

ACTIVE ADULTS



BEDFORD
BOROUGH COUNCIL

Sports programmes aimed at over 35 year olds
Starting week beginning 26th September 2022

Bookings open at 9:30am on 22nd August 2022

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 26th September 2022
- All courses are aimed at over 35 year olds
- All courses are aimed at beginners *

**(unless specified)*

How to Book

Bookings open from 9:30am on Monday 22nd August and can be made by:

Booking and paying online at: www.bedford.gov.uk/activeadults

Due to COVID-19 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 course 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
Badminton	B1	Thursday	20:30-21:30	John Bunyan Sports and Fitness Complex, Main Sport Hall	£45	29/09/2022	06/10/2022	13/10/2022	20/10/2022	27/10/2022	03/11/2022	10/10/2022	17/11/2022	24/11/2022

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.

This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows and doors open during the sessions. We strongly advise that you wear layers.

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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	£64	26/09/2022	03/10/2022	10/10/2022	17/10/2022	24/10/2022	31/10/2022	07/10/2022	14/11/2022	21/11/2022
Cardio Tennis	C2	Saturday	06:55-07:55	Riverside Tennis Club	£64	01/10/2022	08/10/2022	15/10/2022	22/10/2022	29/10/2022	05/11/2022	12/10/2022	19/11/2022	26/11/2022
Cardio Tennis	C3	Wednesday	09:15-10:15	Riverside Tennis Club	£64	28/09/2022	05/10/2022	12/10/2022	19/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022	23/11/2022

Summary of programme:

The session is aimed at beginners 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!

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 outside so please be mindful about the weather.

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

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GOLF



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
Golf Beginners (Mowsbury)	GM1	Wednesday	19:00-20:00	Mowsbury Golf and Squash Centre	£55	28/09/2022	05/10/2022	12/10/2022	12/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022	23/11/2022 02/11/2022
Golf Improvers (Mowsbury)	GM2	Wednesday	20:00-21:00	Mowsbury Golf and Squash Centre	£55	28/09/2022	05/10/2022	12/10/2022	19/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022	23/11/2022 02/11/2022
Golf Improvers (Mowsbury)	GM3	Friday	11:00-12:00	Mowsbury Golf and Squash Centre	£55	30/09/2022	20/05/2022	14/10/2022	21/10/2022	28/10/2022	04/11/2022	11/10/2022	18/11/2022	25/11/2022 04/11/2022
Golf Beginners (Stagsden)	GS1	Tuesday	13:00-14:00	Bedfordshire Golf Club (Stagsden)	£55	27/09/2022	17/05/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022

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?

Because of the risk of transmitting COVID-19 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

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GOLF

Course	Code	Day	Time	Venue	Cost	Details
Golf in a Day	GID1	Wednesdays 5/10/22 or 19/10/22	10:00- 15:00	Bedfordshire Golf Club, (Stagsden)	£95	Book directly with Richard 07765 820041 rbgolf@hotmail.co.uk
Golf in a Day	GID2	Saturdays Various dates	10:00- 15:00	Bedfordshire Golf Club, (Stagsden)	£99	Please book directly with Adie info@adrienne.golf

Summary of programme:

Golf in a Day – Bedfordshire Golf Course: Time - 10-3pm.

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

Golf in a Day – Colmworth Golf Course: 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](mailto:Adie_info@adrienne.golf)

Do I need to bring anything?

Because of the risk of transmitting COVID-19 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

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INDOOR BOWLS



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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
Indoor Bowls	IB1	Thursday	14:00-16:00	Kempston Park Indoor Bowls Club	£35	29/09/2022	06/10/2022	13/10/2022	20/10/2022	27/10/2022	03/11/2022	10/10/2022	17/11/2022	24/11/2022
Indoor Bowls	IB2	Monday	10:30-12:30	Bedford Borough Bowling Club, Goldington Road	£35	26/09/2022	03/10/2022	10/10/2022	17/10/2022	24/10/2022	31/10/2022	07/10/2022	14/11/2022	21/11/2022

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 if required. This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows and doors open during the sessions. We strongly advise that you wear layers.

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

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NORDIC WALKING



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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
Nordic Walking Beginners	NW1	Tuesday	09:30-10:30	Bedford Park and Bedford Locations	£35	27/09/2022	04/10/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022
Nordic Walking Beginners	NW2	Saturday	09:30-10:30	Bedford Park and Bedford Locations	£35	01/10/2022	08/10/2022	15/10/2022	22/10/2022	29/10/2022	05/11/2022	12/10/2022	19/11/2022	26/11/2022

Summary of programme:

Do you enjoy walking? Would you like to develop this simple, yet effective activity by adding a different technique, which incorporates the upper body?

These sessions will be for those who can Nordic walk and are looking for a regular, moderate sessions from various Bedford locations. These will include parks and local countryside, which is within a 3 mile (5 kilometres) radius of the town centre. The focus of these sessions is health and wellbeing. These sessions will be sociable and a great way to meet new, like-minded friends. These walks will continue after the 8-week course allowing you to keep on track.

Do I need to bring anything?

Take note of the weather as sessions are outside; be prepared for wet, cold or hot weather. Footwear should be comfortable and not heavy walking boots if possible, things like running trainers are ideal. Bring something to drink. Nordic walking poles will be provided (plus wipes to clean the poles with).

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

Please be aware that these course 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



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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
Pilates Beginners	P1	Tuesday	14:00- 15:00	Wilstead, Jubilee Centre	£40	27/09/2022	04/10/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022

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. This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows open during the sessions. We strongly advise that you wear layers.

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

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SWING DANCING



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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	19:15-20:05	Shortstown Village Hall	£40	28/09/2022	05/10/2022	12/10/2022	19/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022

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?

All participants should be double jabbed and we request you do a lateral flow test before each session as you will be in close proximity to people who you do not live with.

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 Beginners	T1	Wednesday	10:45-12:00	Riverside Tennis Club	£60	28/09/2022	05/10/2022	12/10/2022	19/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022	23/11/2022
Tennis Beginners / Intermediates	T2	Tuesday	20:30-21:30	Riverside Tennis Club	£55	27/09/2022	04/10/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022
Tennis Beginners / Novices	T3	Thursday	13:45-15:00	Riverside Tennis Club	£60	29/09/2022	06/10/2022	13/10/2022	20/10/2022	27/10/2022	03/11/2022	10/10/2022	17/11/2022	24/11/2022

Summary of programme:

The session is aimed at beginners 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

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WALKING FOOTBALL



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
Walking Football	WF1	Monday	20:00-21:00	University of Bedfordshire, Polhill Campus	£35	26/09/2022	03/10/2022	10/10/2022	17/10/2022	24/10/2022	31/10/2022	07/10/2022	14/11/2022	21/11/2022
Walking Football	WF2	Thursday	14:00-15:00	Wixams all Weathers, Green Lane	£35	29/09/2022	06/10/2022	13/10/2022	20/10/2022	27/10/2022	03/11/2022	10/10/2022	17/11/2022	24/11/2022
Women's Walking Football	WWF4	Wednesday	19:00-20:00	University of Bedfordshire, Polhill Campus	£35	28/09/2022	05/10/2022	12/10/2022	19/10/2022	26/10/2022	02/11/2022	09/10/2022	16/11/2022	23/11/2022

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.

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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
Yoga Beginners	Y2	Tuesday	13:00-14:00	Wootton Village Hall	£40	27/09/2022	04/10/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022
Yoga Improvers	Y3	Tuesday	14:00-15:00	Wootton Village Hall	£40	27/09/2022	04/10/2022	11/10/2022	18/10/2022	25/10/2022	01/11/2022	08/10/2022	15/11/2022	22/11/2022

Summary of programme:

Beginners: 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.

Improvers: Get fit, improve flexibility and develop an amazing sense of well-being. Simple movements, aimed at those who have done Yoga in the past. 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 and a yoga mat if you wish, however there will be mats available for you to use. This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows open during the sessions. We strongly advise that you wear layers.

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

Please be aware that these course 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 9:30am on Monday 22nd August 2022 and can be made by:

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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.

Please do not attend the sessions and notify the coach or the organiser and get a COVID-19 test.

<https://www.gov.uk/get-coronavirus-test>.

If the test is positive you must let Amy Stevens know via amy.stevens@bedford.gov.uk please write your name, your course and when you started having symptoms and had a positive test so we can let the rest of the course know if and how long they have to isolate.

Please arrive on time and leave directly after the sessions have finished. Please wear a mask inside any buildings or pinch points. **If your session is based at a venue, please scan the QR code provided at the venue at the beginning of each session. If you use the bathroom or congregate outside a venue for more than 10 minutes, please scan their QR code.**

We also strongly advised you to comply with the public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to your fellow participants.

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

Please be aware that these course 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.