



## Community Session Times

### Forest Hill Community Sports Centre

**Community Sessions** - £3 per session

**Tuesday** 5.00 - 6.30pm *age 8-18*

**Saturday** 10.00 -11.30am *age 8-12*

### The Thunderdome, Stockholm Road

**Community Session** - £3 per session

**Saturday** 10.00 -11.30am *age 8-18*

**Pay & Play** - 16 yrs +

**Friday** 6.00 - 9.00pm

## Team Training Sessions

The Thunderdome, Stockholm Road

### Men's National League

**Monday** 7.30-9.30pm

**Wednesday** 7.30-9.00pm

### Women's Met league Team

**Tuesday** 6.00 - 7.30pm

**Thursday** 6.00 - 7.30pm

### U18 Men National League

**Tuesday** 7.30- 9.00pm

**Thursday** 7.30-9.00pm

### U18 Girls National League

**Tuesday** 6.00 - 7.30pm

**Thursday** 6.00 - 7.30pm

### U16 Boys National League

**Tuesday** 7.30-9.00pm

**Thursday** 7.30-9.00pm

### U16 Girls National League

**Tuesday** 6.00 - 7.30pm

**Thursday** 6.00 - 7.30pm

### U14 Boys National League

**Tuesday** 6.00 - 7.30pm

**Thursday** 6.00 - 7.30pm

### U12's

**Saturday** 10.00 - 11.30am  
plus any community session

### Self-Development Sessions

**Monday** 5.30-7.30pm

**Wednesday** 5.30-7.30pm