



National Star

Realising the aspirations
of people with disabilities

National Star Employee Recreation Programme 2014/15

Day	Time	Activity
Monday	1.15pm – 1.45pm	Swimming
Monday	4.45pm – 5.45pm	Swimming
Tuesday	8am – 8.30am	Tai Chi
Tuesday	1.15pm – 1.45pm	Swimming
Tuesday	5pm – 6.15pm	Football
Tuesday	12.45 – 1.15pm and 5pm – 5.30pm	Choir Choir
Wednesday	1.15pm – 1.45pm	Swimming
Wednesday	5pm – 6.15pm	Badminton
Wednesday	5pm – 7pm	Pottery
Thursday	1.15pm – 1.45pm	Swimming
Thursday	4.45pm – 5.45pm	Swimming
Thursday	5.15pm – 6.15pm	Netball
Friday	1pm – 1.30pm	Swimming
Friday	5pm – 6.15pm	Badminton

Star Skittlers play weekly league matches (days vary)

Star Cricket – Play matches through the Summer Term

Staff Golf – £20 a year membership