

Silver Sunday this year coincides with the United Nations Older People's Day

# A FREE INTRODUCTION TO SQUASH AND RACKETBALL FOR THE OVER-50s

Saturday 7th and Sunday 8th October  
9.45-11.15am

If you have family, friends or workmates who would like a gentle introduction to these fun and convenient sports, please contact

**[office@oakleighparkclub.co.uk](mailto:office@oakleighparkclub.co.uk)**

**or call 020 8445 7221**

to book or for more information.

Equipment supplied, but please wear non-marking footwear

