

Clubs operating out of Highwoods Community Sports Centre



Day	Time	Activity	Contact
Monday	5.30 - 7.30pm	CUCST Football coaching Ages 4-6 & 7-8	Centre Reception
	6.15 - 7.15pm	Circuit Works	Centre Reception
	6.30pm	CATS running club	0800 0836687
	6.30 - 8pm	Flying Dragon Judo Club Juniors	07831458 386
	6 - 9pm	Kuk Sool Won	(01502) 589543
	7- 10pm	Adult Netball	(01206) 502022
	7.30 - 10.30pm	Colchester and District Fencing Club All Ages	(01206) 844079
	8.30 - 10.30pm	Highwoods Badminton Club	(01206) 241765
Tuesday	5.15 - 7.20pm	Trampoline coaching Ages 5-16	Centre Reception
	5.30 - 6.30pm	Tennis Coaching (April - July only)	Centre Reception
	5.30 - 7.30pm	Chipmunks Badminton Club. Juniors	(01206) 330991
	5.30 - 7.30pm	Fencing Juniors	(01206) 530214
	7 - 8pm	Pilates	(01206) 564348
	6.30 - 7.30pm	Colchester Karate Club	(01206) 322062
	7.30 - 10.30pm	Brinkley Badminton Club	(01206) 862660
	7.30 - 10.30pm	Archery	(01206) 864350
8 - 10.30pm	Carpet Bowls	(01206) 305847	
Wednesday	5.30 - 6.30pm	CUCST Football coaching Ages 7-8	Centre Reception
	5.30 - 6.30pm	Basketball Coaching Ages 7 - 12	Centre Reception
	6.30 - 7.30pm	Crusaders FC. Juniors	(01206) 752786
	6.30 - 7.30pm	Volleyball	(01206) 282297
	6.30 - 8pm	Kung Fu	(01255) 424009
	7.30 - 10.30pm	Mary Magdalen Badminton Club	(01206) 574638
	8 - 9pm	Tai-Chi	(01255) 424009
Thursday	5.15 - 7.20pm	Trampoline coaching Ages 5-16	Centre Reception
	6 - 7pm	Carolyn's School of Dance	(01206) 844222
	7 - 8pm	Colchester Karate Club	(01206) 322062
	7 - 9pm	Junior Netball	(01206) 502022
	7.30 - 10.30pm	Carpet Bowls	(01206) 305847
Friday	5.30 - 8pm	Kuk Sool Won	(01502) 589543
	5.30 - 7pm	Junior Basketball	(01206) 835136
	7 - 10pm	Colchester and District Fencing Club All Ages	(01206) 844079
	8.15 - 9.45pm	Ju-Jitsu	(01206) 766583
	8 - 10pm	Colchester Tigers Basketball Club	(01206) 762882

Clubs operating out of Highwoods Community Sports Centre Continued

Day	Time	Activity	Contact
Saturday	9 - 10am	Mini Tennis	Centre Reception
	Various times	Colchester Villa FC	(01206) 845156
	9.15 - 10.45am	Colchester Athletic FC U8/U9 girls	(01206) 854831
	10 - 11.30am	Tots Zone Ages 0 - 5	Centre Reception
	10 - 11.30 am	Kuk Sol Won	(01502) 589543
	10 - 12.30am	Chipmunks Badminton Club Juniors	(01206) 330991
	12 - 1.30pm	Kung Fu	(01255) 424009
	1-2pm	Crusaders FC Juniors	(01206) 751421
	2 - 5pm	Fencing Juniors	(01206) 863908
Sunday	9.30 - 10.30pm	CUCST Football Coaching Ages 4 - 6	Centre Reception

Please note that this is a list of Clubs which book the facilities at Highwoods Sports Centre and are not accredited by Colchester Borough Council, Sport and Leisure Services. These details are correct at time of print