

# The Pitsea Activity Centre

The Wat Tyler Centre

Pitsea Hall Lane,

Pitsea

Essex

SS16 4UH



Tel: 01268 205272 Email: [pitseaactivitycentre@basildon.gov.uk](mailto:pitseaactivitycentre@basildon.gov.uk) Web: [www.basildon.gov.uk/pac](http://www.basildon.gov.uk/pac)

The Pitsea Activity Centre is a lively, friendly and bustling daytime venue where the older generation can meet and socialise close to the centre of Pitsea.

## Weekly activities list 2024

<b>MONDAY</b>	Zumba	10:00 - 10:45	Nobel Room	£3.00
	Flower Arranging	10:00 - 12:00	Cordite Room	£3.00
	Strollercise	11:30 - 12:15	Heritage Barn	£3.00
	Latin Fever Aerobics	11:00 - 12:00	Nobel Room	£3.00
	Knit & Knatter	13:00 - 15:00	Cordite Room	£3.00
	Seated Keep Fit	13:30 - 14:30	Nobel Room	£3.00

<b>TUESDAY</b>	Belly Dancing	10:00 – 11:00	Diamond 1&2	£3.00
	Yoga	10:30 - 11:30	Cordite Room	£3.00
	Zumba	11:15 - 12:15	Diamond 1&2	£3.00
	Bowls	10:00 - 13:00	Nobel Room	£3.00
	Yoga	12:00 - 13:00	Cordite Room	£3.00
	Bingo	13:15 - 15:00	Cordite Room	£3.00
	Art	13:30 – 15:30	Diamond 1&2	£3.00

General\ public - no restrictions on circulation

	Mindfulness & Relaxation	10:00 – 11:00	Bittern Room	£3.00
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<b>WEDNESDAY</b>	Yoga	12:00 - 13:00	Bittern Room	£3.00
	Seated Keep Fit	12:00-13:00	Nobel Room	£3.00
	Line Dancing	14:00 -15:00	Nobel Room	£3.00

<b>THURSDAY</b>	Zumba Gold	10:00 - 10:45	Diamond 1&2	£3.00
	Tap Dance	11:00 -12:00	Diamond 1&2	£3.00
	Bingo	13:15 -15:00	Diamond 1&2	£3.00

<b>FRIDAY</b>	Seated Keep Fit	11:15 -12:15	Nobel Room	£3.00
	Craft	13:00-15:00	Diamond 1&2	£3.00

**Places on our Activity Sessions are limited** - To check there is a place for you on any of our activity sessions, please contact the office on 01268 205 272.

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