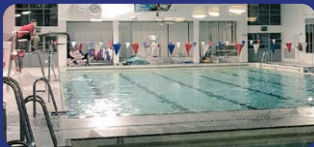


# Mindful Sport Wellbeing Wednesdays

**£3**  
per person  
Over 18s  
Only

Activity	Where	Age	Day	Time	Details	Cost
<b>Relaxation Swimming</b>	Robinson Pools and Fitness Park Avenue Bedford MK40 2JZ	18+	Wednesday	8 - 9pm	Maximum 24 people. Please pre-book via app. No lane swimming, front crawl or diving allowed.	<b>£3</b>
<b>Relaxation Yoga*</b>	Robinson Pools and Fitness Park Avenue Bedford MK40 2JZ	18+	Wednesday	7.45 - 8.45pm	Maximum 14 people. Please pre-book via the app to join in person. No booking required if joining online.	<b>£3</b>



\* Also streamed live on zoom if you can't make it to the venue. Visit [www.bedfordsportlive.crd.co](http://www.bedfordsportlive.crd.co) to find the live stream. No need to book when joining online.

Had a stressful day? Take some time to clear your mind & swim at your own pace. One hour of gentle swimming with relaxing music in a calm quiet environment.

## Please book in advance using the Fusion app or website

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.



Please follow the on-site Covid guidance signage and respect staff advice for social distancing. Please remain socially distant when resting at the end of the pool. A lateral flow test is advised where possible in advance of attendance to confirm negative Covid-19 status, however is not mandatory for entry.

For more information, please contact Robert Lindsay:

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🌐 [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)

Let's Be Open About  
Mental Health To  
**Break The Stigma**