

PARKSIDE SCHOOL ENTERPRISES

ADULTS ONSIDE AT PARKSIDE

Term time Programme

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PARKSIDE
SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Tennis 8.45 – 10.00am Tennis Courts		Tennis 8.45 – 10.00am Tennis Courts
Yoga 12.45 - 1.45pm Steeple (Lindsey Brown)		Open Adult Swim 8.30 - 9.30am Pool (Giv Caulder)		Ladies' Swimming 8.45 - 9.45am Pool (Steve Luff)
	AD Adult Tennis 8.30 - 9.30am Tennis Courts			
			Dads in Pads 8.00 – 9.00pm Gym	

Classes are for both men and women unless stated otherwise.

'Adults Onside at Parkside' takes place during term time. For further information, please contact the individual instructors, as listed below:-

Activity	Instructor	Telephone	Email
Tennis	Nicky Draper	07940 168566	drapern@parkside-school.co.uk
AD Tennis	Andy Moir/AD Tennis	01932 588016	info@adtennis.com
Swimming	Steve Luff Giv Caulder	07984 859487 07878 937013	steve@aquademy-swimming.co.uk caulderg@parkside-school.co.uk
Yoga (Monday)	Lindsey Brown	07908 786523	lindsey@liveyoga.co.uk
Dads in Pads	Tim Handel	07590 124177	handelt@parkside-school.co.uk