

# ACTIVE ADULTS



BEDFORD  
BOROUGH COUNCIL

**Sports programmes aimed at over 35 year olds**  
**Starting week beginning 12<sup>th</sup> May 2025\***

**Bookings open at 12:30pm on 22<sup>nd</sup> April 2025**

Active Adults is ideal for those who may never have tried sport before and would now like to have a go at something new or for those people who might have tried sport a long time ago and want to return to an activity in a relaxed, informal environment with other similar minded people.

All sessions are organised by the Bedford Borough Council Sports Development Unit and are held at local venues situated within the Borough. The sessions are run exclusively for adults, run by experienced and qualified coaches running for 8 weeks.

Due to COVID-19 we recommend you bring your own tennis rackets, golf clubs, badminton rackets however if you do not own these the coach will provide them.

Come on your own or bring a friend!

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

- All courses run for 8 weeks\*
- All courses start week commencing 12<sup>th</sup> May 2025\*
- All courses are aimed at over 35 year olds
- All courses are aimed at beginners \*

*\*(unless specified)*

## How to Book

Bookings open from 12:30pm on Tuesday 22<sup>nd</sup> April 2025 and can be made by:

**Booking and paying online at: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

**We are unable to take cash or cheque for any courses this time.**

All course bookings are on a first come first served basis.

If the bookings are very low on specific courses we may need to cancel them at short notice (one week before the start of the programme).

If this is necessary, we will contact all those enrolled on the cancelled course to offer a full refund or a place on another course.

Please try and make your bookings early to avoid disappointment and help us to manage the organisation of the courses.

Thank you.

**To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# BADMINTON



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	No Session	No Session	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Badminton	B1	Thursday	20:30-21:30	Bunyan Centre, Sports Hall	£50	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25	10/7/25	17/7/25

## Summary of programme:

A qualified coach will teach you all the elements of the modern game giving plenty of time for you to practice your new skills. The aim is to have fun and enjoyment whilst exercising. Later you may wish to take the game further and join a club.

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# BOXING WOMEN ONLY



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Boxing She-Boxes Women only session	B3	Friday	9:30-10:30	Scott Hall Community Centre	£72	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	4/7/25	11/7/25	18/7/25

## Summary of programme:

Full body boxing workout, no experience needed. Working in pairs using gloves and pads.

## Do I need to bring anything?

Wear comfortable clothing, trainers, a small towel and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# BUGGY BOOTCAMP (PARENT & CHILD SESSION)

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Buggy Bootcamp Parent and Child session	B4	Friday	9:45-10:30	Great Denham Park	£65	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	4/7/25	11/7/25

## Summary of programme:

A sociable, outdoor bootcamp for parents, babies and/or toddlers. Engage in some gentle exercise with your little ones. Don't worry if you need to feed, change, or just give your little ones a cuddle – we all understand and support each other. Exercises can include bodyweight squats, lunges and a focus on increasing core strength post-pregnancy.

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

**This session is outside – please dress for the weather.**

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# BALLROOM AND LATIN DANCING

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Ballroom and Latin Dancing for Beginner	BL1	Monday	09:45-10:45	Wootton Community Centre	£60	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25

## Summary of programme:

Learn the basics of some of the Ballroom and Latin dances such as Social Foxtrot, Cha Cha Cha and Waltz in this course aimed at beginners. Partners not necessary.

## Do I need to bring anything?

Please bring a drink and comfortable shoes.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# CARDIO TENNIS



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Cardio Tennis	C1	Monday	09:15-10:15	Riverside Tennis Club	£64	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25
Cardio Tennis	C2	Saturday	06:55-07:55	Riverside Tennis Club	£64	17/5/25	24/5/25	31/5/25	7/6/25	14/6/25	21/6/25	28/6/25	5/7/25	12/7/25
Cardio Tennis	C3	Wednesday	09:15-10:15	Riverside Tennis Club	£64	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25	9/7/25
Cardio Tennis	C4	Monday	17:35-18:35	Riverside Tennis Club	£64	12/5/25	19/5/25	26/3/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25

## Summary of programme:

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout is open to anyone - all ages and abilities! Great music, great cardio and great people - what's not to like? You'll get to hit lots of tennis balls during your class, build up your skills and work up a sweat.

## Do I need to bring anything?

Wear comfortable clothing, training shoes and bring a drink.

Riverside Tennis Club will supply you with all the equipment needed (you may bring your own tennis racket if you wish). This session will be in the outside please dress for the weather.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# FITNESS SESSION WOMEN ONLY

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Fitness Session Women only	F1	Thursday	18:00-18:50	Great Denham Community Hall	£65	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25	10/7/25

## Summary of programme:

We combine two styles of exercise in one class, giving women the opportunity to try different types of exercise for example, dance-fitness, box-fit, toning and stretch. All women are welcome!

## Do I need to bring anything?

Wear comfortable clothing, training shoes and bring a drink.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# GOLF



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	No Session	Date - Session 8
Golf <b>Beginners</b> (Mowsbury)	GM1	Wednesday	19:00-20:00	Mowsbury Golf and Squash Centre	£65	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	27/2/25	9/7/25	16/7/25
Golf <b>Improvers</b> (Mowsbury)	GM2	Wednesday	20:00-21:00	Mowsbury Golf and Squash Centre	£65	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	27/2/25	9/7/25	16/7/25
Golf <b>Improvers</b> (Mowsbury)	GM3	Friday	11:00-12:00	Mowsbury Golf and Squash Centre	£65	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	4/7/25	11/7/25	18/7/25
Golf <b>Beginners</b> (Mowsbury)	GM4	Tuesday	10:30-11:30	Mowsbury Golf and Squash Centre	£65	13/5/25	20/5/25	27/5/25	3/6/25	10/6/25	17/6/25	24/6/25	1/7/25	8/7/25	15/7/25
Golf <b>Beginners</b> (Mowsbury)	GM5	Thursday	12:00-13:00	Mowsbury Golf and Squash Centre	£65	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25	10/7/25	17/7/25

## Summary of programme:

**Beginners:** This course is aimed at complete beginners. During the 8 week programme you will learn; how to hold the club correctly; how to stand correctly; the correct set up needed when hitting different shots; how to swing correctly; understand how the other clubs work, learn how to play a chip, pitch and full shot; putting if weather conditions are suitable and work on using a wide range of golf clubs (Short Irons, Medium Irons, Long Irons and the very popular Wood).

**Improvers:** These sessions provide the follow-on course to the Golf Beginners sessions. The coach will carry on with breaking down the swings with each golf club and work closely on your stance and hand grip.

## Do I need to bring anything?

We recommend you bring your own golf clubs however if you do not own some the club will provide them. The club highly recommend that you wear suitable footwear. The majority of the lessons will be taking place on the driving range, if the weather is kind we may use the putting green or the course.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# GOLF WOMEN ONLY AND MIXED GENDER



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Course	Code	Day	Time	Venue	Cost	Details
Golf in a Day <b>Beginners</b>	GID1	4/6/25	10:00-15:00	Bedfordshire Golf Club, (Stagsden)	£99	Mowsbury Golf and Squash Centre
Golf in a Day <b>Intermediates</b>	GID2	14/5/25	10:00-15:00	Bedfordshire Golf Club, (Stagsden)	£99	Mowsbury Golf and Squash Centre
Golf in a Day <b>Women's only sessions</b> with Top 50 Coach	GID3	Various dates	10:00-15:00	Colmworth Golf Course	£99	Mowsbury Golf and Squash Centre
Golf in a Day <b>Mixed Gender sessions</b> with Top 50 Coach	GID4	Various dates	10:00-15:00	Colmworth Golf Course	£99	Mowsbury Golf and Squash Centre

## Summary of programme:

**Golf in a Day – Bedfordshire Golf Course:** Bedfordshire Golf course are offering Golf in a Day sessions aimed at Beginners and Intermediates.

**10-11am:** Meet & greet on the driving range - discuss the correct set up and swing for irons. Then, work towards getting more distance with the driver.

**11-12pm:** Short game - to cover shots on and around the green.

**12-1pm:** lunch (£10 credit in the bar towards food & drink)

**1-3pm:** 9 holes on the course, being coached - to cover course management, correct club selection and sloping lies. Please book directly with [rbgolf@hotmail.co.uk](mailto:rbgolf@hotmail.co.uk)

**Golf in a Day – Colmworth Golf Course:** Adrienne is offering Women's only Golf in a Day sessions and Mixed Gender sessions. Bedfordshire golf pro Adrienne Engleman has been rewarded for her unstinting efforts to help local people to get into golf by being named as one of the UK's top coaches. Engleman, a former Ladies European Tour player now based at Colmworth Golf Club near Bedford, is one of five women who have recently been included in Golf Monthly magazine's latest list of the UK's Top 50 Coaches. The 50-year-old's inclusion in the elite band is the result of not only her hard work at Colmworth but for also becoming a familiar figure locally. The course will also include facilities fees, equipment and lunch. Please book directly with [Adie\\_info@adrienne.golf](mailto:Adie_info@adrienne.golf)

## Do I need to bring anything?

**We advise you bring your own golf clubs however if you do not own some the club will provide them.** The club highly recommend that you wear suitable footwear. The majority of the lessons will be taking place on the driving range, if the weather is kind we may use the putting green or the course.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# INDOOR BOWLS



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Indoor Bowls	CIB1	Thursday	14:00-16:00	Kempston Park Indoor Bowls Club	£35	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25	10/7/25
Indoor Bowls	IB2	Wednesday	12:30-14:30	Bedford Borough Bowls Club, Goldington Road	£35	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25	9/7/25

## Summary of programme:

The course is a fun introduction to the enjoyable sport of indoor bowls. The objective of the game is to get a round bowl as near to a little yellow ball, some distance away, as you can! During the course you will be taught the skills needed to enable you to play a game of indoor bowls. This will include technique, tactics and rules. Indoor bowls can be a fun, relaxing and sociable recreational activity, which provides you with some exercise at the same time. Please come and give it a try.

## Do I need to bring anything?

All participants need to wear socks and non-marking shoes. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# JAZZUMBA



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Jazzumba	J1	Tuesday	13:30-14:20	Elderswell Retirement Village, Turvey	£60	13/5/25	20/5/25	27/5/25	3/6/25	17/6/25	17/6/25	24/6/25	1/7/25
Jazzumba	J2	Wednesday	12:30-13:30	Cotton End Village Hall	£60	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25

## Summary of programme:

Jazzumba is a G.E.M. in the heart of the Village.

G.E.M.: Group, Exercise, Motivational Classes – Jazzumba is a solo class

Combining all the exercise benefits of dance movement with the art & joy of authentic Jazz + Jive, our routines are entertaining and will burn calories whilst you learn some great new cool and fun dance moves from Jazz & Swing to Charleston – it's a blast!

\*Please note that these sessions do not stop for half term\*

## Do I need to bring anything?

Comfy shoes and a bottle of water.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# KENDO FITNESS



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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Kendo Fitness	KF1	Monday	19:30-21:30	Great Denham Community Centre	£25	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25

## Summary of programme:

Our sessions are aimed at beginners for both men and women of all ages. Kendo is a fencing martial art from Japan and aims to improve fitness, agility and flexibility whilst sharpening your reflexes and focusing the mind. In these sessions, we will be using the warm up techniques, stretches and basic elements of the art to improve your fitness whilst having fun and learning something new and very unique.

We aim to take the sessions from a gentle pace through to getting your heart rate up to improve your cardio fitness. We don't do any throws, kicks or punches as all of your training will be done using one of our bamboo swords (shinai).

Lastly, we love to shout and make lots of noise so it's a great way to get your frustrations out if nothing else!

## Do I need to bring anything?

We train in the main hall at the Great Denham Community Centre which has changing facilities for both men and women. We will supply the equipment, just turn up and join in. T-shirt and jogging pants or shorts are best for the session. We suggest you bring a drink and towel to the session and be ready to train in bare feet.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# LEARN TO LIFT – FITNESS CLASS

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Learn to Life – Fitness Class	LL1	Thursday	09:15-10:00	MGT Fitness Studio, Kempston	£70	17/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25

## Summary of programme:

Are you an active adult looking to master the art of weightlifting? Then this “learn to lift” course is designed just for you! Join a supportive community and receive expert guidance to safely and effectively learn proper lifting techniques. Build strength, boost your confidence, and enhance your overall fitness in a fun and engaging environment. Whether you’re a beginner or looking to refine your skills, this course will provide you with the knowledge and tools to lift with confidence. Don’t miss out—sign up today and start your journey to a stronger, healthier you!

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# PERSONAL TRAINING GROUP SESSION

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Personal training group session	P1	Wednesday	09:15-10:00	MGT Fitness Studio, Kempston	£70	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25
Personal training group session	P2	Thursday	18:30-19:15	MGT Fitness Studio, Kempston	£70	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25

## Summary of programme:

At a MGT Fitness we are passionate about creating safe, effective, and enjoyable workout routines tailored to your unique needs and fitness level. Whether you're a seasoned fitness enthusiast or just starting out, our sessions will help you improve your strength, flexibility, balance, and overall well-being. Enjoy the camaraderie of a group setting where you can connect with peers, share experiences, and motivate each other. Exercises are designed to cater to all fitness levels, focusing on mobility, strength, and cardiovascular health.

Take the next step towards a stronger, fitter, and healthier you today!

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# PILATES



BEDFORD  
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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Pilates Beginners	P3	Tuesday	19:00- 19:45	Biddenham Pavillion	£45	13/5/25	20/5/25	27/5/25	3/6/25	10/6/25	17/6/25	24/6/25	1/7/25	8/7/25

## Summary of programme:

Pilates is a complete workout with gentle exercises to tone your muscles. Pilates improves your posture, promotes a calm mind and is suitable for all fitness levels. This is a beginners session but please be aware that sessions will be on the floor.

## Do I need to bring anything?

Wear loose, comfortable clothing and bring something warm for relaxation at the end. Bring a drink and a yoga mat if you wish, however there will be mats available for you to use. You could bring an extra towel to pad your knees if you wish.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.



# RUN AND BOX \*LADIES ONLY\*

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Run and Box *Ladies only*	RB1	Wednesday	06:00-07:00	Start at Longholme Way Car Park, route differs weekly	£72	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25	9/7/25	16/7/25

## Summary of programme:

Run&Box is an early bird outdoors session round the beautiful Bedford riverside area. Routes vary each week. It's a combination of running and boxing intervals working as a group and in pairs. No experience boxing needed, you just need to be able to run/jog for 5 minutes continuously. We don't leave anyone behind as we re-group throughout.

Women's only session but will be in open air and not in a closed of building.

## Do I need to bring anything?

Clothing appropriate for the weather on the day. Layers are usually best with a top that can be tied around the waist. Caps are great for rainy mornings.

Trainers and Water Bottles are needed.

**This session is outside – please dress for the weather.**

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# STRENGTH & CONDITIONING WOMEN ONLY

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Strength and Conditioning Women only session	SC1	Monday	09:30-10:30	Scott Hall Community Centre	£72	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25	14/7/25
Strength and Conditioning Women only session	SC2	Friday	10:45-11:45	Scott Hall Community Centre	£72	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	4/7/25	11/7/25	18/7/25

## Summary of programme:

A full body workout focused on strengthening and conditioning to tone the body, support the joints, strengthen the muscles, improve mobility, prevent injury, enhance overall fitness.

## Do I need to bring anything?

Please bring a drink, small towel, wear comfortable clothes to train in. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# SWING DANCING



BEDFORD  
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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Swing Dance for Beginners	SD1	Wednesday	20:15-21:00	Great Denham Community Centre	£60	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25
Swing Dance and Jive for Beginners	SD2	Tuesday	14:30-15:30	Elderswell Retirement Village, Turvey	£60	13/5/25	20/5/25	27/5/25	3/6/25	10/6/25	17/6/25	24/6/25	1/7/25

## Summary of programme:

### Swing Dance Beginners – partner not required.

Swingsters will teach you the foundation steps of Swing Dancing, you will be able to dance through the ages from the roaring 20's through to the big band swing, through R'n'B to Rock'n'Roll. Just bring comfy shoes and a smile. The course is relaxed and friendly allowing you to have a good time, keep fit, make new friends and learn to dance. We would prefer you to bring a partner so we can keep it gender balanced, if you don't have a partner then let us know and we can try to partner you up with someone. If you sign up to the course, you are invited at the end of the course as our guest to a live band swing night where you can show off your new skills and dance the night away!!

**Please be aware this session does not stop for half term.**

## Do I need to bring anything?

Comfy shoes. Bring water, sanitiser and a cardigan as we keep the hall ventilated.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# TENNIS



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Tennis Intermediates	T1	Wednesday	10:45-12:00	Riverside Tennis Club	£64	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25	9/7/25
Tennis Beginners / Intermediates	T2	Tuesday	20:30-21:30	Riverside Tennis Club	£64	13/5/25	20/5/25	27/5/25	3/6/25	10/6/25	17/6/25	24/6/25	1/7/25	8/7/25
Tennis Beginners / Intermediates Ladies only	T3	Monday	13:00-14:00	Riverside Tennis Club	£64	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25
Tennis Beginners / Intermediates	T4	Friday	14:00-15:00	Riverside Tennis Club	£64	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	4/7/25	11/7/25
Tennis Beginners / Intermediates	T5	Wednesday	13:00-14:00	Riverside Tennis Club	£64	14/5/25	21/5/25	28/5/25	4/6/25	11/6/25	18/6/25	25/6/25	2/7/25	9/7/25

## Summary of programme:

These sessions are aimed at beginners and intermediates and covers all aspects of the game from basic technique to match tactics, singles and doubles. We teach all the different swing patterns, grips and court positions which are involved in tennis, but most importantly we have FUN! Please be aware that all the sessions will be outside and will continue whatever the weather.

## Do I need to bring anything?

We highly recommend bringing your own tennis racket however if you do not own one this will be provided by the Tennis Club. Wear comfortable clothing, training shoes and bring a drink. This session will be outside so please be mindful about the weather.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.



# WALKING FOOTBALL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Walking Football	WF1	Monday	19:00-20:30	University of Bedfordshire, Polhill	£40	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25	14/7/25

## Summary of programme:

Walking football is the next big thing and become increasingly popular over the past couple of years! Walking Football was initially designed to help get the over 50's back into football and exercise. However, we welcome all ages to our sessions. The main differences between standard football and walking football are two rules of no running and no slide tackles. Play the game you love but reduce the chances of injury. It's a great way to keep fit, learn skills, have fun and socialise all at the same time!

## Do I need to bring anything?

Wear trainers and bring a drink. The session will be outside and continue no matter the weather so please wear appropriate clothing.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Yoga <b>Mixed Abilities</b> <b>*6 weeks only*</b>	Y1	Thursday	18:00-19:00	Renhold Village Hall	£35	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	-	-	-
Yoga <b>Mixed Abilities</b> <b>*6 weeks only*</b>	Y2	Thursday	19:15-20:15	Renhold Village Hall	£35	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	-	-	-
Yoga <b>Beginners / Intermediates</b>	Y3	Thursday	11:00-12:00	Wootton Village Hall	£45	15/5/25	22/5/25	29/5/25	5/6/25	12/6/25	19/6/25	26/6/25	3/7/25	10/7/25

## Summary of programme:

**Mixed Abilities with Katy:** Bringing a sense of balance and wellbeing for body and mind. Through movement, flexibility, strengthening, relaxation & alignment we aim to build our self-awareness & knowledge through our own unique practice of Yoga. The course is a mixed level Hatha Yoga class, for those with or without experience, covering asana (postures), & pranayama (breathing practice/exercises).

**Beginners / Intermediates with Gen:** Get fit, improve flexibility and develop an amazing sense of well-being. Simple movements, aimed at those who are new to yoga or total beginners. The course aims to increase flexibility, suppleness, strength and stamina. The coach, with over 20 years' experience, will cover breathing and relaxation leading to clarity and stillness of mind.

## Do I need to bring anything?

Wear loose, comfortable clothing and bring something warm for relaxation at the end. Bring a drink, a yoga mat and a towel. If you do not have a yoga mat please let us know and will make sure there are some mats available for you to use.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# EXTRA INFO

## How to Book

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Bookings open from 12:30pm on Tuesday 22<sup>nd</sup> April 2025 and can be made by:

**Booking and paying online at: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

**We are unable to take cash or cheque for any courses this time.**

All course bookings are on a first come first served basis.

If the bookings are very low on specific courses we may need to cancel them at short notice (one week before the start of the programme).

If this is necessary, we will contact all those enrolled on the cancelled course to offer a full refund or a place on another course.

Please try and make your bookings early to avoid disappointment and help us to manage the organisation of the courses.

Thank you.

## COVID-19

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The main symptoms of coronavirus (COVID-19) are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

**If you are ill, please do not attend the session.**

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**To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

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