



Mature & Active
East Cambs Sport
Developing Sport & Physical Activity
www.ECSport.co.uk

Mature and Active 2012

East Cambridgeshire's leisure and activity guide for over 55's



East Cambridgeshire
District Council

WINTER 2011-12 EDITION



'My whole family is **proud** of me for stopping smoking, I'm glad I got some help'.

CAMQUIT is Cambridgeshire's free stop smoking support service and we have many options available to help you. Telephone, face to face and groups!

Phone **0800 018 4304** or visit our website
www.camquit.nhs.uk

Introduction 4

Monday 6

Tuesday 9

Wednesday 12

Thursday 15

Friday 18

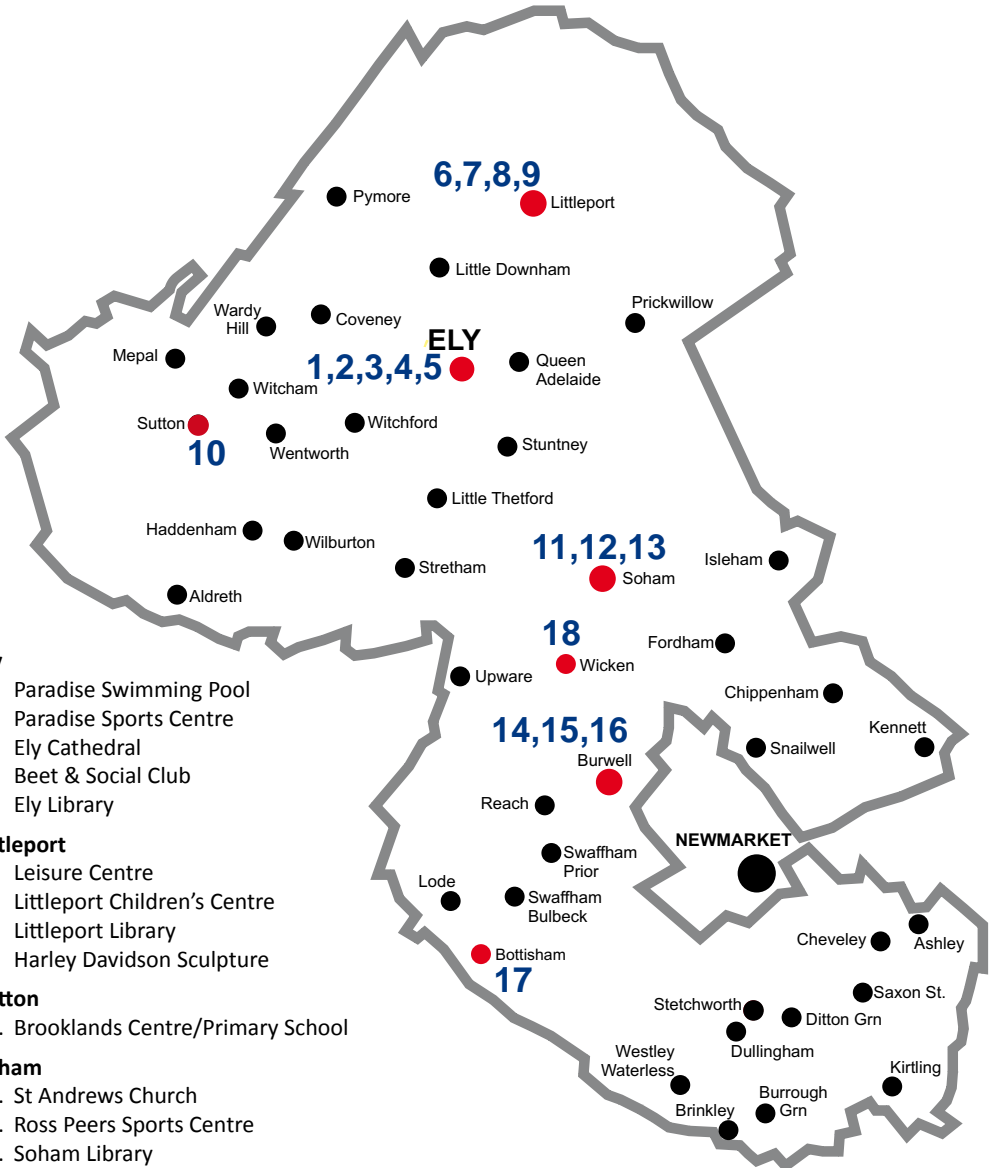
Saturday & Sunday 21

Mature & Active

The EC Sport Mature & Active programme is a project lead by East Cambridgeshire District Council that brings together physical activity, sport and leisure and promotes healthy living for people over the age of 55 within East Cambridgeshire.

From badminton to T'ai Chi to tea dances, we aim to coordinate, promote and deliver activities in all pockets of our district, making activities accessible and affordable.





Ely

1. Paradise Swimming Pool
2. Paradise Sports Centre
3. Ely Cathedral
4. Beet & Social Club
5. Ely Library

Littleport

6. Leisure Centre
7. Littleport Children's Centre
8. Littleport Library
9. Harley Davidson Sculpture

Sutton

10. Brooklands Centre/Primary School

Soham

11. St Andrews Church
12. Ross Peers Sports Centre
13. Soham Library

Burwell

14. Community Sports Centre
15. War Memorial near Post Office
16. Burwell Library

Bottisham

17. Swimming Pool and Sports Centre

Wicken

18. Wicken Fen Car Park

Burwell

Mature & Active Burwell
Burwell Community Sports Centre
10:00am – 12:00pm
£3.00
01638 742125

Kurling, Badminton,
New Age Bowls, Short Tennis,
Chair-based exercise class
10:30 - 11:30am

Ely

Swimming
Paradise Swimming Pool
01353 665481

Please call for general opening times
and more information

9:00pm - 9:30pm
Adult Beginner Lessons

9:30pm - 10:00pm
Adult Intermediate Lessons

Gentle exercise to music
Paradise Sports Centre
10.45 - 11.45am £3.00 members,
£4 non-members, £3.50 concession
non-members 01353 667580

Hatha Yoga
Paradise Sports Centre
8.00 - 9.15pm
£3.50 members, £4.50 non-members,
£4.00 concession
non members.
01353 667580

Soham

Heart Beat Healthy Walks
St. Andrew's Church 10:00am
Gemma Voutt 01353 865393
gemma.voutt@cambridgeshirepct.nhs.uk

EngAGE
Soham Library
5.00pm - 7.00pm
by appointment only
Contact Library staff or telephone
0345 045 5225

Over 50 and new to Computers?
A new FREE IT taster course is available
from the EngAGE project

Bottisham

Bottisham Swimming Pool
01223 811121

In the pool...

6.45am – 9.00am	Public Swim
11.00am – 12.00pm	Parent and Child / Public
12.00pm - 1.30pm	Adult only
3.00pm – 4.00pm	Public Swim
6.00pm – 7.00pm	Public Swim
8.30pm – 10.00pm	Ladies Only

Workout...

6:00pm – 6:45pm	Spinning
6:15pm – 7:00pm	Zumba Gold
7:00pm – 8:00pm	Zumba Fitness
7:00pm – 8:00pm	Body Control

Littleport

Whist Drive

Littleport Sports & Leisure Centre

1.30 – 4:00pm

£2.00 (includes refreshments)

01353 860600





East Cambridgeshire
District Council



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£3

Mature and Active Burwell



Burwell Community Sports Centre
Monday and Wednesday
10am - 12pm
Refreshments provided

- Kurling
- Badminton
- New Age Bowls
- Short Tennis
- Chair-based exercise class (Mon 10:30 - 11:30am) (Weds 10 - 11am)
- T'ai Chi (Weds) 11:00 - 12:00
- Table Tennis (Weds) 10:00 - 11:00

Contact Burwell Sports Centre on (01638) 742125
or email: enquiries@burwellsports.co.uk

www.ECSport.co.uk

Bottisham

Mature & Active Bottisham

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

In the pool...

6:30am - 9:00am	Public Swimming
10:00am - 11:00am	Water Workout
12:00pm - 1:30pm	Adults Only
3:00pm - 4:00pm	Public Swimming
6:00pm - 7:00pm	Public Swimming
7:00pm - 7:45pm	Adult Swimming Lessons

Workout...

9:00am - 2:00pm	Supervised session in the fitness suite
9:30am - 10:15am	Spinning
11:30am - 12:30pm	Pilates

Swimming sessions

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

9:00am – 10:00am	GP Referral Fitness Class
3:00pm – 4:00pm	Public Swim
6:00pm – 7:00pm	Public Swim
7:00pm – 7:45pm	Adult Swimming Lessons

Ely

Heart Beat Healthy Walks

Meet outside entrance to Ely Cathedral

2:00pm

Gemma Voutt 01353 865393

gemma.voutt@cambridgeshirepct.nhs.uk

Swimming

Paradise Swimming Pool

01353 665481

Please call for general opening times and more information

Term Time Adult Beginners

10:45 - 11:15am

Hatha Yoga

Paradise Sports Centre

10.45 - 11.45am

£3.00mem, £4 non-members, £3.50 concession non-members

EngAge in the Afternoon

Ely Library

2nd Tuesday of the month

2:00pm – 3:30pm

This is a social meeting for people 50 and over. Each month there will be a different speaker or activity, the opportunity to socialise and enjoy refreshments. The event is free but donations for refreshments would be appreciated.



East Cambridgeshire
District Council



Mature & Active
East Cambs Sport

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Mature and Active Bottisham

Bottisham Swimming Pool

- **Water Workout**
- **50+ Swim**
- **Pilates**
- **Fitness Suite**
(with Instructor)

Tuesday Mornings

10.00am - 2.00pm



Contact Lewis Bage on (01353) 665555
or or Bottisham Swimming Pool on (01223) 811121

www.ECSport.co.uk

Littleport

Heart Beat Healthy Walks
Meet at Harley-Davidson Sculpture
(Opposite St. Georges Church)
10:30am
Gemma Voutt 01353 865393
gemma.voutt@cambridgeshirepct.nhs.uk

Soham

EngAGE
Soham Library
10.00am – 12.00pm
By appointment only
Contact Library staff or telephone
0345 045 5225

Over 50 and new to Computers?
A new FREE IT taster course is available from the EngAGE project



Soham

Mature & Active Soham
Ross Peers Sports Centre
2-4pm £3.00
01353 722662

2pm T'ai Chi, Badminton,
Table Tennis,
Carpet Bowls
3pm Tea, coffee and chat
3:15pm Keep Fit to Music,
Badminton, Table Tennis,
Carpet Bowls

Burwell

Mature & Active Burwell
Burwell Community
Sports Centre
10:00am – 12:00pm
£3.00 for everybody
01638 742125

T'ai Chi (11-12pm), Kurling, Badminton,
New Age Bowls, Short Tennis,
Table Tennis (10 - 11am)
Chair based class (10-11am)

engAGE in the morning

Burwell Library
10.00am – 11.30am
By appointment only
Contact Library staff or telephone 0345
045 5225

Second Wednesday of each month
Free (donation asked for tea and coffee)

Littleport

Mature & Active Littleport
Littleport Sports & Leisure Centre
10:00am – 12:00pm £3.00
01353 860600

10:00 – 10:30
Badminton, Carpet Bowls,
Table Tennis, Fitness Suite
10:30 – 11:00
Archery, Gentle Keep Fit, Badminton,
Carpet Bowls, Table Tennis, Fitness Suite

10:00 – 10:30
Badminton, Carpet Bowls,
Table Tennis, Fitness Suite

engAGE

Littleport Library
3.00pm - 5.00pm
By appointment only
Contact Library staff or telephone 0345
045 5225

Over 50 and new to Computers?
A new FREE IT taster course is available
from the EngAGE project

Heart Beat Healthy Walks
Littleport Buggy Walk
Littleport Childrens Centre
11:30am
Contact Adam Peacock 07540 703532
Gemma Voutt 01353 865393
gemma.voutt@cambridgeshirepct.nhs.uk

Bottisham

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

In the pool...

6.45am – 9.00am	Public Swim
11.00am – 12.00pm	Public Swim
3.00pm – 4.00pm	Ladies Only
5.00pm – 6.30pm	Public Swim
9.00pm – 10.00pm	Lane Swim

Workout...

6:30pm – 7:15pm	Spinning
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Wicken

Heart Beat Healthy Walks

Wicken Fen Car park

10:00am

Gemma Voutt 01353 865393

gemma.voutt@cambridgeshirepct.nhs.uk

Ely

Paradise Swimming Pool

01353 665481

Please call for general opening times and more information.

3:00pm - 4:00pm 50+ Casual Swim. Pop down for a swim, chat and a coffee!

6:30pm - 7:00pm
Adult Beginner Lessons

7:00pm - 7:30pm
Adult Intermediate Lessons

Gentle exercise to music

Paradise Sports Centre

01353 667580

10.45 - 11.45am

£3.00 members, £4 non-members,
£3.50 concession non-members.

EngAge Computer Buddying Ely Library

By appointment only.
Wednesday mornings.
0345 045 5225

Are you a beginner with computers? Do you need help to go online or email? Would you like one-to-one help? Our Computer Buddy can help you. Speak to staff at the library to book an appointment.





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£3

Mature and Active Littleport

**Littleport Sports & Leisure Centre
every Wednesday and Friday morning,
10 - 12pm**

Programme

- **Badminton**
- **Archery**
- **Fitness Room Training**
- **Carpet Bowls**
- **Table Tennis**
- **Gentle Keep Fit**

Contact Littleport Leisure Centre on (01353) 860600

www.ECSport.co.uk

Ely

Mature & Active Ely Paradise Sports Centre

9am – 12pm £3.00

01353 667580

or Lewis Bage 01353 665555

Badminton, T'ai Chi, Keep Fit to Music,
Table Tennis, Squash (depending on
availability)

Swimming

Paradise Swimming Pool

01353 665481

Please call for general opening times
and more information

Hatha Yoga

Paradise Sports Centre

7.45 - 9.00pm

01353 667580

£3.50 members

£4.50 non-members

£4.00 concession non-members

EngAGE

Ely Library

9.30am – 11.30am

By appointment only

Contact Library staff or telephone 0345
045 5225

Over 50 and new to Computers?

A new FREE IT taster course is
available from the EngAGE project

Bottisham

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

In the pool...

6:45am – 9:00am

Public Swim

10:15am - 11:00am

Aqua Aerobics

11:00am – 12:00pm

Public Swim

12:00pm – 1:30pm

Adults Only

3:00pm – 4:00pm

Public Swim

6:00pm – 7:00pm

Public Swim

8:30pm – 10:00pm

Adult Only

Workout...

9:00am – 10:00am

GP Referra

Fitness Class

9:15am - 10:00am

Hula Fitness

10:15am - 11:00am

Spinning

7:00pm - 8:00pm

Pilates

Burwell

Heart Beat Healthy Walks

War Memorial near Post Office

10:00am

Gemma Voutt 01353 865393

gemma.voutt@cambridgeshirepct.nhs.uk





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Mature and Active Ely

Paradise Centre, Ely

Thursday mornings, 09:00 - 12:00

- 09:00 Badminton, Table Tennis
- 10:15 T'ai Chi, Badminton, Table Tennis,
Squash (subject to availability)
- 11:00 Tea, coffee and chat
- 11:15 Keep Fit to Music, Badminton, Table Tennis,
Squash (subject to availability)

For more details please contact Lewis Bage on 01353 665555
or email lewis.bage@eastcambs.gov.uk

www.ECSport.co.uk

Sutton

Dancing for Fun and Better Health

Tea Dance

Brookland Centre, The Brook

2-4pm

£2 per person including tea and biscuits

Claire Smith 01487 849912

claire.smith@livingsport.co.uk

www.livingsport.co.uk

Informal Social Dance, which includes Ballroom, Sequence, Latin American, and Line Dance, tuition available. Part of Age UK Fit as a fiddle programme funded by the Big Lottery, brought to you by LIVING SPORT

Littleport

EngAGE

Littleport Library

2.00pm – 3.30pm

By appointment only

Contact Library staff

0345 045 5225

Over 50 and new to Computers?

A new FREE IT taster course is available from the EngAGE project

- Guest speakers /events
- Informative, inspiring and fun!!
- Tea, Coffee, Biscuits
- FREE



Bottisham

Swimming

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

6:45am – 9:00am	Public Swim
10:00am - 11:30am	Public Swim/ Adult and Child
4:30pm – 7:00pm	Public Swim
9:00pm – 10:00pm	Adults Only

Fitness

9:15am - 10:00am	20:20:20
10:15am - 11:00am	Chari Based Exercise

Ely

Swimming

Paradise Swimming Pool

01353 665481

Please call for general opening times and more information.

9:30am - 10:15am	Adult Beginner Lessons
10:15am - 11:00am	Adult Intermediate Lessons
11:00am - 11:30am	50+ Beginner Lessons
3:00pm - 4:00pm	50+ Casual Swim.

Pop down for a swim, chat and a coffee!

Scottish Country Dancing

Paradise Sports Centre

01353 667580

8 - 10pm

Mature & Active Tea Dancing

Ely Beet & Social Club

2 – 4pm

£3.50 includes tea and biscuits

01353 662062

A Dancing for Fun and Better Health class, includes Ballroom, Sequence, Latin American and Line Dancing. Informal social afternoon of dance, with tuition available. Part of Age UK fit as a fiddle programme, funded by the Big Lottery, brought to you in partnership with LIVING SPORT.

Ely Library

Strength and balance classes designed specifically for the older and/or less mobile adult.

£3.50 per class

1-2pm	Chair-a-cise (Chair based exercise)
2-3pm	OTAGO (standing strength and balance)
3-4pm	Active +/LTC (Active older adults or Long Term conditions)

Spaces are limited for these classes and therefore participants are advised to book at 07527 504052 or at www.elitesportsskills.com

Littleport

Mature & Active Littleport
Littleport Sports & Leisure Centre

10:00am – 12:00pm £3.00

01353 860600

10:00 – 10:30

Badminton, Carpet Bowls
Table Tennis, Fitness Suite

10:30 – 11:00

Archery, Gentle Keep Fit, Badminton,
Carpet Bowls, Table Tennis,
Fitness Suite

Pilates

Littleport Sports & Leisure Centre

01353 860600

6:30 – 7:30pm

£4.00 members

£4.50 non-members.

Sutton

Heart Beat Healthy Walks

**Outside Brooklands Centre/Primary
School**

10:00am

Gemma Voutt 01353 865393

gemma.voutt@cambridgeshirepct.nhs.uk





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Mature and Active Tea Dancing

Ely Beet Sports & Social Club, Lynn Road

Dancing for Fun and Better Health
delivered by
LIVING SPORT

Please contact us for dates
2 - 4pm

Partner optional

Price £3.50 including tea and biscuits

For further information, please contact the Beet Club on 01353 662 029 or lewis.bage@eastcambs.gov.uk



Fit as a fiddle is a programme run by Age UK
and funded by the Big Lottery as part of the
Well-being programme
www.ageuk.org.uk www.fitasafiddle.org.uk



LIVING SPORT
Living Well-being & Active Living
play • achieve • enjoy

www.ECSport.co.uk

Saturday

Ely

Swimming

Paradise Swimming Pool

01353 665481

12:00 – 2:30pm General Swim

4:00 – 5:00pm Adults Only

Lane Swim

Bottisham

Swimming

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

In the pool...

7.15am – 8.15am Adults Only

12.30pm – 1.30pm Public Swim

3.00pm – 6.00pm Public Swim

(subject to private hire)

Workout...

3.30pm – 4.30pm Badminton

Sunday

Ely

Swimming

Paradise Swimming Pool

01353 665481

10:00am – 1:30pm General Swim

1:30pm – 2:30pm Adults Only

Lane Swim

4:00pm – 5:00pm Adults Only

Lane Swim

Bottisham

Swimming

Bottisham Swimming Pool

01223 811121

sportscentre@bottishamvc.org

7.15am – 9.00am Adults Only

10.30am – 2.30pm Public Swim

4.00pm – 6.00pm Public Swim

(subject to private hire)



Healthy Walks



It's free!



Mondays: Soham
10am Meet at St Andrew's Church

Tuesdays: Littleport
10:30am Meet at Harley-Davidson Sculpture
(Opposite St. Georges Church)

Tuesdays Ely
2pm Meet outside entrance to Ely Cathedral

Wednesdays Wicken Fen
10am Meet at Wicken Fen Car Park  National Trust

Wednesdays Littleport Buggy Walk
11.30am Meet at Littleport Childrens Centre
(Contact Adam Peacock on 07540 703532)



Thursdays: Burwell
10am Meet at War Memorial Near Post Office

Fridays: Sutton
10am Meet outside Brooklands Centre/Primary School

For more information contact Gemma Voutt, Health Improvement Practitioner (Physical Activity) on 01353 865393 or email gemma.voutt@cambridgeshire.nhs.uk

Walks last no longer than one hour

Just turn up

walk 4 life



NHS
Cambridgeshire



Oliver Cromwell's House

Visit the former Lord Protector's family home. Experience what domestic life would have been like in the 17th Century in a variety of re-created period rooms as well an exhibition detailing the Civil War. Visit Mrs Cromwell's kitchen, try dressing-up or playing with the toys of the time or venture into the Haunted Bedroom if you dare!

Audio handsets bring the story of this impressive House to life. Guided tours and group visits welcome.

Also Gift Shop and Tourist Information Centre.



For further enquiries check out our website at www.olivercromwellshouse.co.uk or call 01353 662062.



East Cambridgeshire
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Disclaimer

The information in this booklet is up-to-date until the day of print. ECDC accept no responsibility for any changes to any programme listed within this booklet