



Get back into a sport you haven't tried since school or try something new with one of these Return to Sport Courses!

Activity	Time & Dates	Location	Cost
Badminton (50+)	5.30pm – 6.30pm: 17 th , 24 th , 31 st Oct, 7 th , 14 th , 21 st , 28 th Nov, 5 th Dec	Stantonbury Campus	£30 per person for the 8 weeks
Table Tennis (50+)	2pm – 3.30pm: 18 th , 25 th Oct, 1 st , 8 th , 15 th , 22 nd Nov	Kingston Table Tennis Centre	£30 per person for the 6 weeks
Circuits	7pm – 7.45pm: 18 th , 25 th Oct, 1 st , 8 th , 15 th , 22 nd , 29 th Nov, 6 th Dec	Lovat Hall, Newport Pagnell	£30 per person for the 8 weeks
Ladies Hockey	7pm – 8pm: 18 th , 25 th Oct, 1 st , 8 th , 15 th , 22 nd , 29 th Nov, 6 th Dec	Woughton on the Green	£30 per person for the 8 weeks
Indoor Bowls (50+)	9am – 11am: 19 th , 26 th Oct, 2 nd , 9 th , 16 th , 23 rd Nov	Bletchley Leisure Centre	£27 per person for the 6 weeks
Dodgeball	7.30pm – 8.30pm: 20 th , 27 th Oct, 3 rd , 10 th , 17 th , 24 th Nov, 1 st , 8 th Dec	Medbourne Sports Pavilion	£22 per person for the 8 weeks
Golf Adults Beginner Sessions	Tuesdays & Saturdays - Starting week commencing 3 rd Oct	Abbey Hill Golf Club – contact directly to book: 07973 534259	£50 per person for the 6 weeks

Other Upcoming Events!

United Generations (for over 55's) – Friday 30th Sept at Stadium:MK – guaranteed to be very informative!

Lets Dance 2011 – Saturday 8th October, 11am – 4pm @ Madcap, Wolverton, MK12 5LY - a variety of tasters & performances covering a wide range of dance styles, come along & 'Give it a Go!'

Call Sports Development on 01908 253229 to book your place.

