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: Sports Development Unit, Bedford Borough Council, Town Hall, Bedford, MK40 1SJ

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

Bedford Borough Council
Keeping Bedford Active

BEDFORD BOROUGH COUNCIL

Week beginning 26th Sept 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

- All courses run for 8 week
- All courses aimed at 30-55 year olds
- All courses start week commencing Monday 26th Sept* (except RA8 Triathlon which start 9th Oct)

Name	Day	Time	Price	Venue	Dates
Ballroom & Latin Dancing	Wednesday	7-8pm	£40	The Court Ballroom, Midland Road	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11
Golf Beginners (A)	Monday	7-8pm	£50	Mowsbury Golf Course	26/9, 3/10, 10/10, 17/10, 31/10, 7/11, 14/11, 21/11
Golf Beginners (B)	Thursday	7-8pm	£50	Mowsbury Golf Course	29/9, 6/10, 13/10, 20/10, 3/11, 10/11, 17/11, 24/11
Golf Intermediates (A)	Monday	8-9pm	£50	Mowsbury Golf Course	26/9, 3/10, 10/10, 17/10, 31/10, 7/11, 14/11, 21/11
Golf Intermediates (B)	Thursday	8-9pm	£50	Mowsbury Golf Course	29/9, 6/10, 13/10, 20/10, 3/11, 10/11, 17/11, 24/11
Group Fitness Training	Wednesday	6.30-7.30pm	£45	Westfield Middle School	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11
Gym & Swim	Wednesday	6.30-7.30pm	£45	Robinson Pool	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11
Indoor Bowls	Thursday	7-9pm	£40	Kempston Indoor Bowls Club	29/9, 6/10, 13/10, 20/10, 3/11, 10/11, 17/11, 24/11
Paddle Sports	Sunday	10-12pm	£60	Priory Water Sports Centre	2/10, 9/10, 16/10, 23/10, 30/10, 6/11, 13/11, 20/11
Self Defence for Women (A)	Wednesday	7.45-8.30pm	£40	Westfield Middle School, Queens Park	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11
Self Defence for Women (B)	Sunday	6.30-7.15pm	£40	Jubilation Community Centre, Kingsbrook	2/10, 9/10, 16/10, 23/10, 30/10, 6/11, 13/11, 20/11
Shooting	Saturday	10-12.30pm	£85	Sporting Targets, Riseley	1/10, 8/10, 15/10, 22/10, 29/10, 5/11, 12/11, 19/11
Squash Beg/Inter	Sunday	10-11am	£45	Bunyan Centre	2/10, 9/10, 16/10, 23/10, 30/10, 6/11, 13/11, 20/11
Swimming lessons & Stroke Improvement	Wednesday	9.15-10pm	£45	Bedford Modern School	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11
Tennis Beginners	Friday	6.45-8pm	£45	Riverside Tennis Club, Goldington Rd	30/9, 7/10, 14/10, 21/10, 4/11, 11/11, 18/11, 25/11
Tennis Intermediates (outside)	Tuesday	8.30-9.45pm	£45	Riverside Tennis Club, Goldington Rd	27/9, 4/10, 12/10, 19/10, 1/11, 8/11, 15/11, 22/11
Triathlon (must have own bike)*	Sunday	9-10am	£50	Kempston Pool	9/10, 16/10, 23/10, 30/10, 6/11, 13/11, 20/11, 27/11
Water Aerobics	Tuesday	7.30-8.15pm	£45	Robinson Pool	27/9, 4/10, 12/10, 19/10, 1/11, 8/11, 15/11, 22/11
Yoga for Women	Tuesday	6.30-7.15pm	£40	Faraday Community Centre	27/9, 4/10, 12/10, 19/10, 1/11, 8/11, 15/11, 22/11
Zumba	Wednesday	6-7pm	£45	Bedford High School	28/9, 5/10, 12/10, 19/10, 2/11, 9/11, 16/11, 23/11