

Mondays:

Wheels 4 All (Cycling)	10.00, 11.00 & 12.00	County Ground Athletics Track	£3.00	Swindon Borough Council - Booking Required livewell@swindon.gov.uk 01793 465513
LD Football (16+)	13.30-14.30 Summer Break Restarts 6 th Sep	Foundation Park	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303

Tuesdays:

Inclusive Swimming (16+)	10.15-11.00	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Disability Ice Skate (All ages)	12.00-12.45 School Holiday timetable	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Bounce (All ages)	09:00-10:00 School Holiday timetable	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon

Wednesdays:

Seated Exercise (16+)	10.00-11.00	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Tennis (16+)	13.00-14.00	Delta Tennis Centre	£3.00	BETTER Delta Tennis Centre – Booking & Walk Up www.better.org.uk/swindon

Thursdays:

Wheels 4 All (Cycling)	10.00, 11.00 & 12.00	County Ground Athletics Track	£3.00	Swindon Borough Council - Booking Required livewell@swindon.gov.uk 01793 465513
Inclusive Tennis (16+)	10.30-11.30	Swindon Tennis Centre @ St Marks SN2 1DB	£2.00	Swindon Tennis Centre - 0800 888 6030 craig@nationaltennis.org.uk

Inclusive Bounce (All ages)	09:00-10.00 School Holiday timetable	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Disability Cricket (12-25)	17.00-18.00	Swindon Cricket Club, County Ground	FREE	Wiltshire Cricket 07923236489 harry.mattingley@wiltshirecricket.co.uk

Fridays:

Wheels for All - Cycling	10.00am & 11.00am	County Ground Athletics Track	£3	Swindon Borough Council - Booking Required livewell@swindon.gov.uk 01793 465513
Football (Mental Health Session)	13.00-14.00 Summer Break Restarts 10th September	Foundation Park	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303

COMING SOON !

Adult Salto! (Dance)	Mon 13.30-14.30	Swindon Dance	£3.75	Swindon Dance (01793 601700)
Swimming (0-18)	Mon 18.00-19.00	Thamesdown Hydro Therapy Pool	£2.50	Aiming High (Book in advance)
RockBox (13+)	Tues 19.35-20.25	Moonrakers Pub	£6.00	InclusFit
Swindon Champions (16+)	Thurs 18.30-20.00	Dorcan Recreation Complex	£1.50	Swindon Champions
Swindon Vixens (Netball) (16+)	Fri 18:00-19:00	Dorcan Recreation Centre	FREE	Swindon Vixens Netball Club
Inclusive Boxing (16+)	Fri 10.00-11.00	Scrappers Gym	FREE	Scrappers Gym
Wheelchair Basketball (12+)	Fri 16.30-19.00	TBC	£5p/m	Swindon Shock Wheelchair Basketball Club
Indoor Bowls (All ages)	Sat 10.00-12.00	Swindon Manor Indoor Bowls (SN2 2QE)		Swindon Manor Indoor Bowls Club
Unified Cheerleading (10-18)	Sat 11.00-12.00	Unit 41 BSS House, SN2 2PJ	FREE	Swindon Lightning Cheer

If you have any questions, here is how you can contact the 'Live Well Swindon' team:

Email: livewell@swindon.gov.uk

Tel: 01793 465513

Facebook: Active & Inclusive Swindon



Website(s): www.activeandinclusiveswindon.co.uk
www.localoffer.swindon.gov.uk



Lots of sessions are planning to re-start in the Autumn so this timetable will be updated monthly.