



# Spring Sessions 2023

Session	Day	Time	Type	No. Weeks	Cost	Venu
Social Badminton (Ladies 16+)	Wed	7-8pm	Turn up & play	N/a	£2/session	Hudson Leisure Centre (Wisbech)
No Strings Badminton (16+)	Mon	6-7pm	Turn up & play	N/a	£2/session	Hudson Leisure Centre (Wisbech)
Badminton Intermediates (16+)	Mon	7-8pm	Turn up & play	N/a	£2/session	Hudson Leisure Centre (Wisbech)
Walking Football	Fri	7-8pm	Turn up & play	N/a	£2/session	Hudson Leisure Centre (Wisbech)
Forever Fit	Tues	11.30-12.30pm	Turn up & play	N/a	£2/session	Hudson Leisure Centre (Wisbech)

## Yoga Sessions

General Yoga	Tues	1.15-2.15pm	Block: 4 Apr - 20 Jun	12	£30 / £15 half block	The Oasis Centre (Wisbech)
Gentle Yoga	Tues	2.15-3.15pm	Block: 4 Apr - 20 Jun	12	£30 / £15 half block	The Oasis Centre (Wisbech)
Beginner's Yoga	Wed	5-6pm	Block: 5 Apr - 21 Jun	12	£30 / £15 half block	Wimblington Parish Hall
Intermediate Yoga	Wed	6-7pm	Block: 5 Apr - 21 Jun	12	£30 / £15 half block	Wimblington Parish Hall

## Strength & Balance Sessions - level 3 chair based movement class, seated and standing exercises

Strength & Balance	Tues	12.15-1.15pm	Block: 2 May - 18 May	12	£30 / £15 half block	Oasis Centre (Wisbech)
Strength & Balance	Wed	11.15-12.15pm	Block: 3 May - 19 July	6	£30 / £15 half block	Doddington Court

## Pre-Fit Sessions - level 4 class (standing). Inclusion: able to stand unsupported & able sustain 10 mins of activity

Pre-Fit	Wed	2-3.30pm	Booking required	N/a	£3/session	Hudson Leisure Centre (Wisbech)
Pre-Fit	Wed	2-3.30pm	Booking required	N/a	£3/session	George Campbell Leisure Centre (March)
Pre-Fit	Wed	11.30-1pm	Booking required	N/a	£3/session	Chatteris Leisure Centre
Pre-Fit	Wed	12.30-2pm	Block: 3 May - 19 July	6	£36 / £18 half block	Doddington Court

## Other Sessions / Activities

Barre & Breath: Gently Does It	Tues	6.30pm-7.30pm	Block: 18 Apr - 6 Jun	8	£24 block	March Physiotherapy Clinic
Barre & Breath: Go With the Flow	Tues	7.30pm-8.30pm	Block: 18 Apr - 6 Jun	8	£24 block	March Physiotherapy Clinic

Session	Day	Time	Type	No. Weeks	Cost	Venu
---------	-----	------	------	-----------	------	------

### Healthy Lifestyle Programmes - beginner activity with weekly healthy lifestyle challenges: healthy eating, wellbeing etc

Run for Fun	Tues	7-8pm	Block: 21 Feb - 9 May	12	Free	Thomas Clarkson Academy Netball Court (Wisbech)
First Step Fitness	Thur	6.45pm-7.45pm	Taster: 20 April Block: 27 Apr - 13 Jul	12	Free	George Campbell Leisure Centre (March)
Netball for Novices	Tues	6.30pm-7.30pm	Taster: 18 April Block: 25 Apr - 11 Jul	12	Free	Wisbech Grammer School Netball Courts
Football to Fit	Mon	5.30pm-6.30pm	Taster: 4 Sep Block: 11 Sep - 27 Nov	12	Free	Leverington Astro turf

### Let's Get Started - (in partnership with Freedom Leisure) - beginner level activity programme

Let's Get Started - Chatteris	Fri	7-8pm	Taster: 4 Sep Block: 12 May - 28 July	12	Free	Chatteris Leisure Centre
-------------------------------	-----	-------	--	----	------	--------------------------

### Ramblers Wellbeing Walks

Find out more about each walk and sign up: [beta.ramblers.org.uk/go-walking/wellbeing-walks-groups](https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups)

Name	Day	Time	Start / End Point	Duration	
Wisbech Mindful Walk	Fri	10am-11am	Wisbech Park Bandstand	1 hr	<b>All Ramblers walks are free</b>  <b>Volunteer Walk Leader Courses (training to lead Wellbeing Walks, free):</b>  <b>Whittlesey - 26 May, 9.30-4pm</b>
March Riverside Walk	Tues	1.30-2.30pm	March Library	1 hr	
Whittlesey Wellbeing Walk 3rd Monday of every month from March	Mon	Midday	Whittlesey Buttercross	1 hr	
Wisbech Weekly Wellbeing Walk Starts 27th April	Thur	2-2.45pm	Green outside St Peter & St Paul Parish Church, Wisbech	45min	
St Wendreda's Accessible Wellbeing Walk	Sat	TBC	Top of Springfield Avenue, March	40min	

- Booking required for sessions that are not turn up and play. To book a place, please visit: [www.fenland.gov.uk/ActiveFenland](https://www.fenland.gov.uk/ActiveFenland) and fill out the Active Fenland booking form. You will then receive an email response.
- For more information about a session please email [activefenlandbookings@fenland.gov.uk](mailto:activefenlandbookings@fenland.gov.uk), or call 07874 893316 / 07592 774656
- Some blocks can be joined mid-block, please get in touch. Some sessions need to be paid in full as a block payment.