



Hello
Autumn

Autumn Sessions
Timetable 2023
1st Sept - 30th Nov



Autumn Sessions 2023

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

Yoga Sessions

General Yoga	Tues	1.15-2.15pm	26th Sept - 12th Dec (no session 7th Nov)	11	£27.50 block	Oasis Centre, Wisbech
Gentle Yoga	Tues	2.15-3.15pm	26th Sept - 12th Dec (no session 7th Nov)	11	£27.50 block	Oasis Centre, Wisbech
Beginners Yoga	Weds	5-6pm	27th Sept - 20th Dec (no session 8th Nov)	12	£30 / £15 half block	Wimblington Parish Hall
Intermediate Yoga	Weds	6-7pm	27th Sept - 20th Dec (no session 8th Nov)	12	£30 / £15 half block	Wimblington Parish Hall

Strength & Balance Sessions

Strength & Balance	Tues	12.15-1.15pm	26th Sept - 19th Dec (no session 7th Nov)	12	£30 / £15 half block	Oasis Centre, Wisbech
Strength & Balance	Weds	11.15-12.15pm	27th Sept - 20th Dec (no session 8th Nov)	12	£30 / £15 half block	Doddington Court

Session	Day	Time	Type	No. Weeks	Cost	Venue
Pre-Fit Sessions						
Pre-Fit	Weds	2-3.30pm	Booking required	n/a	£3/session	Hudson Leisure Centre, Wisbech
Pre-Fit	Weds	2-3.30pm	Booking required	n/a	£3/session	George Campbell Leisure Centre, March
Pre-Fit	Weds	11.30-1pm	Booking required	n/a	£3/session	Chatteris Leisure Centre
Pre-Fit	Weds	12.30-2pm	27th Sept - 20th Dec (no session 8th Nov)	12	£36 / £18 half block	Doddington Court
Pre-Fit	Tues	10-11.30am	Booking required (Starting 14th Nov)	n/a	£3/session	Manor Leisure Centre, Whittlesey
Wellbeing Sessions						
Wellbeing Stretch & Breathe	Thurs	12.45-1.45pm	23rd Nov - 21st Dec	5	Free	King Edward Centre, Chatteris
Wellbeing Dance & Stretch Youth (age 8-12)	Weds	6-6.45pm	1st Nov - 13th Dec	7	Free	Neale Wade Sports Centre, March
Wellbeing Dance & Stretch Adults	Weds	7-8pm	1st Nov - 13th Dec	7	Free	Neale Wade Sports Centre, March
Other Sessions						
Family Skating	Thurs	3.45-5.45pm	2nd Nov - 14th Dec	7	Free	Skaters, Wisbech
Healthy Lifestyle Programmes - For those looking to get more active and lead healthier lifestyles.						
Run for Fun	Weds	6-7pm	13th Sept - 29th Nov	12	Free	Cromwell Community College, Chatteris
Netball for Novices	Tues	6.30-7.30pm	10th Oct - 5th Dec	9	Free	Wisbech Grammar School
First Step Fitness	Tues	8-9pm	12th Sept - 5th Dec	12	Free	Hudson Leisure Centre, Wisbech
First Step Fitness	Weds	7-8pm	11th Oct - 6th Dec	9	Free	Manor Leisure Centre, Whittlesey
First Step Fitness	Thurs	8-9pm	12th Oct - 7th Dec	9	Free	George Campbell Leisure Centre, March
Football to Fit	Thurs	6-7pm	26th Oct - 7th Dec	7	Free	Thomas Clarkson Academy, Wisbech
Love to Move - Dementia friendly, seated activity sessions. Carers welcome.						
Love to Move - March	Tues	11-12.30pm	21st Nov - 19th Dec	5	Free	March Braza Club
Love to Move - Chatteris	Thurs	11-12.30pm	23rd Nov - 21st Dec	5	Free	King Edward Centre, Chatteris

Active Fenland at home

Active @ Home booklets	free	Older adults exercises to increase strength, balance & flexibility at home.	Postal - get in touch and let us know your address
Family Treasure Hunt Sheets	free	Active learning treasure hunts for a family to complete in the park	Download online (or get in touch for postal)
Active Fenland YouTube	free	Various activities including yoga sessions	Visit the Active Fenland YouTube channel

Ramblers Wellbeing Walks

Find out more about each walk and sign up: www.ramblers.org.uk/go-walking/wellbeing-walks

Name	Day	Time	Start / End Point	Duration	
Wisbech Mindful Walk	Fri	10am-11am	Wisbech Park Bandstand	1 hr	All Ramblers Wellbeing Walks are FREE
March Riverside Walk	Tues	1.30-2.30pm	March Library	1 hr	
Whittlesey Wellbeing Walk (every 2nd & 4th Monday)	Mon	10am-11am	Whittlesey Buttercross	1 hr	If you are interested in being a volunteer walk leader please get in touch
Wisbech Weekly Wellbeing Walk	Thurs	2-2.45pm	Green outside St Peter & St Paul Parish Church, Wisbech	45 mins	
Chatteris Wellbeing Walk	Tues	1.45-2.30pm	Chatteris Library	45 mins	

Ramblers Wellbeing Walk Leader Courses

Name	Date	Time	Venue	Booking required.
Wisbech	Friday 6th October	9.30am-4pm	Wisbech Library	There is prior training online required before attending the face to face courses.
March	Wednesday 8th November	9.30am-4pm	March Library	Get in touch if you are interested in being a Ramblers Wellbeing Walk leader in your local community.

- Booking required for sessions that are not turn up and play. To book a place, please visit: 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, 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.