



# 50+ Activities

We all know that 50 is the new 40, but we also know that our body starts to slow down and it needs to be taken care of more.

Our 50+ Activities are tailored for anyone aged 50 years and above to help them stay active and healthy.



High Street, Clowne S43 4JY  
[www.goactive.org.uk](http://www.goactive.org.uk)



## Badminton and Table Tennis Hub



Our badminton and table tennis hub takes place every Wednesday from 10am-12noon. You can pit your skills against players of all ages and abilities in doubles or singles games. Booking can be done by calling 01246 242 365 and sessions cost £3 each (free to 365 and single-inclusive members).

**Fast paced fun that the weather can never spoil. Ping Pong is a great way to sharpen up your reflexes or refine your tactics.**

## Social Activity Hub

A great way to stay active and healthy whilst socialising and meeting new people. With all fitness levels catered for, you can take part in activities such as badminton, boccia, short tennis, kurling, table tennis and much more.

**You'll be enjoying yourself so much, you won't even notice you're actually having a workout!**

The hub is held every Friday from 10am-12noon and is £3 per session (free to 365 and single-inclusive members) and comes with a free hot drink. Places must be pre-booked by calling 01246 242 365.



## Walking Football

**A slow-paced version of the beautiful game. It's a great way to stay active and is suitable for all fitness levels and abilities.**

Sessions take place every Monday 11am-12noon and Thursday 1-2pm and cost £3 per session (free to 365 and single-inclusive members). Please book 1 week in advance by visiting our reception or calling 01246 242 365.



# REGISTRATION FORM

## Social Hub, Walking Football and Badminton & Table Tennis Hub



Please complete the form below and return to reception at **Go! Active @The Arc, High Street, Clowne S43 4JY**.

To ensure you have a place on any of our sessions, please book 1 week in advance by visiting our reception or calling **01246 242 365**.

Name: \_\_\_\_\_

**Do you consider yourself to have a disability?**

Address: \_\_\_\_\_

Yes  No

\_\_\_\_\_  
Postcode: \_\_\_\_\_

**If you have any medical conditions which we need to be aware of, including allergies, please list any below:**

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

**Are you a 365 or single-inclusive member?**

Yes  No

**Where did you hear about our sessions?**

\_\_\_\_\_

### Photography

Occasionally photographs of sports and leisure sessions may be taken for the purposes of general publicity by authorised staff. If you do not consent to photographs being used in this way then please tick this box

### Data Protection

All personal information provided to Bolsover District Council will be held and treated in confidence in accordance with the Data Protection Act 1998. It will only be used for the purpose for which it was given. The Council may contact you by post or email to ask you about the quality of our services or to give you information about our activities, which might interest you. Please tick this box if you wish us to keep you informed of special offers and discount opportunities



### We Speak Your Language

#### Polish

Mówimy Twoim językiem

#### Slovak

Rozprávame Vaším jazykom

#### Chinese

我们会说你的语言

*If you require this in large print or another format please call us on*

**01246 242424**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_