

Hertfordshire's Year of
Disability Sport & Physical Activity

No Limits
2026

EVERYONE

Neurological Pickleball

A Fun, Friendly Way to Stay Active

Designed for people living with Parkinson's, Multiple Sclerosis (MS) or recovering from a stroke, these inclusive pickleball sessions focus on movement, confidence, wellbeing and social connection in a friendly and supportive environment.

Batchwood Sports & Golf Centre
(St Albans)

Monday | 1:00pm – 2:00pm

North Herts Leisure Centre
(Letchworth)

Tuesday | 11:30am – 12:30pm

Berkhamsted Leisure Centre

Wednesday | 10:00am – 11:00am
Starts: 2 September

Royston Leisure Centre

Thursday | 11:00am – 12:00 noon
Starts: 3 September

Watford Woodside Leisure Centre

Friday | 1:30pm – 2:30pm
Starts: 4 September

William Penn Leisure Centre
(Rickmansworth)

Tuesday | 12:30pm – 1:30
Starts: 1st September

Stevenage Arts & Leisure Centre

Monday | 10:30am – 11:30am

**All sessions FREE to attend, with
refreshments after.**

*What is
Pickleball*



To find out more or for help with bookings, please contact the team on:
Neuropickleballhertfordshire@everyoneactive.com

No Limits 2026 **everyone**
ACTIVE



www.everyoneactive.com



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