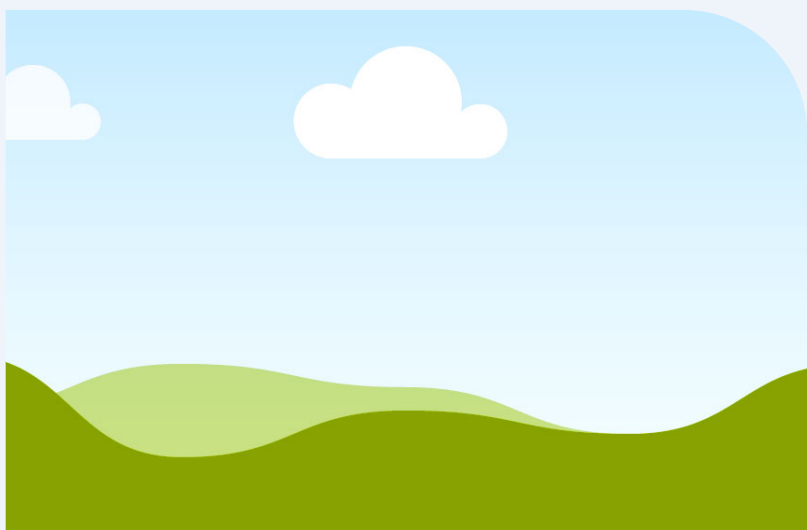


Cowley Hill Residents July 2023

Active Local is Herts Sports Partnership's collaborative place-based initiative. It supports targeted communities in highlighting their strengths, whilst also responding to local need and identifying where support, intervention or extra capacity could help create a more joined-up approach to tackling inactivity.

Find out what's happening in Cowley Hill

Back 2 Bowls



Come along and try out our new Back2Bowls project! Free and open to all so why not bring a friend or make some new ones?

During the session you will be given techniques and tips to play. No previous experience needed and equipment will be provided.

Refreshments will be available and there will be some fun extra activities for you to try out too!

For more information or to book your place please contact community.services@hertsmere.gov.uk or call 0208 207 7801

Aberford Park Community Centre Aberford Road Borehamwood WD6 1PN
Wednesday 13:00 - 15:00 BST

Stevenage Football Foundation

Introduction to Exercise

Intro to Exercise classes are aimed at people who need a bit of help getting back into things. The sessions are circuits based, but also mixed with Boxercise, Badminton, Soccerercise and even Pilates.

All classes are adaptable to your own ability level and take any medical conditions into account in this friendly, fun environment showing the benefits of exercise.

The session takes place at **Bedwell Community Centre** on **Wednesday's** at **10:45 - 11:45am**. The session costs £5.

To book please contact community@stevenagefcf.com or call 01438 222222.

Strength and Balance Classes

Strength and Balance classes, in partnership with Herts Sports Partnership are designed for individuals wanting to improve their strength and balance while learning some new exercises to help maintain independence.

The classes are suitable for older adults who haven't exercised before or who have started to experience a decline in their physical activity. You are able to exercise at your own pace in a positive environment and meet others in your local community who are at a similar ability level.

The class takes place at **Bedwell Community Centre** on **Tuesday's** at **11am-12pm**, and the session is completely free.

To book please contact leah.casali@stevenagefcf.com or call 01438 222222.





FREE SUMMER ACTIVITIES

Hot lunch included!!

Hot lunch included!!

Services for Young People Holiday Activity Programme

Monday 24th July - Friday 11th August
12pm - 4pm

12 - 16 years

Borehamwood Youth FC, 82 Aycliffe Road, Borehamwood,
WD6 4JW



Priority booking for those eligible for
benefits-related free school meals

Scan to book
now!

CAMPS FOR CHILDREN AGED 5 - 11 YEARS, ELIGIBLE FOR
BENEFITS-RELATED FREE SCHOOL MEALS

Topkidz

24th to 28th August

9:30 am to 14:30 pm

Mad Science

31st July to 18th August

9:30 am to 4:00 pm

Tech Camp

14th to 28th August

9:00 am to 13:00 pm &
12:00 pm to 16:00pm

Scan to book now!



For help booking

Call: 01707 284229

Email: haf@herts.ac.uk

Multi Sports Active Camps

Aged 5 - 12 years, eligible for
benefits-related free school meals

Zenith Trampoline Club

9th to 28th August

10:00 am to 14:00 pm

PSD Funweeks

24th to 27th July & 7th
August to 10th August

9:00 am to 15:00 pm

Your paragraph text

Hot lunch included!!

Sporting Inspirations – Get Active this summer

8 - 11yrs 10:30am to 12:30pm
12 - 16 yrs 1pm to 3pm

8th-10th August & 15th-17th August &
22nd-24th August

Activities include Rounders, Dodgeball,
Handball, Football,
Uni-Hockey, Volleyball, Kwik Cricket, and lots more.

Meadow Park, Meadow Road,
Borehamwood, WD6 1TL

For further details and booking,
please contact Tariq
Tel: 07947455388

Email: Tariq.sportinginzpiratjos@gmail.com



More Information



Charlotte Stringer



Active Local Officer for
Cowley Hill



[Moving More Activity Finder](#)



c.stringer2@herts.ac.uk

Herts sports Partnership

07742 500503

<https://sportinherts.org.uk/>