

### A selection of social sports activities Exercise at your own pace and meet new people

Call Paula Parle; Halton Borough Council for further enquiries: 0151 511 8550

#### Monday

- 10.00-12.00pm Older Adult Multi Activity- inc New Age Bowls, Kurling & Boccia (All 50+) – Kingsway Leisure Centre Widnes £2.30 or £1.40p per hr with Halton Leisure Card weekly (PP)
- 11.00-12.00pm Bounce-into-Action coaching and competitive table tennis for 50+ Select Security Stadium Widnes £1.50 weekly (PP)
- 6.00- 8.00pm Family Karate (All) – Select Security Stadium Widnes £4 weekly
- 6.30- 7.30pm Connect Football (Adults with learning or physical difficulty) – Brookvale Recreation Centre Runcorn £3.50 (PP)
- 7.00- 9.00pm Short Mat Bowls (All) – Hale Village Hall £ 1.50 weekly (Sept – March only) (PP) (on hold)
- 7.00- 9.00pm Short Mat Bowls (All) – Churchill Hall Runcorn £3 weekly (PP)

#### Tuesday

- 10.30-12.30pm Men's 50+ Badminton (All) – Kingsway Leisure Centre Widnes £3 weekly (PP)

#### Wednesday

- 10.30- 11.30am Walking Netball (All 50+) – Kingsway Leisure Centre Widnes £2.10 or £1.85 HLC (PP)
- 11.00- 12.30pm Hearts Gentle Table Tennis exercise for older adults (Beg-Adv) – Select Security Stadium Halton Widnes £2 weekly (PP)
- 1.00- 3.00pm New Age Bowls and Kurling for older adults – St John Fisher Church Hall Widnes £1 weekly Sept – June only (PP)
- 2.00- 4.00pm New Age Bowls for older adults – St Ambrose Church Hall Widnes £1 weekly Sept – May only (PP)
- 1.30- 3.30pm Short Mat Bowls- bowling activity and cuppa – St Marys Church Hall Runcorn £2 weekly (a waiting list applies – call Paula Parle) (PP)

#### Thursday

- 10.30- 11.30am Walking Football for gents over 50 – (All 50+) Kingsway Leisure Centre Widnes £2.20 weekly or £1.35 with Halton Leisure Card (a waiting list applies – call Paula Parle before attending) (PP)

#### Friday

- 11.00-12.30pm Hearts Gentle Table Tennis exercise for older adults (Beg-Adv) – Select Security Stadium Halton Widnes £2 weekly (PP)
- 5.00- 7.00pm Family Karate (All) – Select Security Stadium Widnes £4 weekly

- See separate list for class descriptions and full addresses

✚ **Get Active with Exercise Trends – Kettlercise, Metafit, Zumba etc see separate timetable**

✚ **Get Active with Community Exercise sessions: Gentle Community Exercise sessions – see separate timetable**

Contacts for further information on individual sessions:

Use the initials at the end of each session to find contact person:

(PP): Paula Parle: 0151 511 8550

(SW): Ste Wood 0151 511 8871

(SF) Stadium Fitness 0151 510 6020

For general enquiries about physical activity in Halton, class descriptions or a larger print timetable; contact Paula Parle 0151 511 8550, **or email [paula.parle@halton.gov.uk](mailto:paula.parle@halton.gov.uk)**.

This Timetable is subject to change, please call or check our website for updates:

[www.activehalton.co.uk](http://www.activehalton.co.uk)

**For information on:**

- Health Walks; lead or independent call Paula Parle on 0151 511 8550.  
[www.walk4life.info](http://www.walk4life.info) to access local walk routes, track your progress and share your walk routes.
- Swimming Sessions call Kingsway Leisure Centre 0151 495 2200
- Halton's Health Improvement Team programmes including Weight Management call: 0300 029 0029
- Dance activities contact the Brindley Arts Centre 0151 907 8360
- Wheels for All: Cycling for people of all ages, disabilities and differing needs, contact 01928 716971
- Run in Halton Routes and Running Clubs, call Paula Parle 0151 511 8550

Class key intensity level:

|     |   |     |  |
|-----|---|-----|--|
| All | Suitable for all to work at their own level | V/H | People with visual or hearing impairments        |
| ⌘   | Booking necessary                           | VI  | People with visual impairments                   |
| PR  | Pulmonary Rehabilitation                    | HC  | People with a heart condition                    |
| Beg | Suitable for beginners                      | Mem | Membership applicable after initial trial period |
| Int | Intermediate level                          | Adv | Advanced   |

**Other Useful websites:**

[www.halton.gov.uk](http://www.halton.gov.uk)

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

[www.bhf.org.uk](http://www.bhf.org.uk)

[www.walk4life.info](http://www.walk4life.info)

[www.sportengland.org](http://www.sportengland.org)

Join us on Twitter [@HaltonGetActive](https://twitter.com/HaltonGetActive)

This timetable is for information purposes only; it is for individuals to satisfy themselves of the safety of the activity/club. The local authority will not be held liable for any harm or injury the participant may suffer at the club/session.