



# Cams Community Club

Starts  
7 October 2009

## For the retired residents of Fareham

**This club offers a range of enjoyable activities that you and your friends can join in with on a daily or weekly basis. All sessions will be held in the grounds of Cams School.**

**Tuesdays at 11am** - ICT (Computers and internet) and library access with an opportunity to purchase refreshments afterwards in the newly refurbished Dining Hall. Please report to Main Reception on arrival. Sessions last for 1 hour.

To book your space, please telephone 01329 231641.

### **Wednesdays at 10.30am**

Come and take part in a Nordic walking course. Nordic Walking uses specially designed poles (which are free of charge) to enhance your natural walking experience. It is a technique that is similar to the upper-body action of classic cross-country skiing.

Refreshments are also available after the walk is complete.

Each walk lasts for up to 1 hour.

To sign up for this 8 week course starting on 7 October, please telephone 01483 503414.



### **Wednesdays at 2.45pm**

Seated exercise to music. These fun and enjoyable sessions include functional movements to music that aim to improve and increase strength, mobility and flexibility. Sessions last for 45 minutes.

Please telephone 01329 231641 to book your space.  
Cost: £2.50 per session including refreshments.



### **Thursdays and Fridays at 11am - Art sessions**

To book your space, please telephone 01329 231641.

Cost: £2.00 per session (all art materials included).

For general information about the club please contact Cams Hill School, telephone 01329 231641.

**Please note:** booking is essential - please contact us from 9am - 3pm, Monday to Friday using the above telephone numbers to guarantee your space.

Venue address: Cams Community Club, Cams Hill School, Shearwater Avenue, Fareham, Hampshire PO16 8AH



**FAREHAM** BOROUGH COUNCIL

[www.fareham.gov.uk](http://www.fareham.gov.uk)



**Hampshire**  
County Council