

**A selection of social sports activities**  
**Exercise at your own pace and meet new people** June 2025 version 1

Time	Activity	Town	£
<b>Monday</b>			
11am-12pm	Older Adult Multi Activity- inc New Age Bowls, Kurling & Boccia (All 50+) Halton Leisure Centre	Widnes	£4
9- 11am	Walking Football over 50's – (All 50+) - Halton Leisure Centre	Widnes	£4.50
11am -12pm	Target Wellbeing coaching and competitive table tennis for 50+ DCBL Halton Stadium <a href="mailto:k_tonge@sky.com">k_tonge@sky.com</a>	Widnes	£3
12.30-2.30	Age UK Mid Mersey Men's Talk 50+, inc Kurling and Bowling target games £2 donation Upton Community Centre	Widnes	£2
7- 9pm	Short Mat Bowls (All) – Hale Village Hall (Sept- March only)	Hale Village	£2-3
<b>Tuesday</b>			
10.30am 12.30pm	Men's 50+ Badminton (All) – Kingsway Leisure Centre	Widnes	£TBC
<b>Wednesday</b>			
10am-12pm	Target Wellbeing coaching table tennis exercises or practice per hour	Widnes	£3
9.30-11am	Walking Football over 50's – (All 50+) - Halton Leisure Centre	Widnes	£4
1-2pm	5-a-side Football for adults (17+) with a disability Call Leanne Curtis to enquire/join 0151 511 7685	Widnes	£TBC
1- 3pm	New Age Bowls and Kurling for older adults & cuppa – St John Fisher Church Hall (sept- June only)	Widnes	£1
1.30- 3.30pm	Short Mat Bowls- bowling activity and cuppa – St Marys Church Hall	Runcorn	£2.50
1.30-2.30pm	Multi Activity Target Games and cuppa – Tea Tree Café Murdishaw	Runcorn	£2
2-4pm	New Age Bowls for older adults & cuppa – St Ambrose Church Hall (Sept- May only)	Widnes	£1
<b>Thursday</b>			
9.30- 11am	Walking Football over 65's – (All 65+) - Halton Leisure Centre	Widnes	£4
<b>Friday</b>			
11-11.45 am	New Hearts Table Tennis friendly exercise for older adults (Beg-Adv) DCBL Halton Stadium (booking required: <a href="mailto:k_tonge@sky.com">k_tonge@sky.com</a> )	Widnes	£2.50
11.45am- 12.30pm	New Hearts Table Tennis friendly exercise for older adults (Beg-Adv) DCBL Halton Stadium (booking required: <a href="mailto:k_tonge@sky.com">k_tonge@sky.com</a> )	Widnes	£2.50

Continued over leaf

- ***Get Active with Community Exercise sessions: Gentle Community Exercise sessions – see separate timetable***
- ***See separate list for class descriptions***

For further information or 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.
- Swimming Sessions call Halton Leisure Centre 0151 495 1000
- 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 Ian 01925 234213
- Run in Halton Routes and Running Clubs, call Paula Parle 0151 511 8550
- Age UK Mid Mersey: 0300 003 1992 [enquiries@aukmm.org.uk](mailto:enquiries@aukmm.org.uk)

**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.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.

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