

Health, Wellbeing & Sport

Callywith College Summer Sessions



Free sessions for students & staff **16 April to 06 July**

	Before College	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	After College
Monday				12.30 - 14.00 Football Astro Pitch Sign out ball & key from Temple reception	13.15 - 14.15 Tutor Group HWS Session Garrow jamesl@truro-penwith.ac.uk			
Tuesday				12.30 - 14.00 Male Football Astro Pitch Contact: timn@callywith.ac.uk				
Wednesday					13.00 - 13.30 Tutor Group HWS Session Garrow jamesl@truro-penwith.ac.uk	14.00 - 16.00 Basketball Garrow Sports Hall G029		16.30 - 17.30 Staff Indoor Football Garrow Sports Hall G029 timn@callywith.ac.uk
Thursday				12.00 - 13.00 Female Only Gym Session Garrow Gym G017	13.00 - 13.30 Tutor Group HWS Session Garrow jamesl@truro-penwith.ac.uk		15.00 - 16.00 Yoga Fox F101	17.00 - 18.00 Self Defence / Martial Arts Garrow Sports Hall G029
Friday			11.00 - 12.00 Male Football Astro timn@callywith.ac.uk	12.00 - 14.00 Gym Session Garrow Gym G017				
				12.00 - 14.00 Student Services & Staff Referral Programme Garrow Gym G017				
				12.00 - 14.00 Badminton & Basketball Garrow Sports Hall G029				
				12.00 - 13.00 Female Football Astro timn@callywith.ac.uk				



In association with
Truro & Penwith College

Get in touch & find out more

healthwellbeingandsport
 HealthWellbeingAndSport
 @HWScallywith
 01872 267571
 hws@truro-penwith.ac.uk