

# Active Seniors Programme

Weekly Sessions					
Day	Time	Activity	Venue	Coach / Organisation	Price
Monday	09:30-10:30	Tai Chi	Scartho Library	David Soames	£4.00
Monday	09:30-10:30	Latin Dance	Bradley Football Development Centre	Thomas Wood	£4.00
Monday	09:30-10:30	Walking Netball	Cleethorpes Leisure Centre	Georgia Pearson	£4.00
Monday	10:00-11:00	Walking Football	Bradley Football Development Centre	Grimsby Ancient Mariners	*
Monday	11:00-12:00	Chorus and a Cuppa	Cleethorpes Leisure Centre	Georgia Pearson	£4.00
Monday	11:00-12:00	Tai Chi	Grimsby Health and Wellbeing Centre	David Soames	£4.00
Monday	13:30-14:30	Tai Chi	Waltham Methodist Church	David Soames	£4.00
Tuesday	10:00-11:00	Walking Football	Bradley Football Development Centre	Corinthians - Men's	*
Tuesday	11:00-13:00	Over 50's Badminton	Grimsby Health and Wellbeing Centre	Lincs Inspire / NELBDG	£4.20
Tuesday	12:30-13:30	New Age Kurling	Scartho Library	David Soames	£4.00
Wednesday	09:30-10:30	Senior Dance	Bradley Football Development Centre	Thomas Wood	£4.00
Wednesday	11:00-11:45	Seated Chair Exercise	Grimsby Health and Wellbeing Centre	David Soames	£3.00
Wednesday	11:30-13:00	Boogie, Books and a Brew	Cleethorpes Library	Lincs Inspire	£4.00
Wednesday	13:00-14:30	New Age Kurling	Grimsby Health and Wellbeing Centre	David Soames	£4.00
Wednesday	18:00-19:00	Walking Football (Women's)	Bradley Football Development Centre	Corinthians - Women's	*
Thursday	09:30-10:30	Wellbeing Walk	Thorpe Park Car Park	David Soames	Free
Thursday	10:00-11:00	Walking Football	Bradley Football Development Centre	Grimsby Ancient Mariners	*
Thursday	11:00-12:00	Walking Football	Bradley Football Development Centre	Corinthians - Men's	*
Thursday	11:00-13:00	Over 50's Badminton	Grimsby Health and Wellbeing Centre	Lincs Inspire / NELBDG	£4.20
Thursday	12:30-13:30	New Age Kurling	Holten Le Clay Village Hall	David Soames	£4.00
Thursday	17:00-17:45	Wellbeing Yoga	Grimsby Health and Wellbeing Centre	Lincs Inspire	£6.30
Friday	09:30-10:30	Senior Dance	Bradley Football Development Centre	Georgia Pearson	£4.00
Friday	11:00-12:00	Walking Netball	Grimsby Health and Wellbeing Centre	Georgia Pearson	£4.00
Friday	11:00-12:00	Walking Football	Bradley Football Development Centre	Glyn Cook	£4.00
Monthly Sessions					
Day	Time	Activity	Venue	Coach / Organisation	Price
First Wednesday	14:00-15:00	Memory Lane Group	Waltham Library	Lincs Inspire	£1.00
Second Wednesday	10:30-12:00	Memory Lane Group	Grimsby Central Library	Lincs Inspire	£1.00
Last Thursday	10:30-12:00	Memory Lane Group	Cleethorpes Library	Lincs Inspire	£1.00

Timetable is correct as of June 2024. Booking may be required for some activities. For more information, please visit [www.lincsinpire.com](http://www.lincsinpire.com)

Listings with an \* are delivered by groups external from Lincs Inspire