




SAINTS  
FOUNDATION

SAINTS

4 SPORT

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**Saints4Sport** offers positive engagement opportunities in sport, education and employment for adults who are facing some of life's biggest challenges, including behavioural issues, mental health issues, homelessness and substance misuse.

Please check out our extensive timetable of activities and how you can get involved.

## S A I N T S 4 S P O R T

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We offer adults over 18:

- Free sporting activities Monday to Friday
  - Free Accredited Sports Courses
  - Pathways to Volunteering & Employment
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For a referral form or more information please contact

**Saints 4 Sport**

+44 7884 588 490

**Lisa Latona**

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F U L F I L L I N G P O T E N T I A L - C H A N G I N G L I V E S

DAY	ACTIVITY	DETAILS
Monday	Box Fit	Spartan's Fight Club, Unit 15, Duke Street, S014 0SQ 12pm-1pm
Monday	Kickboxing	Spartan's Fight Club, Unit 15, Duke Street, S014 0SQ 1.30pm-2.30pm
Tuesday	Gym	The Quays Leisure Centre 10am-12pm
Wednesday	Golf	Driving Range, Pitch & Putt and Nine Hole 10.30am-12.30pm
Wednesday	Womens Get Fit	Spartan's Fight Club, Unit 15, Duke Street, S014 0SQ 11am-12pm
Wednesday	Tai Chi	Wu Tan Martial Arts Centre 1pm-2pm or 12pm meet at New Road

DAY	ACTIVITY	DETAILS
Thursday	Gym	The Quays Leisure Centre 10am-12pm
Thursday	Football	Goals Soccer Centre 2pm-4pm, 1.30pm at New Road
Thursday Brake the Cycle	Mountain Biking	The New Forest 10am-2pm, Meet at 10am New Road
Friday	Gym	The Quays Leisure Centre 10am-12pm





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the society of  
**st James**   
believing in your future

