00	Free Play 16:00 - 18:00
	Outdoor activities and Obstacle course games 11:00 - 12:00	Outdoor activities and Obstacle course games 11:00 - 12:00	Learning Program 11:00 - 12:00		
	After-school programme 14:00 - 18:00	After-school programme 14:00 - 18:00	After-school programme 14:00 - 18:00		

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VANGUARD COMMUNITY HALL

Mangaan Road, Vanguard Estate

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Table Tennis 07:00 - 09:00	Table Tennis 07:00 - 09:00	Table Tennis 07:00 - 09:00	After School Recreational Play Programme 15:00 - 16:30	After School Recreational Play Programme 15:00 - 16:30
After School Recreational Play Programme 15:00 - 16:30	After School Recreational Play Programme 15:00 - 16:30	Seniors Club 10:00 - 12:00	Music Programme Arts and Drama Programme 16:00 - 17:30	
	Music Programme 16:00 - 17:30	After School Recreational Play Programme 15:00 - 16:30		

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WELTEVREDEN VALLY HALL

Oliver Tambo Drive, Mitchells Plain

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Disable Gardenening Project 09:00 - 12:00	Disable Gardenening Project 09:00 - 12:00	Disable Gardenening Project 09:00 - 12:00	Sassa Programme 08:00 - 16:00	Disable Gardenening Project 09:00 - 12:00
Recreation Activities / After School Programme 14:00 - 16:00	Recreation Activities / After School Programme 14:00 - 16:00	Recreation Activities / After School Programme 14:00 - 16:00	Hope (Life Skills Activities) 16:30 - 17:30	Recreation Activities / After School Programme 13:00 - 15:00
Boxing, Dance and Drame 16:30 - 20:00	Boxing, Dance and Drame 16:30 - 20:00	Boxing, Dance and Drame 16:30 - 20:00	Boxing, Dance and Drame 18:00 - 20:00	

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WESBANK MULTI-PURPOSE CENTRE

Silversands Road, Wesbank

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness programme 11:00 - 12:00	Learn to swim programme 09:00 - 11:00	Fitness 11:00 - 12:00	Learn to swim programme 09:00 - 11:00	Park programme 13:00 - 15:00
ECD programme 10:00 - 11:00	ECD programme 10:00 - 11:00	ECD programme 10:00 - 11:00	ECD programme 10:00 - 11:00	
Afterschool 14:00 - 16:00		Afterschool 14:00 - 16:00		
		Pool Clinic 15:00 - 16:00		

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WOODLANDS HALL

Cnr Silena and Mitchell Avenue, Mitchells Plain

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SASSA 08:00 - 15:00	Matrix Rehab Programme 10:00 - 12:00	NMFYC Weekly Walking Club 10:00 - 12:00	Frog Health 08:00 - 15:00	Mosaic Social Ill Support 10:00 - 12:00
Searidge Seniors Club 10:00 - 12:00	Social Warriors Senior Club 12:00 - 14:00	After School Programmes 14:00 - 16:30	Mosaic Social Ill, Support / Arts & Crafts 10:00 - 12:00	After School Programmes 14:00 - 16:30
Taebo Fitness 12:00 -14:00	After School Programmes 14:00 - 16:30		After School Programmes 14:00 - 16:30	
After School Programmes 14:00 - 16:30				

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WOODSTOCK HALL

Between Plein and Aberdeen Street, Woodstock

WEEKLY PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Childhood Development 10:00 - 12:00	Early Childhood Development 09:00 - 12:00	Senior Citizens Skills Development 10:00 - 12:00	Senior Citizens Recreational Programme 10:00 - 12:00	Early Childhood Development 11:00 - 12:00
Afterschool Programme 14:00 - 16:30	Afterschool Programme 14:00 - 16:30	Afterschool Programme 14:00 - 16:30	Afterschool Programme 14:00 - 16:30	Afterschool Programme 14:00 - 16:30

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ZOLANI SPORT AND RECREATION CENTRE

Sithandathu Ave, Nyanga

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Nyanga Yethu Programmes 15:00 - 21:00	Church Service 11:00 - 13:00
Dance 15:00 - 17:00	Dance 15:00 - 17:00	Dance 15:00 - 17:00	Dance 15:00 - 17:00	Recreation activities 15:00 - 17:30		Theatre/Movies 14:00 - 19:00
Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	WIFI 15:00 - 19:00	Nyanga Yethu Programmes 15:00 - 21:00	
WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	Nyanga Yethu Programmes 15:00 - 21:00		
Bowling 16:00 - 18:00	Bowling 16:00 - 18:00	Weightlifting 16:00 - 19:00	Bowling 16:00 - 18:00			
Weightlifting 16:00 - 19:00	Weightlifting 16:00 - 19:00	Karate, Boxing 17:00 - 19:00	Weightlifting 16:00 - 19:00			
Karate, Boxing 17:00 - 19:00	Karate, Boxing 17:00 - 19:00	Basketball Practise 17:30 - 19:00	Karate, Boxing 17:00 - 19:00			
Basketball Practise 17:30 - 19:00	Basketball Practise 17:30 - 19:00	Visual arts 18:00 - 19:30	Basketball Practise 17:30 - 19:00			
Visual Arts 18:00 - 19:30	Visual Arts 18:00 - 19:30	Aerobics 18:00 - 20:00	Visual Arts 18:00 - 19:30			
Aerobics 18:00 - 20:00	Aerobics 18:00 - 20:00	Nyanga Yethu Programmes 15:00 - 21:00	Aerobics 18:00 - 20:00			
			Nyanga Yethu Programmes 15:00 - 21:00			

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