

Leisure 50

Working in partnership with Stevenage Borough Council, Stevenage Leisure Ltd (SLL) manages the Leisure 50 programme. The activities are varied, sociable and for people of all abilities to develop their existing talents or to discover new ones. Please see centre pages for full timetable of activities. Classes include:

Active Together Multi-sport

This is a multi-sport based activity which includes badminton, table tennis, new age kurling and other related activities. FREE*. No need to book just come along.

*Until August 2010

Aquacise

Aquacise is a fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones and joints. Cost £5 per session, please contact the Stevenage Swimming Centre on 01438 218770.

Calligraphy

Calligraphy can be translated from the original Greek as 'beautiful writing'. Calligraphy is an art form in which patience and attention to detail are more important than artistic talent. Learn more about this creative art at our weekly classes. Cost £3.50 per session, please contact the Box Office at Stevenage Arts & Leisure Centre on 01438 363200.

Fine Arts

Hone your artistic skills at our fine arts classes. Classes are led by local artists and cover watercolours, sketch work, drawing and painting. Cost £3.50 per session, please contact the Box Office at Stevenage Arts & Leisure Centre on 01438 363200.

Fitness Classes*

We offer a range of fitness classes for all. Classes include Yoga, Vitality 50, Pilates and Tai Chi. Costs and prices vary, please see Leisure 50 timetable overleaf. Please contact Sports Reception at Stevenage Arts & Leisure Centre on 08700 132068.

* Fitness classes are free to Fitness and Wellness members and included as part of their membership.

For further details of membership and prices, please contact 01438 242605 for Stevenage Arts & Leisure Centre (Fitness@tlc) and 01438 218770 for the Wellness Centre.

Indoor Bowls

With a well-maintained six-rink indoor bowls hall at the Stevenage Arts & Leisure Centre there is no need to brave the great British weather to enjoy green bowls. Cost £2.60 per session, please contact Sports Reception at Stevenage Arts & Leisure Centre on 08700 132068.

Leisure 50 Walking Group

An independent group offering a range of walks and ambles across Herts and Beds. Please contact Tom Byrne on 01438 361813 for more information.

Sailing

Improve your dinghy sailing skills. Sessions are open to all with previous sailing experience. Cost £4.20 per session, please contact Fairlands Valley Sailing Centre on 01438 353241.

Table Tennis

A great sport for beginners and experts alike, and an excellent form of light exercise. Cost £1.90 per session, please contact Sports Reception at Stevenage Arts & Leisure Centre on 08700 132068.



timetable
april 2010

Leisure 50

A wide range of leisure and cultural activities for those in Stevenage who may be 50 and over but are 'young at heart'.

Stevenage Arts & Leisure Centre
Lytton Way, Stevenage, SG1 1LZ
Sports 08700 132068 Arts 01438 363200

The Wellness Centre
St Georges Way, Stevenage SG1 1XZ
01438 218770

Stevenage Swimming Centre
St Georges Way, Stevenage SG1 1XY
01438 218770

Fairlands Valley Park
Six Hills Way, Stevenage SG2 0BL
01438 353241



www.stevenage-leisure.co.uk

SLL working in
partnership with

Stevenage
BOROUGH COUNCIL

Leisure 50 Timetable

LOCATION	DATES/TIMES	ACTIVITIES	COST (per session)
MONDAYS			
The Wellness Centre	9.30–11am	Yoga	£5.25
Stevenage Arts & Leisure Centre	10–12pm	Fine Arts	£3.50
The Wellness Centre	11–12pm	Senior Kinesis	£3.50
Stevenage Arts & Leisure Centre	11–12pm	Vitality 50+ <i>Workout for the young at heart</i>	£3.60
Stevenage Arts & Leisure Centre	1.30–3.30pm	Calligraphy	£3.50
Stevenage Arts & Leisure Centre	6–7pm	Salsacise	£3.60
TUESDAYS			
The Wellness Centre	9.30–11am	Tai Chi/Chi Kung	£3.50
Stevenage Arts & Leisure Centre	10–11am	Zumba Dancing	£3.60
Stevenage Arts & Leisure Centre	10–11.30am	Line Dancing	£3.60
Stevenage Arts & Leisure Centre	10–12pm	Bowls	£2.60
The Wellness Centre	11–12pm	Senior Kinesis & Relaxation	£3.50
Stevenage Arts & Leisure Centre	11–12pm	Exercise and relax	£3.60
Stevenage Arts & Leisure Centre	2–4pm	Table Tennis	£1.90
Stevenage Arts & Leisure Centre	6–7pm	Pilates	£5.20
Stevenage Arts & Leisure Centre	8.15–9pm	Salsa Dancing – Beginners	£5.20
Stevenage Arts & Leisure Centre	9–10pm	Salsa Dancing – Improvers	£5.20
WEDNESDAYS			
Stevenage Arts & Leisure Centre	9.30–10.30am	Salsacise	£3.60
The Wellness Centre	10–11am	Pilates	£3.50
Stevenage Arts & Leisure Centre	10–12pm	Fine Arts	£3.50
Stevenage Arts & Leisure Centre	10–12pm	Active Together Multi-sport	FREE*
Stevenage Arts & Leisure Centre	11–12pm	Extend <i>Gentle exercise for those with health/physical disabilities</i>	£3.60
The Wellness Centre	1.30–2.30pm	Strength & Balance	£3.50
Stevenage Arts & Leisure Centre	2–3pm	Cardiac Rehabilitation <i>Referral only</i>	£3.60
Stevenage Swimming Centre	3–4pm	Aquacize	£5.00
Stevenage Arts & Leisure Centre	2.30–3.30pm	Senior swimming with instructor	£2.80

* Until August 2010

Badminton court hire £7.70 Table tennis £1.90

LOCATION	DATES/TIMES	ACTIVITIES	COST (per session)
WEDNESDAY (cont'd)			
The Wellness Centre	6.15–6.45pm	Tai Chi/Chi Kung <i>Beginners</i>	£3.50
The Wellness Centre	6.45–7.45pm	Tai Chi/Chi Kung <i>Improvers</i>	£3.50
Stevenage Swimming Centre	7–7.45pm	Adult Swimming lessons 10 week course <i>Beginners</i>	£62
Stevenage Swimming Centre	7–7.45pm	Adult Swimming lessons 10 week course <i>Advanced</i>	£62
Stevenage Swimming Centre	7.45–8.45pm	Adult Swimming lessons 10 week course <i>Beginners</i>	£62
THURSDAYS			
The Wellness Centre	9.30–11am	Senior Kinesis	£3.50
Stevenage Arts & Leisure Centre	10–11am	Dancercise	£3.60
Fairlands Valley Park	10–12pm	Sailing	£4.20
Stevenage Arts & Leisure Centre	11–12pm	Exercise to Music	£3.60
Stevenage Arts & Leisure Centre	12–2pm	Bowls	£2.60
Stevenage Arts & Leisure Centre	12.10–1.10pm	Line Dancing	£3.60
Stevenage Arts & Leisure Centre	1.30–2.30pm	Multiple Sclerosis <i>Referral only</i>	£3.60
Stevenage Arts & Leisure Centre	2.30–3.30pm	Stroke Rehabilitation <i>Referral only</i>	£3.60
FRIDAYS			
Stevenage Arts & Leisure Centre	9.30–10.30am	Belly Dancing	£3.60
Stevenage Arts & Leisure Centre	10–12pm	Fine Arts	£3.50
Stevenage Arts & Leisure Centre	10–12pm	Bowls	£2.60
Stevenage Arts & Leisure Centre	11–12.30pm	Cardiac Rehabilitation <i>Referral only</i>	£3.60
SATURDAYS			
The Wellness Centre	10–11am	Kinesis	£3.50
Stevenage Swimming Centre	12–1pm	Senior Lane Swimming	£3.10
SUNDAYS			
The Wellness Centre	10–11am	Kinesis	£3.50

Classes and prices are correct at time of printing and may be subject to change. Please check with the centre before attending.