

With spring around the corner, Westerham U3A is launching an initiative to get people out and about and active. Spring into fitness is an open invitation to anyone who’d like to know more about the U3A and who wants to increase their fitness to join them on a series of activities – indoor and out.

The launch event (from 1.30pm on 1 April, Westerham Hall) will feature a Zumba Gold session, in association with Community Sports at Sevenoaks Council; it is open to anyone and everyone and is free of charge. It is followed by a ‘Yogathon’ where people can find out more about the events during the month and join the U3A. Activities will include ‘rusty rackets’ tennis sessions and a series of walks in NW Kent every Wednesday, starting with a gentle ramble on 6 April. There’ll also be dog walks and hilly hikes and even the chance to learn a little about fly fishing. In addition, Community Sports will run a Ballroom and Tap session (also free of charge) on 7 April at 1.30pm.

The U3A is for anyone and everyone no longer in full time employment – there is no lower age limit. Members can join study groups, social events and outings of all sorts; annual membership costs just £20.00pp (£35 for a couple). There is a special offer for fitness month (1-30 April 2016) – a trial membership is available for just £2 – details on the website.

To find out more, and for full terms and conditions see <http://www.westerhamu3a.org/spring-into-fitness.html>

***Ends***

**Editors’ notes:**

Visit www.westerhamU3A.org to know more about Westerham U3A

- U3A is a self-help organisation for people no longer in full time employment

- it provides educational, creative and leisure opportunities in friendly environment

- Local groups are charities and are run entirely by volunteers

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JPEGs available