

Active Ageing Bristol: Walking Sports Programme 2018



Would you like to get back into a game you once loved? Then our walking sports could be for you.

Walking sports are minimal contact games with one main difference to the standard games - no running. Play the game you love but reduce the chances of injury, ideal for the over 50s but open to all ages. Walking sports are a great way to keep active, learn new skills, have fun and make new friends.

Walking Cricket

A specially adapted game using a pairs cricket format, played with a soft ball. Designed specifically to appeal to older players, providing a less physically demanding alternative to traditional cricket, no prior cricket experience is necessary! It will get you moving in a sociable environment without being too overly strenuous. All equipment is provided.

Day	Location	Time	Cost	Provider
Wed	Gloucestershire County Cricket Club, The Brightside Ground, Nevil Road, Bristol BS7 9EJ	1pm-2pm	Free	Scott Tremain, Gloucestershire Cricket Board M: 07958 271414 E: scott.tremain@glosccc.co.uk

Walking Football

A slower paced game to normal football which enables participants of any age to be active and play.

Day	Location	Time	Cost	Provider
Tues	Horfield Leisure Centre, Dorian Road, Bristol BS7 0XW	10.30am-11.30am	£3	Keith Gwilym, Bristol United Walking Football Club T: 07948 383536 E: k.gwilym@gmail.com
	South Bristol Sports Centre, West Town Lane, Bristol BS14 9EA (term time only)	10.30am-11.30am (over 50s only)	£4	Mark Reynolds, Bristol City Community Trust T: 0117 963 0636 E: Mark.Reynolds@bcfc.co.uk
	Bristol Metropolitan Sports Hall, Snowdon Road, Fishponds, Bristol BS16 2HD	8pm-9pm	£3	Matt Bennett, Bristol Rovers Football Club T: 0117 952 2581 E: mattbennett@bristolroverscommunity.org.uk
Thurs	Little Stoke Park, Little Stoke, Bristol BS34 6HR	7pm-8pm	£3	Steve Power, Stoke Lane Football Club M: 07908 814704 E: s.power@templegate.co.uk
Fri	Gloucestershire Football Association, Oaklands Park, Almondsbury, Bristol BS32 4AG	12.30pm-1.30pm	£4	Jack Stanbury, Gloucestershire Football Association T: 01454 615 888 E: Jack.Stanbury@GloucestershireFA.com
	Sir Bernard Lovell Sports Centre, North	7.45pm-8.45pm	£4	Steve Tilley E: steve.j.tilley@btinternet.com

Day	Location	Time	Cost	Provider
	Street, Oldland Common, BS30 8TS			

Women's Walking Football

A slower paced version of the beautiful game and a perfect way to start being active. Whether you have played before or not, you'll enjoy playing in a fun and welcoming environment where the biggest goal is boosting your health and wellbeing.

Day	Location	Time	Cost	Provider
Mon	Windmill Hill City Farm, Philip Street, Bristol BS3 4EA	10.30am-11.30am	Free	Mark Reynolds, Bristol City Community Trust T: 0117 9630636 E: Mark.Reynolds@bcfc.co.uk
Wed	Horfield Leisure Centre, Dorian Road, Bristol BS7 0XW	6pm-7pm	£3	Jack Stanbury, Gloucestershire Football Association T: 01454 615888 E: Jack.Stanbury@GloucestershireFA.com

Walking Netball

A slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. For all ages and abilities and every session contains a gentle warm-up.

Day	Location	Time	Cost	Provider
Mon	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-Super-Mare, BS22 8LY	4pm-5pm	£3.05	Emily Harrison, England Netball M: 07540 126813 E: Emily.Harrison@englandnetball.co.uk
	Filton Sports and Leisure Centre, Elm Park, Filton, Bristol BS34 7PS	6pm-7pm	£2.50 or free with SportsPound vouchers	South Gloucestershire Council T: 01454 865821 E: sportspound@southglos.gov.uk
	Made Forever Youth Centre, Fisher Road, Kingswood, Bristol BS15 4RQ	6.30pm-7.30pm	£2.50 or free with SportsPound vouchers	South Gloucestershire Council T: 01454 865821 E: sportspound@southglos.gov.uk
Tues	Lyde Green Community Centre, Thistle Close, Lyde Green, BS16 7GW	8pm-9pm	£3 or free with SportsPound vouchers	South Gloucestershire Council T: 01454 865821 E: sportspound@southglos.gov.uk
Wed	Parish Wharf Leisure Centre, Harbour Road, Portishead, BS20 7DD	12pm-1pm	£3/Free to leisure centre members	Sue Anderson, England Netball M: 07872 407216 E: Sue.Anderson@englandnetball.co.uk
	The Park Centre, Daventry Road,	1pm-2pm	£3.50	Cressida Childs T: 0117 939 1672 M: 07808 581739 E: c.childs@blueyonder.co.uk

Day	Location	Time	Cost	Provider
	Knowle, Bristol BS4 1DQ			
Thurs	Hengrove Park Leisure Centre, Hengrove Park, Bristol BS14 0DE	11am- 12pm	£3.50	Bristol Bears Community Foundation T: 0117 939 1672 M: 07808 581739 E: c.childs@blueyonder.co.uk
	Hutton Moor Leisure Centre, Hutton Moor Road, Weston- Super-Mare, BS22 8LY	1pm-2pm	£3.05	Emily Harrison, England Netball M: 07540 126813 E: Emily.Harrison@englandnetball.co.uk
Sat	Culverhay Leisure Centre, Rush Hill, Bath BA2 2QL	10.30am- 11.30am	£3.50	Emily Harrison, England Netball M: 07540 126813 E: Emily.Harrison@englandnetball.co.uk

Walking Rugby

An all abilities opportunity to try or return to slow paced rugby related fun and games.

Day	Location	Time	Cost	Provider
Mon	Broad Plain RFC, St John's Lane, Bedminster, Bristol BS3 5AZ	10am- 11.30am	£3/£4	Declan Armstrong, Bristol Bears Community Foundation T: 0117 958 1651 E: darmstrong@bristolbearsrugby.com
	St Mary's Old Boys RFC, Northwood Park, Trench Lane, Bradley Stoke, Bristol BS36 1RY (outdoors)	6.30pm- 8pm	Free	
Fri	Westbury Fields Cricket Pavilion, Cricket Lane, Bristol BS10 6TW (outdoors)	10am- 11.30am	£3/£4	

Walking Sport/Multi Activity

A range of slow paced and light intensity sporting activity including badminton, indoor bowls (Boccia), New Age Kurling, musical activity and more for over 65s.

Day	Location	Time	Cost	Provider
Thurs	St Monica Trust, Cote Lane, Westbury-on-Trym, Bristol BS9 3UN	10.30am- 12pm	£2	Kris Tavender, Bristol Bears Community Foundation M: 07766 446572 E: ktavender@bristolbearsrugby.com

Walking Tennis

A slower version of the game and is great for exercise in a relaxed, supportive and friendly environment.

Day	Location	Time	Cost	Provider
Thurs	Coombe Dingle Sports Complex, Bristol BS9 2BJ	11am-12pm	£3	Helen Abbot, Tennis Foundation M: 07872 945664 E: helenabbott19@gmail.com

