



Barrow Park
Leisure Centre

BARROW FORWARD

BARROW LEISURE TOGETHER

Our **TOGETHER** timetable is to encourage **ANYONE** over the age of 18 to get out of the house and socialise with other people through sporting activities. We think it's the best way to beat loneliness, build confidence and just feel **BETTER!**

MONDAY

TABLE TENNIS /
PICKLE BALL

14.00 - 15.00
Sports Hall

TUESDAY

SHORT MAT
BOWLS

13.00 - 14.30
Sports Hall

WEDNESDAY

WALKING
NETBALL

10.15 - 11.30
Sports Hall

THURSDAY

SHORT MAT
BOWLS

09.15 - 10.45
Sports Hall

FRIDAY

TABLE TENNIS /
PICKLE BALL

11.30 - 12.30
Sports Hall

CLASSES ARE
£2.50 PER
SESSION