

A selection of social sports activities
Exercise at your own pace and meet new people June 2024 version 1

Time	Activity	Town	£
Monday			
10am-11am	Older Adult Multi Activity- inc New Age Bowls, Kurling & Boccia (All 50+) Kingsway Leisure Centre £2.90 or £1.90p per hr with Halton Leisure Card weekly	Widnes	£2.90
9.30-11.30am	Walking Football over 50's – (All 50+) - Kingsway Leisure Centre £2.90 per hr or £1.90 with Halton Leisure Card	Widnes	£2.90
11am -12pm	Target Wellbeing coaching and competitive table tennis for 50+ DCBL Halton Stadium k_tonge@sky.com	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
6.30- 7.30pm	Connect Football (Adults with learning or physical difficulty) Brookvale Recreation Centre	Runcorn	£3.50
7- 9pm	Short Mat Bowls (All) – Hale Village Hall (Sept- March only)	Hale Village	£2-3
Tuesday			
10.30am-12.30pm	Men's 50+ Badminton (All) – Kingsway Leisure Centre	Widnes	£3
Wednesday			
10am-12pm	Target Wellbeing coaching table tennis exercises or practice per hour	Widnes	£3
1-2pm	5-a-side Football for adults (17+) with a disability Kingsway Leisure Centre. Call Leanne Curtis to enquire/join 0151 511 7685 £4.50 or £2.90 with Halton Leisure Card	Widnes	£2.90
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
2-4pm	New Age Bowls for older adults & cuppa – St Ambrose Church Hall (Sept- May only)	Widnes	£1
7.30-8.30pm	Panter's Badminton for mature movers - Kingsway Leisure Centre	Widnes	£2.90
Thursday			
9.30-11.30am	Walking Football over 50's – (All 50+) - Kingsway Leisure Centre £2.90 per hr or £1.90 with Halton Leisure Card	Widnes	£2.90

Continued over leaf

Time	Activity	Town	£
Friday			
9.30-11.30am	Walking Football over 50's – (All 50+) - Kingsway Leisure Centre £2.90 per hr or £1.90 with Halton Leisure Card	Widnes	£2.90
11-11.45 am	New Hearts Table Tennis friendly exercise for older adults (Beg-Adv) DCBL Halton Stadium (booking required: k_tonge@sky.com)	Widnes	£2.50
11.45am-12.30pm	New Hearts Table Tennis friendly exercise for older adults (Beg-Adv) DCBL Halton Stadium (booking required: k_tonge@sky.com)	Widnes	£2.50

- **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**
- **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.

This Timetable is subject to change, please call or check our website for updates:
www.activehalton.co.uk

For information on:

- Health Walks; lead or independent call Paula Parle on 0151 511 8550.
- 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 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

Other Useful websites:

www.halton.gov.uk www.walkingforhealth.org.uk www.bhf.org.uk 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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