

Mondays:

Wheels 4 All (Cycling) No Cycling 20th June	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) School Holidays	11.00-11.45 12:00-12.45	Link Centre	£3.50	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Bounce (All ages) School Holidays	10.00-11.00 12.30-13.30 9:00-10:00	Link Centre	£3.50	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Swimming (16+)	14.00-15.00	Link Centre	£3.50	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon

Wednesdays:

Seated Exercise (16+) Currently Seated Zumba Gold.	10.00-11.00	Link Centre – Studio 2	£3.50	BETTER Link Centre – Booking & Walk Up 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	£3.50	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:				
Healthy Lives Be Active Multi Sports session (16+)	9.15-10.00am	County Ground Athletics Track	Free	Swindon Borough Council – just turn up livewell@swindon.gov.uk 01793 465513
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)	13.00-14.00 14.00-15.00	Link Centre	£3.50	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
School Holidays				
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 No Cycling 24th June	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)	10.00-11.00	Scrappers Gym SN5 5WB	FREE ScrappersGym	www.scrappersgym.co.uk 01793 513982

Saturdays:

Indoor Bowls (All ages)	Sat 10.00-12.00	Swindon Manor Indoor Bowls (SN2 2QE)	Swindon Manor Indoor Bowls Club
		SWINDON MANOR INDOOR BOWLS CLUB – Home to Indoor bowls in Swindon (swindonmanoribc.co.uk)	

COMING SOON !

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
Wheelchair Basketball (12+)	Fri 16.30-19.00	TBC	£5p/m	Swindon Shock Wheelchair Basketball 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 Spring/ Summer so this timetable will be updated monthly.