

ACTIVE ADULTS



Sports and Physical Activity sessions aimed at over 35 year olds
Starting week beginning 28th September 2026*

Bookings open at 12:30pm on 2nd September 2026

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 28th September 2026*
- 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 Wednesday 2nd September 2026 and can be made by:

Booking and paying online at: 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

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

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Badminton	B1	Thursday	20:30-21:30	Bunyan Centre, Sports Hall	£50	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	26/11/26

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

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	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	2/10/26	9/10/26	16/10/26	23/10/26	30/10/26	6/11/26	13/11/26	20/11/26

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

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	Date - Session 3	Date - Session 4	No Session	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	28/9/26	5/10/26	12/10/26	19/10/26	26/10/26	2/11/26	9/11/26	16/11/26	23/11/26

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

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.

CROSSFIT FOR BEGINNERS



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	No Session	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
CrossFit for Beginners	CF1	Friday	19:50-20:50	HG FIT Gym, Kempston	£88	2/10/26	9/10/26	16/10/26	23/10/26	30/10/26	6/11/26	13/11/26	20/11/26	27/11/26

Summary of programme:

Our CrossFit for beginners course is an introductory program designed to teach the core movements, terminology and safe practice of CrossFit training. This course is perfect for setting you up to join our regular group classes. Over the 8 sessions we will focus on technique and injury prevention in a supportive, low-pressure environment.

What the session will cover

- Foundational Movements: Learning exercises like squats, presses, deadlifts, and basic Olympic lifts, simple gymnastics and cardio training.
- Health and longevity: Understanding the CrossFit approach to training and nutrition and how it develops all areas of fitness.
- CrossFit Terminology: Decoding common workout terms like WOD (Workout of the Day), AMRAP, and EMOM and how they are used in training.
- Modification and Safety: Teaching you how to scale movements to match your personal fitness level and goals, teaching correct form and safe use of gym and equipment.

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

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.

CARDIO TENNIS



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Cardio Tennis	CT2	Saturday	06:55-07:55	Riverside Tennis Club	£72	3/10/26	10/10/26	17/10/26	24/10/26	31/10/26	7/11/26	14/11/26	21/11/26	28/11/26
Cardio Tennis	CT3	Wednesday	09:15-10:15	Riverside Tennis Club	£72	30/9/26	7/10/26	14/10/26	21/10/26	28/10/26	4/11/26	11/11/26	18/11/26	25/11/26

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

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.

GOLF



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session	Date - Session	Date - Session	Date - Session	No Session	Date - Session	Date - Session	Date - Session	Date - Session	Date - Session
Golf Beginners (Mowsbury)	GM6	Monday	14:00-15:00	Mowsbury Golf and Squash Centre	£70	28/9/26	5/10/26	12/10/26	19/10/26	No session	2/11/26	No session	16/11/26	23/11/26	30/11/26
Golf Beginners (Mowsbury)	GM7	Wednesday	12:30-13:30	Mowsbury Golf and Squash Centre	£70	30/9/26	7/10/26	14/10/26	21/10/26	No session	4/11/26	11/11/26	18/11/26	25/11/26	

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).

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

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.

GOLF WOMEN ONLY AND MIXED GENDER

Course	Code	Day	Time	Venue	Cost	Details
Golf in Half a Day Improvers / without a handicap	GID1	14/10/26	10:00-13:00	Bedfordshire Golf Club, (Stagsden)	£49	Book directly with Richard 07765 820041 rbgolf@hotmail.co.uk
Golf in Half a Day Improvers / without a handicap	GID2	18/11/26	10:00-13:00	Bedfordshire Golf Club, (Stagsden)	£49	Book directly with Richard 07765 820041 rbgolf@hotmail.co.uk
Golf in a Day Women's only sessions with Top 50 Coach	GID3	Various dates	10:00-15:00	Colmworth Golf Course	£99	Book directly with Adie 07979 500199 info@adrienne.golf
Golf in a Day Mixed Gender sessions with Top 50 Coach	GID4	Various dates	10:00-15:00	Colmworth Golf Course	£99	Book directly with Adie 07979 500199 info@adrienne.golf

Summary of programme:

Golf in Half a Day – Bedfordshire Golf Course: Bedfordshire Golf course are offering Golf in Half a Day sessions aimed at Improvers or people without a handicap.

10-11.30am: improve long game / irons and woods.

11.30-1pm: improve short game / chipping and putting.

Please book directly with 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 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

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

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.

INDOOR BOWLS



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date – Session	Date – Session	Date – Session	Date – Session	Date – Session	Date – Session	Date – Session	Date – Session	Date – Session
Indoor Bowls	IB1	Wednesday	12:30-14:30	Bedford Borough Bowls Club, Goldington Road	£35	30/9/26	7/10/26	14/10/26	21/10/26	No session	4/11/26	11/11/26	18/11/26	25/11/26
Indoor Bowls	IB2	Thursday	12:00-14:00	Kempston Park Indoor Bowls Club	£35	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	

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

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.

KENDO JAPANESE FENCING



BEDFORD
BOROUGH COUNCIL

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, Japanese Fencing	K1	Monday	19:30-21:30	Great Denham Community Centre	£10	28/9/26	5/10/26	12/10/26	19/10/26	26/10/26	2/11/26	9/11/26	16/11/26

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

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.

LATIN IN LINE

LINE DANCING TO LATIN MUSIC



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Latin in Line (Line Dancing to Latin Music)	LL1	Friday	09:30-10:30	Tavistock Community Centre	£50	2/10/26	9/10/26	16/10/26	23/10/26	30/10/26	6/11/26	13/11/26	20/11/26	27/11/26

Summary of programme:

Learn all the popular Latin dances like Cha Cha Cha, Rumba, Jive, Salsa etc without the worry of a partner. It's a great way to keep fit and have fun.

Do I need to bring anything?

Wear comfortable clothing, trainers or comfortable shoes and bring a drink.

To book the course please visit: 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.

PILATES



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Pilates Beginners	P1	Tuesday	18:10-19:00	Biddenham Pavillion	£64	29/9/26	6/10/26	13/10/26	20/10/26	27/10/26	3/11/26	10/11/26	17/11/26	24/11/26
Pilates Beginners	P2	Friday	11:00-12:00	Oakley Village Hall	£45	2/10/26	9/10/26	16/10/26	23/10/26	30/10/26	6/11/26	13/11/26	20/11/26	27/11/26

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

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.

PICKLEBALL



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Pickleball	PB1	Tuesday	14:45-16:00	Riverside Tennis Club	£80	29/9/26	6/10/26	13/10/26	20/10/26	27/10/26	3/11/26	10/11/26	17/11/26	24/11/26
Pickleball	PB2	Thursday	13:45-15:00	Riverside Tennis Club	£80	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	26/11/26
Pickleball	PB3	Saturday	16:00-17:15	Riverside Tennis Club	£80	3/4/10/26	10/10/26	17/10/26	24/10/26	31/10/26	7/11/26	14/11/26	21/11/26	28/11/26

Summary of programme:

Pickleball has rapidly become a preferred way to stay active because it seamlessly combines high-energy physical fitness with deep social engagement.

As a low-impact sport, it is gentle on the joints, making it accessible to seniors while remaining fast-paced and competitive enough to attract younger players. Beyond its physical advantages—which include burning 36% more calories than walking and improving cardiovascular health—the sport is uniquely celebrated for its “social connection”.

Because it is easy to learn but offers deep strategic complexity, pickleball provides a “full-body workout for the mind and body,” fostering a cross-generational community where players of all ages can compete and connect on equal ground.

Do I need to bring anything?

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

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*



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4
Run and Box *Ladies only*	RB1	Wednesday	06:00-07:00	Start at Longholme Way Car Park, route differs weekly	£36	30/9/26	7/10/26	14/10/26	21/10/26

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

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.

ROCK AND ROLL DANCE CLASS

Course	Code	Day	Time	Venue	Cost	Date – Session 1	Date – Session 2	Date – Session 3	Date – Session 4	Date – Session 5	No session	No session	Date – Session 6
Rock and Roll Dance Class *6 weeks only*	RR1	Wednesday	13:40-14:40	Cotton End Village Hall	£72	30/9/26	7/10/26	14/10/26	21/10/26	28/10/26	4/11/26	11/11/26	18/11/26

Summary of programme:

Get ready to move, groove and have fun!

Join Mike & Mel for six weeks of Rock 'n' Roll, packed with great music, easy-to-follow moves and plenty of laughs.

Perfect for active adults who want to learn something new, keep moving and enjoy dancing with others.

Come along, have fun and get your Rock 'n' Roll on!

Do I need to bring anything?

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

To book the course please visit: 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.



STRENGTH & CONDITIONING WOMEN ONLY

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	No Session	Date - Session 7	Date - Session 8	Date - Session 9
Strength and Conditioning Women only session	SC1	Monday	09:30-10:30	Scott Hall Community Centre	£72	28/9/26	5/10/26	12/10/26	19/10/26	26/10/26	2/11/26	9/11/26	16/11/26	23/11/26

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

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.

SWING DANCING



BEDFORD
BOROUGH COUNCIL

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	£80	30/9/26	7/10/26	14/10/6	21/1/26	28/0/26	4/11/26	11/11/6	18/11/26
SoulSwingJazz Exercise Class <i>*6 weeks only*</i>	SJ1	Wednesday	13:40-14:40	Cotton End Village Hall	£60	30/9/26	5/10/26	14/10/26	21/10/26	28/10/26	No session	No session	18/11/26
SoulSwingJazz Exercise Class <i>*6 weeks only*</i>	SJ2	Wednesday	19:00-20:00	Great Denham Community Centre	£60	30/9/26	5/10/26	14/10/26	21/10/26	28/10/26	No session	No session	18/11/26
Swing Dance and Jive for Beginners (with optional live music)	SJ3	Thursday	19:15-20:00	Wixams Retirement Village (The Forest Suite)	£80	1/10/26	8/10/26	15/10/26	22/10/26	5/11/26	12/11/26	19/11/26	

Summary of programme:

SD1 - Swing Dance Beginners – partner not required.

Ready to hit the dance floor? Learn the basics of swing dancing in this fun and easy-to-follow course – perfect for absolute beginners! No experience needed, just bring your enthusiasm. Whether solo or with a partner, you'll be dancing with confidence in no time!

SJ2 & SJ2 - SoulSwingJazz Exercise Class – partner not required.

Feel the rhythm, boost your energy, and get moving with this fun, uplifting workout! SoulSwingJazz blends the soulful grooves of swing, soul, and jazz with easy-to-follow, dance-inspired exercises. It's a feel-good mix of cardio, rhythm, and joy – no partner needed, just bring yourself and enjoy the vibe!

SJ3 - Swing Dance and Jive for Beginners – partner not required.

Step into the rhythm with this fun and friendly course designed for absolute beginners! Learn the foundations of swing and jive in a relaxed, no-pressure setting. No partner or experience needed – just come ready to move and enjoy!

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

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.

ADULT STREET DANCE FITNESS



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Adult Street Dance Fitness	SD2	Monday	18:30-19:30	Faraday Community Centre	£45	28/9/26	5/10/26	12/10/26	19/10/26	26/10/26	2/11/26	9/11/26	16/11/26	23/11/26

Summary of programme:

An open levels dance class focusing on both fitness and performance. Each session will start with aerobic fitness, body conditioning and strength training before moving onto choreography and dance technique.

We will focus mainly on street dance (with a few other styles thrown in), building confidence, stamina and general fitness.

All abilities are welcome. Please let us know ahead of time if additional access needs are required. Teachers know basic BSL.

Do I need to bring anything?

Sessions are indoors. Participants should wear comfortable clothing and supportive shoes (trainers are ideal). Please also bring a bottle of water.

To book the course please visit: 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	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Tennis Intermediates	T1	Wednesday	10:45-12:00	Riverside Tennis Club	£80	30/9/26	7/10/26	14/10/26	21/10/26	28/10/26	4/11/26	11/11/26	18/11/26	25/11/26
Tennis Beginners / Intermediates	T2	Tuesday	20:30-21:30	Riverside Tennis Club	£72	29/9/26	6/10/26	13/10/26	20/10/26	27/10/26	3/11/26	10/11/26	17/11/26	24/11/26
Tennis Beginners / Intermediates	T3	Wednesday	13:00-14:15	Riverside Tennis Club	£80	30/9/26	7/10/26	14/10/26	21/10/26	28/10/26	4/11/26	11/11/26	18/11/26	25/11/26
Tennis Beginners / Intermediates	T4	Friday	14:00-15:15	Riverside Tennis Club	£80	2/10/26	9/10/26	16/10/26	23/10/26	30/10/26	6/11/26	13/11/26	20/11/26	27/11/26

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

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	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Walking Football	WF1	Monday	19:00-20:30	Gordon Fields, Brickhill Drive	£40	28/9/26	5/10/26	12/10/26	19/10/26	26/10/26	2/11/26	9/11/26	16/11/26

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

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.

YOGA



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Yoga Mixed Abilities	Y1	Thursday	19:00-20:00	Renhold Village Hall With Katy	£45	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	26/11/26
Yoga Mixed Abilities	Y2	Thursday	10:30-11:30	Wootton Village Hall With Gen	£45	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	26/11/26
Yoga (Y3) with 30 minutes meditation	Y4	Thursday	10:30-12:00	Wootton Village Hall With Gen	£60	1/10/26	8/10/26	15/10/26	22/10/26	29/10/26	5/11/26	12/11/26	19/11/26	26/11/26

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).

Mixed Abilities 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.

30 minutes Meditation: This session is Y3 but with an added 30 minute meditation added on at the end. In this meditation session you will practice training your attention and awareness to achieve a mentally clear and emotionally calm state. We will help you focus your mind which should help you reduce stress, increase focus, or promote overall well-being.

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

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

Bookings open from 12:30pm on Wednesday 2nd September 2026 and can be made by:

Booking and paying online at: 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

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.

To book the course please visit: 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.