



# Weekly activities

Updated July 2021

## In the centre

Yoga bookings are essential. Contact Angela on mobile 0400 258 053 or email: [angelarockel@bigpond.com](mailto:angelarockel@bigpond.com)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Yoga 9:00am	Table Tennis 10:00am	Yoga 9:00am
				Resistance Gym with Vic 10:00am	
Afternoon			Junior Concert Band 4:00pm		GKR Karate 4:00pm
Evening	Cygnnet Singers 7:00pm	Yoga 6:00pm	Table Tennis 7:00pm	Yoga 6:00pm	

## On the court

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Social Badminton 10:00am				
Afternoon	Junior Basketball 3:00pm		Junior Indoor Soccer 3:00pm		
	Junior Basketball 4:00pm	Pickleball 3:30pm	Roller Skating 4:00pm		
Evening	Open Basketball 6:00pm	Badminton 7:00pm	Roller Skating 5:00pm		
			Boot Camp 6:00pm		
			Women's Indoor Soccer 6:00pm		
			Open Indoor Soccer 7:00pm		

# CYGNET SPORTS CENTRE



**Badminton** \$6.50  
Competition badminton.

**Boot Camp** \$6.50  
Burn fat, increase fitness and build strength.

**Cygnnet Singers**  
ANCA-affiliated, no-auditioned SATB choir of about 50 voices. If you are interested in joining please visit [cygnnetsingers.com](http://cygnnetsingers.com).

**GKR Karate**  
Karate for everyone. Fun, fitness with a purpose. Children, adult and family classes available. Bookings are essential on 0450 011 655 or email [region18au@gkrkarate.com](mailto:region18au@gkrkarate.com).

**Junior Basketball** \$5.00  
After school during school terms. Learn the game rules, practice technique, fun drills/games and a full court game.

**Junior Indoor Soccer** \$5.00  
After school during school terms. Focusing on skills, fun training and full court games.

**Open Basketball** \$6.50  
Social games open to all ages and levels of ability. Teams arranged on the night, simply turn up!

**Open Indoor Soccer** \$6.50  
Social games open to all ages and levels of ability. Teams arranged on the night, simply turn up!

**Pickleball** \$7 (+\$3 paddle hire)  
Like tennis, but with paddles and under-arm serves. Social games open to all ages and levels of ability. No bookings required.

**Resistance Gym with Vic** \$6.50  
One hour session. Vic is a marine and medic with a wealth of knowledge and experience!

**Roller Skating** \$6.50  
Fun for everyone.

**Social Badminton** \$6.50  
Social games open to all ages and levels of ability.

**Table Tennis** \$6.50  
Social games open to all ages and levels of ability.

**Yoga** \$20  
Enhance your general wellbeing. Angela has been teaching yoga in Cygnnet for nearly 20 years. Bookings are essential on 0400 258 053 or email [angelarockel@bigpond.com](mailto:angelarockel@bigpond.com).

**Women's Indoor Soccer** \$6.50  
Social games open to all ages and levels of ability. Teams arranged on the night, simply turn up!

## Centre opening hours

Open from 3pm on school days  
Closed during school holidays

## Gym opening hours

Monday 10am–1pm | 3pm–4:30pm | 6pm–9pm

Tuesday 6pm–9pm

Wednesday 3pm–6pm

Thursday 9am–1pm

Friday Closed

Saturday Closed

Sunday Closed

## Cygnnet Sports Centre

19 Louisa Street, Cygnnet  
Huon Valley, Tasmania

Phone: (03) 6264 0370

Email: [cygnnetsports@huonvalley.tas.gov.au](mailto:cygnnetsports@huonvalley.tas.gov.au)

[www.huonvalley.tas.gov.au](http://www.huonvalley.tas.gov.au)



Follow us!

The Cygnnet Sports Centre is proudly owned and operated by Huon Valley Council. If you would like information about other sporting facilities and activities in the Huon Valley please call Council on (03) 6264 0300.