

**Mondays:**

Wheels 4 All (Cycling) <b>Restarts 10<sup>th</sup> January</b>	10.00, 11.00 & 12.00	County Ground Athletics Track	£3.00	Swindon Borough Council - Booking Required <a href="mailto:livewell@swindon.gov.uk">livewell@swindon.gov.uk</a> 01793 465513
LD Football (16+)	13.30-14.30	Foundation Park	£2.00	Swindon Town FC Community Foundation <a href="mailto:james.s@stfcfoundation.com">james.s@stfcfoundation.com</a> 01793 421303
SALTO Dance (16+)	1.45-2.45pm	Swindon Dance Studios Town Hall	£3.95	Swindon dance <a href="mailto:info@swindondance.org.uk">info@swindondance.org.uk</a> 01793 601700

**Tuesdays:**

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

**Wednesdays:**

Seated Exercise (16+) Currently Seated Fitness Pilates – <b>NO CLASS 19<sup>th</sup> JANUARY</b>	10.00-11.00	Link Centre – Studio 2	£3.00	BETTER Link Centre – Walk Up only <a href="http://www.better.org.uk/swindon">www.better.org.uk/swindon</a>
Yoga <b>(For those with Neurological Conditions)</b>	11.40am, 1pm & 2pm	Swindon Therapy Centre Annual membership £20	Donation	Swindon Therapy Centre – 01793 481700 <a href="mailto:stcswindon@msswindon.org">stcswindon@msswindon.org</a>
Inclusive Tennis (All Ages)	13.00-14.00	Delta Tennis Centre	£3.00	BETTER Delta Tennis Centre – Booking & Walk Up <a href="http://www.better.org.uk/swindon">www.better.org.uk/swindon</a>

Pan Disability Football	17.00-18.00	The Deanery Academy SN1 7DA	£2.00	Swindon Town FC Community Foundation <a href="mailto:james.s@stfcfoundation.com">james.s@stfcfoundation.com</a> 01793 421303
DS Active Football (Downs Syndrome)	18.00-19.00	The Deanery Academy SN1 7DA	£2.00	Swindon Town FC Community Foundation <a href="mailto:james.s@stfcfoundation.com">james.s@stfcfoundation.com</a> 01793 421303
<b>Thursdays:</b>				
Wheels 4 All (Cycling) <b>Restarts Thursday 13<sup>th</sup> January</b>	10.00, 11.00 & 12.00	County Ground Athletics Track	£3.00	Swindon Borough Council - Booking Required <a href="mailto:livewell@swindon.gov.uk">livewell@swindon.gov.uk</a> 01793 465513
Inclusive Tennis (16+)	10.30-11.30	Swindon Tennis Centre @ St Marks SN2 1DB	£2.00	Swindon Tennis Centre - 0800 888 6030 <a href="mailto:craig@nationaltennis.org.uk">craig@nationaltennis.org.uk</a>
Pilates <b>(For those with Neurological Conditions)</b>	10am & 11.15am	Swindon Therapy Centre Annual membership £20	Donation	Swindon Therapy Centre – 01793 481700 <a href="mailto:stcswindon@msswindon.org">stcswindon@msswindon.org</a>
Inclusive Bounce (All ages)	13.00-15.00	Link Centre	£3.00	BETTER Link Centre – Booking & Walk Up <a href="http://www.better.org.uk/swindon">www.better.org.uk/swindon</a>
Disability Cricket (12-25)	17.00-18.00	Swindon Cricket Club, County Ground	FREE	Wiltshire Cricket 07923236489 <a href="mailto:harry.mattingley@wiltshirecricket.co.uk">harry.mattingley@wiltshirecricket.co.uk</a>
<b>Fridays:</b>				
Wheels for All - Cycling <b>Restarts 14<sup>th</sup> January</b>	10.00am & 11.00am	County Ground Athletics Track	£3	Swindon Borough Council - Booking Required <a href="mailto:livewell@swindon.gov.uk">livewell@swindon.gov.uk</a> 01793 465513
Football (Mental Health Session)	13.00-14.00	Foundation Park	£2.00	Swindon Town FC Community Foundation <a href="mailto:james.s@stfcfoundation.com">james.s@stfcfoundation.com</a> 01793 421303

Ability Boxing (All ages)  
[www.scrappersgym.co.uk](http://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](mailto:livewell@swindon.gov.uk)

Tel: 01793 465513

Facebook: Active & Inclusive Swindon



Website(s): [www.activeandinclusiveswindon.co.uk](http://www.activeandinclusiveswindon.co.uk)  
[www.localoffer.swindon.gov.uk](http://www.localoffer.swindon.gov.uk)



Lots of sessions are planning to re-start in Winter / Spring so this timetable will be updated monthly.