

Mondays: **Run and owned by:**

Wheels for all cycling Staff have to leave the site by 11.20am. Booking is now required.	09.45-10.45am	County Ground Athletics Track	Free	Swindon Borough Council - Booking Required livewell@swindon.gov.uk 01793 465513
LD Football (16+) (Term time only)	13.30-14.30	Foundation Park	£2.00	Swindon Town FC Community Foundation james.s@stfcfoundation.com 01793 421303
SALTO Dance (16+) (Per Term)	1.45-2.45pm	Swindon Dance Studios Town Hall	£3.95 £45 a term	Swindon dance info@swindondance.org.uk 01793 601700

Tuesdays:

NOT ON TO SEPTEMBER!! Disability Ice Skate (All ages)
School Holidays
Ice Rink will be closed 15th May to 3rd September 2023

Inclusive Bounce (All ages) School Holidays	10:00 -11:00am 12:30-13:30pm 09:00-10:00am	Link Centre	Not running	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Bounce (All ages) School Holidays	10:00 -11:00am 12:30-13:30pm 09:00-10:00am	Link Centre	£4.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
Inclusive Swimming (16+)	14.00-15.00	Link Centre	£4.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon

Wednesdays:

Yoga	11.40am, 1pm & 2pm	Neuro Wellbeing Centre Annual membership £20	Donation	www.better.org.uk/swindon Neuro Wellbeing Centre – 01793 481700 NWC@neurowellbeingcentre.co.uk .
Inclusive Tennis (All Ages)	13.00-14.00	Delta Tennis Centre	£4.00	BETTER Delta Tennis Centre – Booking & Walk Up

Directory of Inclusive sessions



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 for all Cycling Booking now required	11.00-12.30	County Ground Athletics Track	Free	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	10am & 11.15am	Neuro Wellbeing Centre Annual membership £20	Donation	Neuro Wellbeing Centre – 01793 481700 NWC@neurowellbeingcentre.co.uk
Inclusive Bounce (All ages)	13:00-14:00pm 14:00-15:00pm	Link Centre	£4.00	BETTER Link Centre – Booking & Walk Up www.better.org.uk/swindon
School Holidays				
Table Tennis	15:00-17:00	Swindon Hub (Town Centre)	FREE	info@swindonhub.org.uk
Disability Cricket (12-25)	17.00-18.00	Swindon Academy, SN2 1RJ	FREE	Wiltshire Cricket 07923236489 harry.mattingley@wiltshirecricket.co.uk

Fridays:

Football (Mental Health Session 16+)	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	Scrappers Gym www.scrappersgym.co.uk 01793 513982
Wheelchair Rugby (9+)	18:30 – 19:30	The Deanery School	£5	Swindon St George Wheelchair Rugby swindonstgeorgerl@outlook.com
Vixens Inclusive Netball (16+)	18:00 – 19:00	Better Dorcan Centre	TBC	BETTER Doran Centre www.better.org.uk/swindon
Wheelchair Basketball (8+)	17:00 – 18:00	New College Sports centre	Free	Swindon Shock Wheelchair Basketball Club www.swindonshock.com/wheelchair

Saturdays:

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

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 new sessions are always added so this directory will be updated monthly.