



JUST TURN UP ACTIVITY PROGRAMME

- Get Fitter • Have Fun
- Low Cost Sessions

ACTIVITY	WHERE	WHO	DAY	TIME	START DATE	COST
Badminton	Bedford International Athletic Stadium, Barkers Lane, Bedford MK41 9SB	Ladies only	Thursdays	11:00-12:00	10th January	£2.00
Basketball	Bedford Academy School, Mile Road, Bedford MK42 9TR	Girls 11yrs-18yrs	Saturdays	15:00-16:30	Ongoing	£3.00
Cricket	Walking Cricket - John Bunyan Sports & Fitness, Mile Road, Bedford	Adults 55yrs+	Mondays	11:30-13:00	21st January	£3.00
Learn to Cycle - Complete Beginners &/ or Beginners	Jubilee Park, (outdoors) meet near Jubilation Centre, Moulton Avenue, Bedford MK42 0JD - bring your own bike. Register your interest & pay £5.00 deposit at http://bit.ly/bbcbike - pay on site available but place not guaranteed.	Children Min age 5yrs Children must be accompanied by an adult	Saturdays	11:00-11:45	19th January	£5.00 to register £3.00 per week thereafter
Cycle with Confidence	Jubilee Park, (outdoors) meet near Jubilation Centre, Moulton Avenue, Bedford MK42 0JD - bring your own bike. Register your interest & pay £5.00 deposit at http://bit.ly/bbcbike - pay on site available but place not guaranteed.	Families or individuals Children must be accompanied by an adult	Saturdays	12:00-12:45	19th January	£5.00 to register £3.00 per week thereafter Family deal available
Bedford Off Road Cycling Club - Go Ride	Priory Country Park - meet near café (bring your own bike & helmet - no helmet, no ride)	Children 6yrs-16yrs	Saturdays	09:00-10:30	19th January	£3.00
Football	Indoor Football - Goldington Academy School, Haylands Way, Bedford MK41 9BX	Mixed 4yrs-8yrs	Tuesdays	17:30-18:30	8th January	£5.00
	Indoor Football - Goldington Academy School, Haylands Way, Bedford MK41 9BX	Mixed 9yrs-12yrs	Tuesdays	18:30-19:30	8th January	£5.00
	Just Play Football - John Bunyan Sports & Fitness, Mile Road, Bedford	Men 16yrs+	Mondays	20:30-21:30	21st January	£3.00
	Walking Football - Gordon Fields Pitches, Brickhill Drive, Bedford MK41 7QZ Park off Brickhill Drive, Email info@walkingfootballbedford.co.uk to register	Women 18yrs+	Sundays	10:00-11:00	13th January	£4.00
	Beginners Walking Football (indoors) - John Bunyan Sports & Fitness, Mile Road, Bedford	Mixed adults	Wednesdays	19:30-20:30	23rd January	£3.00
Hockey	Walking Hockey - John Bunyan Sports & Fitness, Mile Road, Bedford	Adults 18yrs+	Tuesdays	10:30-11:30	22nd January	£3.00
Netball	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Thursdays	18:30-19:30	Ongoing	£4.00
	Walking Netball - John Bunyan Sports & Fitness, Mile Road, Bedford	Ladies 16yrs+	Mondays	10:00-11:00	Ongoing	£4.00
Swimming	Water Workout - Oasis Pool, Cardington Road, Bedford (must be able to swim)	Mixed 16yrs+	Thursdays	18:45-19:45	24th January	£3.00
Gentle Stretch & Exercise Classes	Goldington Community Centre, 147 Church Lane, Bedford MK41 0PW	Mixed adults	Mondays	11:00-12:15	Ongoing	£2.00
	John Bunyan Sports & Fitness, Mile Road, Bedford (pay upstairs)	Mixed 18yrs+	Mondays	19:00-20:00	Ongoing	£2.00
	Jubilation Centre, Moulton Avenue, Bedford MK42 0JD	Mixed adults	Fridays	13:30-14:30	18th January	£2.00
Stretch & Balance	Harpur Suite, Harpur Square, Bedford	Ladies 18yrs+	Mondays	09:45-10:45	Ongoing	£3.00
Beginners Pilates	John Bunyan Sports & Fitness, Mile Road, Bedford (pay upstairs)	Mixed adults	Tuesdays	10:30-11:30	8th January	£2.00
Ladies Body Conditioning	Queens Park Community Centre, Marlborough Road, Bedford MK40 4LF	Ladies only	Mondays	11:00-12:00	14th January	£2.00
Fitness Pilates	Queens Park Community Centre, Marlborough Road, Bedford MK40 4LF	Ladies only	Wednesdays	11:00-12:00	16th January	£2.00
Tai - Chi	Bedford Central Library, Harpur Square Bedford	Mixed 55yrs+	Mondays	12:30-13:30	Ongoing	£3.00
	The Higgins Bedford Art Gallery & Museum	Mixed 55yrs+	Tuesdays	10:00-11:00	Ongoing	£3.00
	John Bunyan Sports & Fitness, Mile Road, Bedford (pay upstairs in spin room)	Mixed adults 18yrs+	Thursdays	10:30-11:30	Ongoing	£3.00

Please see overleaf for terms and conditions

For more information on Just Turn Up sessions in your area:

www.bedford.gov.uk/justturnup
 01234 718823
 sport@bedford.gov.uk

Twitter: @youjustturnup
 Facebook: bedfordsportsdevelopment



BEDFORD
BOROUGH COUNCIL



BEDFORD BOROUGH COUNCIL
 Sports Development Unit
 Keeping Bedford Active



BIG Local





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Activity

Please be aware of the age bandings stated for individual sessions, however we welcome anyone above the minimum age who wishes to participate.

The sessions will continue to run providing there is a reasonable number of participants attending. Please check with our team for regular updates - contact details below, or follow us on Twitter.

All sessions will initially run for a 6-8 week block but may be extended. Please note activities are on a first come first served basis.

Health

You should only take part in the JTU Activities if you know of no medical or health related issue which would or could prevent you from undertaking any physical activity.

If you are unsure or have any concerns about your health please consult your G.P. beforehand.

Injury & Lost Property

Bedford Borough Council accepts no liability for any personal injury or damage to or loss of property occurring at the JTU Activities unless it is due to the negligence of the Council or one of its employees or anyone for whom the Council is legally responsible.

For more information on Just Turn Up sessions in your area:

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