

ACTIVE ADULTS



BEDFORD
BOROUGH COUNCIL

Sports programmes aimed at over 35 year olds
Starting week beginning 29th September 2025*

Bookings open at 12:30pm on 2nd September 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 29th September 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 2nd September 2025 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



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	Date - Session 8
Badminton	B1	Thursday	20:30-21:30	Bunyan Centre, Sports Hall	£50	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25	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

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	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8	Date - Session 8
Boxing She-Boxes Women only session	B3	Friday	9:30-10:30	Scott Hall Community Centre	£72	3/10/25	10/10/25	17/10/25	24/10/25	31/10/25	7/11/25	14/11/25	21/11/25	28/11/25	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

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	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25

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

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	C1	Monday	09:15-10:15	Riverside Tennis Club	£72	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25
Cardio Tennis	C2	Saturday	06:55-07:55	Riverside Tennis Club	£72	4/10/25	11/10/25	18/10/25	25/10/25	1/11/25	8/11/25	15/11/25	22/11/25	29/11/25
Cardio Tennis	C3	Wednesday	09:15-10:15	Riverside Tennis Club	£72	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	5/11/25	12/11/25	19/11/25	26/11/25

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

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 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8	Date - Session 9
Golf Beginners (Mowsbury)	GM1	Wednesday	19:00-20:00	Mowsbury Golf and Squash Centre	£65	1/10/25	8/10/25	15/10/25	22/10/25	5/11/25	12/11/25	19/11/25	26/11/25	-
Golf Improvers (Mowsbury) <i>*7 weeks only*</i>	GM3	Friday	11:00-12:00	Mowsbury Golf and Squash Centre	£57	3/10/25	10/10/25	17/10/25	-	7/11/25	14/11/25	-	28/11/25	5/12/25
Golf Beginners (Mowsbury)	GM4	Tuesday	10:30-11:30	Mowsbury Golf and Squash Centre	£65	30/9/25	7/10/25	14/10/25	21/10/25	4/11/25	11/11/25	18/11/25	25/11/25	-
Golf Beginners (Mowsbury) <i>*7 weeks only*</i>	GM5	Thursday	12:00-13:00	Mowsbury Golf and Squash Centre	£57	2/10/25	9/10/25	16/10/25	-	6/11/25	13/11/25	-	27/11/25	4/12/25

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

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



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Details
Golf in Half a Day Improvers / without a handicap	GID1	1/10/25	10:00-13:00	Bedfordshire Golf Club, (Stagsden)	£99	Book directly with Richard 07765 820041 rbgolf@hotmail.co.uk
Golf in Half a Day Improvers / without a handicap	GID2	5/11/25	10:00-13:00	Bedfordshire Golf Club, (Stagsden)	£99	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

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INDOOR BOWLS



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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
Indoor Bowls	IB1	Thursday	14:00-16:00	Kempston Park Indoor Bowls Club	£35	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25
Indoor Bowls	IB2	Wednesday	12:30-14:30	Bedford Borough Bowls Club, Goldington Road	£35	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	5/11/25	12/11/25	19/11/25	26/11/25

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

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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
Jazzumba *5 weeks only*	J1	Wednesday	12:30-13:30	Cotton End Village Hall	£40	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25

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

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KENDO JAPANESE FENCING



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
Kendo, Japanese Fencing	K1	Monday	19:30-21:30	Great Denham Community Centre	£10	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25

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

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LEGS, BUMS & TUMS



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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
Legs, Bums and Tums	LBT1	Tuesday	13:45-14:45	Kempston Pool, Fitness Studio	£45	30/9/25	7/10/25	14/10/25	21/10/25	28/10/25	4/11/25	11/11/25	18/11/25	25/11/25

Summary of programme:

Legs, bums and tums is a popular type of fitness class that focuses on toning and strengthening the lower body and core muscles.

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.

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	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Latin in Line (Line Dancing to Latin Music)	LL2	Friday	10:00-11:00	Tavistock Community Centre	£50	3/10/25	10/10/25	17/10/25	24/10/25	31/10/25	7/11/25	14/11/25	21/11/25	28/11/25

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

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PADDLE SPORTS



BEDFORD
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1
Paddle Sports <i>*One Day Session*</i>	P1	Monday	18:00-19:30	Kempston Outdoor Centre	£25	29/09/25

Summary of programme:

This is the ideal opportunity to take to the water and try watersports for the first time... or maybe you want to get back into it?

Our friendly, experienced coaches will guide you through the various aspects of paddling so you can get the most out of the session. You can choose from canoes, kayaks or SUP's.

Please remember this is a one day session taking place on 29th September.

Do I need to bring anything?

Spare clothes... just in case, including towel and shoes.

To book the course please visit: www.bedford.gov.uk/activeadults

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PILATES



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
Pilates Beginners	P3	Tuesday	19:00-19:45	Biddenham Pavillion	£45	30/9/25	7/10/25	14/10/25	21/10/25	28/10/25	4/11/25	11/11/25	18/11/25

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

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SHOOTING AIR-RIFLE FOR BEGINNERS



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
Shooting – Air-Rifle for Beginners	SA1	Monday	10:00-11:00	Lesley Sell Scout Site in Bromham	£120	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25
Shooting – Air-Rifle for Intermediates	SA2	Monday	11:30-12:30	Lesley Sell Scout Site in Bromham	£120	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25

Summary of programme:

Beginners: An excellent introduction, from a female tutor, to the mindful and relaxing world of air-rifle shooting. Shooting can also be a highly effective way of improving your balance, stability and fine motor control. The course will focus on the safe use of the guns and how to achieve your very best shot, with easy to use and quite guns, while also being fun and social.

Intermediates: This intermediate level air-rifle shooting course is ideal for those who have already shot and thus are familiar with gun safety, operation and the basic shooting techniques. Building on these skills this course will introduce more advanced shooting techniques (breath control and stance), challenge the shooter with smaller targets / greater shooting distance and explore different types of ammunition and guns.

Do I need to bring anything?

We recommend bringing warm / waterproof clothing and sturdy shoes as, though the range is indoors, it is unheated. Please also avoid very loose clothing, jewellery or scarfs that may get trapped in the gun.

Disclaimer

The Firearms Act 1968 "Section 21 prohibits the possession of a firearm and ammunition (under any circumstances), by any person who has been convicted of a crime and sentenced to a term of imprisonment (including youth custody or suspended sentence) of 3 months or more. The prohibition applies in all circumstances, including handling and firing at an approved shooting club or at a clay pigeon shoot where a certificate is not ordinarily required. It also applies to the possession or use of other categories of firearms and ammunition such as AIRGUNS or shot gun cartridges for which a certificate is not needed. A sentence of 3 months to 3 years attracts a 5 year prohibition, shorter ones no prohibition but a longer one means a life ban."

I declare that I, as the participant I am not prohibited from having contact with Firearms, air-guns and/or ammunition by virtue of Section 21 of The Firearms Act 1968 and that I am not currently under investigation by the police. The Firearms Act 1968 "Section 21 prohibits the possession of a firearm and ammunition (under any circumstances), by any person who has been convicted of a crime and sentenced to a term of imprisonment (including youth custody or suspended sentence) of 3 months or more. The prohibition applies in all circumstances, including handling and firing at an approved shooting club or at a clay pigeon shoot where a certificate is not ordinarily required. It also applies to the possession or use of other categories of firearms and ammunition such as AIRGUNS or shot gun cartridges for which a certificate is not needed. A sentence of 3 months to 3 years attracts a 5 year prohibition, shorter ones no prohibition but a longer one means a life ban."

I declare that I, as the participant I am not prohibited from having contact with Firearms, air-guns and/or ammunition by virtue of Section 21 of The Firearms Act 1968 and that I am not currently under investigation by the police.

To book the course please visit: 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	Date - Session 3	Date - Session 4	Date - Session 5	No Session	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	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25

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

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	£60	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	5/11/25	12/11/25	19/11/25
Swing Dance and Jive for Beginners <i>*5 weeks only*</i>	SJ2	Wednesday	13:40-14:40	Cotton End Village Hall	£40	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	-	-	-
Swing Dance and Jive for Beginners (with live music)	SJ3	Thursday	19:15-20:00	Wixams Retirement Village (The Forest Suite)	£60	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25
SoulSwingJazz Exercise Class <i>*5 weeks only*</i>	SJ4	Wednesday	19:00-20:00	Great Denham Community Hall	£40	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	-	-	-

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 & 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!

SJ4 - 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!

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

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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	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	18/6/25	25/6/25	2/7/25	9/7/25
Tennis Beginners / Intermediates	T2	Tuesday	20:30-21:30	Riverside Tennis Club	£72	30/9/25	7/10/25	14/10/25	21/10/25	28/10/25	4/11/25	11/11/25	18/11/25	25/11/25
Tennis Beginners / Intermediates	T3	Wednesday	13:00-14:00	Riverside Tennis Club	£64	1/10/25	8/10/25	15/10/25	22/10/25	29/10/25	5/11/25	12/11/25	19/11/25	26/11/25
Tennis Beginners / Intermediates	T4	Friday	14:00-15:00	Riverside Tennis Club	£72	3/10/25	10/10/25	17/10/25	24/10/25	31/10/25	7/11/25	14/11/25	21/11/25	28/11/25

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

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	No Session	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	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/1/25

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

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.

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	18:00-19:00	Renhold Village Hall	£45	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25
Yoga Mixed Abilities	Y2	Thursday	19:15-20:15	Renhold Village Hall	£45	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25
Yoga Beginners / Intermediates	Y3	Thursday	11:00-12:00	Wootton Village Hall	£45	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25
Yoga (Y3) with 30 minutes meditation	Y4	Thursday	11:00-12:30	Wootton Village Hall	£60	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25

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.

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.

ZUMBA



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
Zumba	Z1	Monday	13:45-14:45	Kempston Pool, Fitness Studio	£45	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25

Summary of programme:

Zumba is a high-energy, Latin-inspired dance fitness workout that combines aerobic exercise with fun, choreographed moves.

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.

EXTRA INFO

How to Book

Bookings open from 12:30pm on Tuesday 2nd September 2025 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.