



ACTIVE FOR LIFE GAMES

HOW TO BOOK

To book sessions at Tudor Grange Leisure Centre or North Solihull Sports Centre, book online at [everyoneactive.com](https://www.everyoneactive.com) or contact the centre, for the other venues please contact them separately. All leisure centre sessions will need to be booked in advance.

WE'D LOVE YOUR FEEDBACK



Include Me - First Hand Experience Feedback:

An accessible and inclusive sport and physical activity session sometimes requires a few physical adjustments to make it a good first experience for participants. We would like to hear about your first hand experiences of sport and physical activity sessions in Solihull.

Week commencing Monday 18th July

A week of **FREE** activities specifically aimed at the over 55s.

Taking place at both Tudor Grange Leisure Centre and North Solihull Sports Centre plus other community venues.

Full timetable inside.

everyone
ACTIVE

solihull
active
moreactive + moreoften

Solihull
METROPOLITAN
BOROUGH COUNCIL



North Solihull Sports Centre

Conway Road, Solihull, B37 5LA
01217 703 822

Monday 18th July

All day Health and wellbeing intervention stand
10:00-12:00 Table Tennis
10:00-14:00 Gym access
20:00-21:00 Tai Chi

Tuesday 19th July

10:00-14:00 Gym access
10:30-11:00 Rowing session (sports hall)

Wednesday 20th July

10:00-14:00 Gym access
09:00-12:00 Nifty Fiftys (badminton and table tennis)
09:30-10:15 Tai Chi
10:30-11:15 Tai Chi
11:30-12:15 Forever Fit (gentle aerobics)

All gym sessions will have an instructor to help and guide you.

Thursday 21st July

10:00-12:00 Nifty Fiftys (badminton and table tennis)
10:00-14:00 Gym access
10:30-11:00 Rowing session (sports hall)

Friday 22nd July

10:00-14:00 Gym access
11:30-12:15 Forever Fit (gentle aerobics)
13:00-15:30 Nifty Fiftys (badminton and table tennis)

Saturday 23rd July

10:00-14:00 Gym access

Sunday 24th July

10:00-14:00 Gym access

Tudor Grange Leisure Centre

Blossomfield Road, Solihull, B91 1NB
01217 056 371

Monday 18th July

All day Health and wellbeing intervention stand
10:00-12:00 Table Tennis
11:30-12:15 Forever Fit (gentle aerobics)
12:00-14:00 Badminton
13:00-13:45 Badminton

Wednesday 20th July

10:00-12:00 Table Tennis
10:30 Solihull walk (meet in Tudor Grange car park)
14:00-16:00 50+ Badminton

Thursday 21st July

10:00-12:00 Senior Badminton
10:00-12:00 Walking Football

Friday 22nd July

13:00-15:30 Nifty Fiftys

Public Swimming sessions and Senior Tennis

Available at Tudor Grange Leisure Centre, ring the centre to book!

Other Community Venues

Please contact venue/club separately for more information.

Castle Bromwich Library

Hurst Lane North, Castle Bromwich, B36 0EY

Monday 18th July

10:30 Castle Bromwich library walk

Shirley Library

Parkgate, Stratford Road B90 3GG

Friday 22nd July

10:30 Walk

St. Andrews Church

Craig Croft, Chelmsley Wood B37 7TR

Tuesday 19th July

10:30 Chelmsley Wood Walk

Public Swim sessions

Available at North Solihull Sports Centre ring to book!