

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	Foundation Park	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303
SALTO Dance (16+)	1.45-2.45pm	Swindon Dance Studios Town Hall	£3.95	Swindon dance info@swindondance.org.uk 01793 601700

Tuesdays:

Disability Ice Skate (All ages)	11.00-11.45	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Bounce (All ages)	10.00-11.00 12.30-13.30	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Swimming (16+)	14.00-15.00	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon

Wednesdays:

Seated Exercise (16+) Currently RockBox Fitness	10.00-11.00	Link Centre – Studio 2	£3.00	BETTER Link Centre – Walk Up only www.better.org.uk/swindon
Yoga (For those with Neurological Conditions)	11.40am, 1pm & 2pm	Swindon Therapy Centre Annual membership £20	Donation	Swindon Therapy Centre – 01793 481700 stcswindon@msswindon.org
Inclusive Tennis (All Ages)	13.00-14.00	Delta Tennis Centre	£3.00	BETTER Delta Tennis Centre – Booking & Walk Up www.better.org.uk/swindon

Pan Disability Football	17.00-18.00	The Deanery Academy SN1 7DA	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303
DS Active Football (Downs Syndrome)	18.00-19.00	The Deanery Academy SN1 7DA	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303
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
Pilates (For those with Neurological Conditions)	10am & 11.15am	Swindon Therapy Centre Annual membership £20	Donation	Swindon Therapy Centre – 01793 481700 stcswindon@msswindon.org
Inclusive Bounce (All ages)	13.00-15.00	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	Foundation Park	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303

Ability Boxing (All ages)
www.scrappersgym.co.uk

10.00-11.00

Scrappers Gym SN5 5WB

FREE

01793 513982

Scrappers Gym

COMING SOON !

Swimming (0-18)	Mon 18.00-19.00
RockBox (13+)	Tues 19.35-20.25
Swindon Champions (16+)	Thurs 18.30-20.00
Swindon Vixens (Netball) (16+)	Fri 18:00-19:00
Wheelchair Basketball (12+)	Fri 16.30-19.00
Indoor Bowls (All ages)	Sat 10.00-12.00

Thamesdown Hydro Therapy Pool	£2.50
Moonrakers Pub	£6.00
Dorcan Recreation Complex	£1.50
Dorcan Recreation Centre	FREE
TBC	£5p/m
Swindon Manor Indoor Bowls (SN2 2QE)	

Aiming High (Book in advance)
InclusFit
Swindon Champions
Swindon Vixens Netball Club
Swindon Shock Wheelchair Basketball Club
Swindon Manor Indoor Bowls Club

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 Winter / Spring so this timetable will be updated monthly.