



Mature & Active

East Cambridgeshire's leisure
and activity guide for over 50s



East Cambridgeshire
District Council

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Introduction

The Mature & Active programme is coordinated by East Cambridgeshire District Council and brings together physical activity, sport and leisure. The programme promotes healthy living for people over the age of 50 within East Cambridgeshire.

East Cambridgeshire District Council works in partnership with independent leisure centres and sports facilities to provide a wide range of activities, and supports sports clubs in the delivery of activities for people over the age of 50.



Benefits of Exercise

The health benefits of exercise:

- Helps to increase mobility and strength
- Helps control weight
- Exercise can be fun!
- Boosts energy
- An ideal opportunity to meet new friends
- Helps with arthritis
- Helps with osteoporosis by developing bone density
- Reduces some risks associated with accidental falls
- Helps prevent or manage diabetes
- Helps reduce high blood pressure
- Helps you to sleep better

Get Prepared for Your Class

These are guidelines to help you to get the most out of your exercise session and to ensure your comfort and safety during the class.

What to wear?

Please ensure that you wear the following to your exercise class:

Wear suitable clothing:

this does not necessarily mean wearing a tracksuit, but please ensure that you wear loose, comfortable clothing suitable for exercising in. Jeans and skirts are generally not suitable (except for chair based exercise classes)

Wear suitable footwear: trainers are ideal (Especially for the sports sessions and exercise to music classes) If you do not have trainers we recommend well fitting, soft shoes.

For ladies we recommend that you wear a sports bra for all sessions or a fully supportive bra for maximum support and comfort.

What to bring with you?

A drink: we recommend water, although a fruit squash or juice

may be more beneficial for diabetics

Light snack (applicable for diabetics): in case of low sugar levels

Inhalers (applicable for asthmatics): in case of an emergency

GTN sprays (applicable for participants with angina): in case of an emergency

Money – Activity fees

Other points to consider

We recommend that you do not have anything to eat at least an hour before exercise

Refuel and rehydrate: replenish your body with a healthy snack or meal and drink plenty of water after your session.

Be aware how your body feels. It is very common to experience delayed muscle soreness after exercising, which may last for a couple of days after your activity. Perform some light stretches and keep active to alleviate soreness.

Burwell Community Sports Centre

Burwell Community
Sports Centre



Buntings Path, Burwell,
Cambridgeshire, CB25 0DD

01638 742125

enquiries@burwellsports.co.uk

www.burwellsports.co.uk

Mature & Active Burwell

Mondays and Wednesdays

10:00-12:00

£3

Badminton, Short Tennis,
Carpet Bowls, Table Tennis



Wednesdays only

Chair-based exercise class

10:00-11:00

Strength & Balance class

11:00-12:00

T'ai Chi

10:00-11:00



Littleport Leisure Community Centre

Camel Road, Littleport,
Ely, Cambridgeshire. CB6 1EW
01353 860600

www.littleportleisure.com
reception@littleportleisure.com



Mature & Active Littleport

Wednesdays and Fridays

10:00-12:00

£3.60

Badminton, Carpet Bowls
Table Tennis, Fitness Suite
Archery,
Zumba Gold (Wednesdays only)



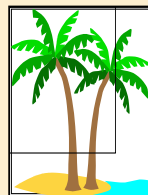
The Paradise Centre, Ely

Newnham Street, Ely,
Cambridgeshire, CB7 4PQ

01353 667580

admin@paradisecentre.co.uk

www.paradisecentre.co.uk



Mature & Active Ely

Thursdays

9:00am -12:00pm

£3.50

Badminton, T'ai Chi, Exercise
to Music, Table Tennis,
and Squash (if available)

Sessions are run by
Faradina Afifi.

07919 857617

fara@grey-heron.com

Gentle Exercise to Music

Mondays and Wednesdays

10:45 -11:45am

£3.50 members

£4.80 non-members,

£4.20 concession
non-members



Paradise Pools, Ely

Newnham Street, Ely,
Cambridgeshire, CB7 4PQ

01353 665481

elyinfo@everyoneactive.com

www.everyoneactive.com

everyone
ACTIVE

Feel better for it

Adult Swimming Lessons (various levels)

Mondays

21:00-22:00

Tuesday

11.00

Friday (50+ only)

09:30 onwards



Young at Heart (General Swim 50+)

Wednesdays and Fridays

15:00-16:00



Ross Peers Sports Centre, Soham

College Close, Soham, Ely, CB7 5HP
01353 722662

sdsa@rosspeers-sportscentre.co.uk
www.rosspeers-sportscentre.co.uk



Mature & Active Soham

Wednesdays

14:00-16:00

£4.00

14:00 T'ai Chi, Badminton,
Table Tennis, Carpet Bowls,
Snooker

15:00 Tea, Coffee and chat

15:15 Keep Fit to Music,
Badminton, Table Tennis,
Carpet Bowls

Ross Peers Indoor Bowls Club Drive Session

Tuesdays, Thursdays and
Fridays

09:30-12:00

Ross Peers Indoor Bowls Club hold three Drive sessions each week. Drives are friendly casual play sessions, suitable for all. People new to the game are welcome. Help is always on hand and equipment is available to hire.



Other sessions

East Cambs Dancing for Fun

Tuesdays

14:00-16:00

The Brooklands Centre (Sutton & District British Legion Club),

The Brook, Sutton, Cambridgeshire. CB6 2QQ.

galandridge@googlemail.com

Heart Beat Healthy Walks



Free Guided Walks lasting 60-90 minutes

If attending your first walk please arrive 5 minutes early to complete a short health questionnaire.

Mondays:

Soham, 10 am, meets at St Andrew's Church.

Tuesdays:

Littleport, 10:30 am, meets at Harley-Davidson Sculpture.

Ely, 2 pm, meets at entrance to Ely Cathedral

Wednesdays:

Wicken Fen, 10 am, meets at Wicken Fen Car Park (Advanced Walk)

Sutton, 10 am, meets at Brooklands Centre

Littleport Evening Walk, 6:30 pm meets at St George's Medical Centre

Thursdays:

Burwell, 10 am, meets at War Memorial nr Post Office

Lode and Bottisham, 1:30 pm, meets at Anglesey Abbey Car Park,

For more walks in Bottisham contact Steve on 01223 811021 or

s.j.gilson@btinternet.com

Last Friday of the Month:

Sutton, 10 am, meets at Brooklands Centre

For further information contact 01480 376300 or

Heart.BeatHealthyWalks@cambridgeshire.gov.uk

Sports Club Directory

A list of sports clubs can be found on the Sports Directory page of the East Cambs Sport website using the following link.

www.eastcambs.gov.uk/sports/sports-directory

Some clubs have opportunities for people over the age of 50. Please contact clubs directly for further information.



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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