

Listed below are the session times and venues for Fresh Start Exercise Referral Programme. There is a choice of open or closed sessions for you to attend. In open sessions the facilities are also available to the general public, whilst in closed sessions only referral clients are present.

<i>Fresh Start Gym Sessions are held at the following times and venues:-</i>	
Closed sessions are marked with an *	
<p>The Walnuts Leisure Centre Lych Gate Road, Orpington Tel: (01689) 870533 (Swimming at all Public Times)</p> <p>Monday 2.00pm-4.00pm Thursday 10.30am-11.30am – Aqua Class Friday 9.00am-11.30am</p>	<p>The Spa at Beckenham Beckenham Road, Beckenham Tel: (020) 8650 0233 (Swimming at all Public Times)</p> <p>Tuesday 9.00am – 12.00pm Wednesday 6.00pm – 8.00pm Thursday 9.00am – 12.00pm</p>
<p>The Pavilion Leisure Centre Kentish Way, Bromley Tel: (020) 8313 9911 (Swimming at all Public Times)</p> <p>Wednesday 9.00am – 11.30am Thursday 6.30pm – 8.00pm Saturday 10.00am-12.00pm</p>	<p>West Wickham Leisure Centre Station Road, West Wickham Tel: (020) 8777 5686 (Swimming at all Public Times)</p> <p>Monday 9.30am – 11.00am Wednesday 12.30pm - 2.00pm Friday 12.30pm – 2.00pm</p>
<p>Darrick Wood Swimming Pool, Lovibonds Avenue, Orpington. Tel: (01689) 857021</p> <p>Tuesday 8.30am - 9.15am* - Aqua Class</p>	<p>The Priory Sports Centre Tintagel Road, Orpington Tel: (01689) 897793</p> <p>Monday 8.00am – 10.00am* Monday 5.00pm – 7.00pm* Wednesday 8.00am - 10.00am* Friday 8.00am – 10.00am*</p>
<p>Darwin Sports Centre Jail Lane, Biggin Hill Tel: (01959) 540606</p> <p>Monday 9.00am-11.00am* Thursday 9.00am-11.00am*</p>	<p>Eric Liddell Sports Centre (at Eltham College) Mottingham Lane, Mottingham Tel: (020) 8851 9111 (Gym and Swim)</p> <p>Monday 8.30am-10.30am* Friday 8.30am-10.30am*</p> <p>(Closed session: term time only)</p>

Session times are subject to change. Please check with the centre that you wish to attend or alternatively please call the main Active Lifestyles number on **020 8290 4000**.