How to Book:

You can book and pay over the phone
01234 221700
Or
Download the booking form from www.bedford.gov.uk/sport and send, with a cheque, to: Amy Rance, Sports Development Unit, Bedford Borough Council, Town Hall, Bedford, MK45 1NA

All courses are on a first come first served basis.

To avoid disappointment phone before sending in a booking form.

Places going fast!

For more information about all the courses
Visit: **www.bedford.gov.uk/sport**
Tel: **01234 221700**
Email: **amy.rance@bedford.gov.uk**

'I thoroughly enjoyed coming to the sessions each weekend. The quality of the coaching was excellent. The facilities were excellent. I'd also like to say the process to join and payment of fees over the phone was done very efficiently. Staff were very friendly. Re-Active 8 was also very easy to find on the webpage, particularly quick. Many thanks to everybody, my experience was an enjoyed one.' **Participant**

Bedford Borough Council
Sports Development Unit
Keeping Bedford Active

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PRIDE IN BEDFORD

Week beginning 24th January 2011

Sports Programmes aimed at 30-55 years olds

Welcome

This exciting and special programme of sports coaching courses is aimed at **adults** who would like to try something new in a relaxed, informal environment with other similar minded people. The programme is ideal for adults who **may never have tried sport before** and would now like to have a go at something new or for adults who might have tried sport a long time ago and want to return to an activity.

The sessions are suitable for **complete beginners** as well as people who may have had some experience. They are organised by the Bedford Borough Council Sports Development Team at a range of local venues.

All sessions are run exclusively for adults and are run by **experienced and qualified coaches.**

You do not need any special equipment or clothing and **everyone is welcome.** Come on your own or bring a friend!

If you like the sport and want to continue with it after the course has finished **we will give you all the information you need to carry on.**

In partnership with

GETBACKINTO YOUR M&S

- Cost: **£45** (except Shooting)
- Start: All courses **start week beginning 24th January** and run for 8 weeks – excluding 21/2, 22/2, 23/2, 24/2, 25/2

Name	Day	Time	Venue	Dates Running
Badminton	Wednesday	7.30-9pm	Dame Alice Harpur School	26/1, 2/2, 9/2, 16/2, 2/3, 9/3, 16/3, 23/3
Golf Beginners (A)	Monday	7-8pm	Mowsbury Golf Course	24/1, 31/1, 7/2, 14/2, 28/2, 7/3, 14/3, 21/3
Golf Beginners (B)	Thursday	7-8pm	Mowsbury Golf Course	27/1, 3/2, 10/2, 17/2, 3/3, 9/3, 16/3, 23/3
Golf Intermediates (A)	Monday	8-9pm	Mowsbury Golf Course	24/1, 31/1, 7/2, 14/2, 28/2, 7/3, 14/3, 21/3
Golf Intermediates (B)	Thursday	8-9pm	Mowsbury Golf Course	27/1, 3/2, 10/2, 17/2, 3/3, 9/3, 16/3, 23/3
Gym and Swim	Wednesday	6.30-7.30pm	Robinson Pool	26/1, 2/2, 9/2, 16/2, 2/3, 9/3, 16/3, 23/3
Nordic Walking	Saturday	4-5pm	Priory Country Park & Harrold Country Park	29/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3
Paddle Sports	Sunday	10am-12pm	Priory Water Sports Centre	30/1, 6/2, 13/2, 20/2, 27/2, 6/3, 13/3, 20/3
Sport Ju Jitsu	Sunday	4.30-5.30pm	ARA, Manton Lane	30/1, 6/2, 13/2, 20/2, 27/2, 6/3, 13/3, 20/3
Shooting * £80	Saturday	11am-12.30pm	Sporting Targets	29/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3
Squash Beginners	Saturday	2.30-3.30pm	Bunyan Centre	29/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3
Squash Intermediates	Saturday	3.30-4.30pm	Bunyan Centre	29/1, 5/2, 12/2, 19/2, 26/2, 5/3, 12/3, 19/3
Tai Chi Qigong	Tuesday	7.45-8.45pm	ARA, Manton Lane	25/1, 1/2, 8/2, 15/2, 1/3, 8/3, 15/3, 22/3
Tennis Beginners	Friday	6-45-8pm	Riverside Tennis Club	28/1, 4/2, 11/2, 18/2, 4/3, 11/3, 17/3, 24/3
Tennis Intermediates * Outside	Tuesday	8.30-9.45pm	Riverside Tennis Club	25/1, 1/2, 8/2, 15/2, 1/3, 8/3, 15/3, 22/3