



Out There! Calendar of events

Monday

10am-12pm	Cookery	Horsham
10am-12pm	Gym and Swim	Worthing
1pm-3pm	Ten pin bowling	Horsham

Tuesday

10am-1pm	Gym, multi sports and leisure activities	Crawley
1pm-2pm	Football	Crawley
7pm-8pm	Multi sports and leisure activities	Worthing

Find out more, contact us on
outtherewestsussex@dimensions-uk.org

Wednesday

10am-12pm	Gym, swim and multi sports	Burgess Hill
11am-12pm	Gym and swim	Chichester

Thursday

10am-12pm	Gym and social hub	Crawley
10:30-12:30pm	Gym and swim	Bognor
7pm-9pm	Social club	Horsham
7pm-8pm	Multi sports	Chichester

Friday

10am-12pm (April-October only)	Cycling	Crawley
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