

Get Moving Cambridge

**Your Guide to Keeping
Active in Cambridge**



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Contact us

✉ sport@cambridge.gov.uk

f facebook.com/getmovingcam



cambridge.gov.uk/sport-and-fitness

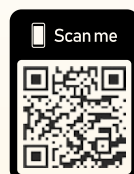


instagram.com/getmovingcambridge

Book and sign up



Book for all classes, courses, workshops and sport sessions at: bookwhen.com/camsport



Sign up to the Active Lifestyle Team's monthly email newsletter: mailchi.mp/cambridge/getmovingcam

Let's get moving together!

Embrace a vibrant and fulfilling life with our guide to staying active and healthy. From invigorating workouts to outdoor adventures, we're here to inspire your journey towards wellness. Discover events, activities, and resources to help you maintain a balanced lifestyle. **Whether you're a fitness enthusiast or looking to kickstart a new routine, this brochure is your roadmap to a happier, healthier you.**

Could you become a walk leader?

Lead local walks, make new friends and get active outdoors!

Would you like to become a walk leader and lead wellbeing walks in your local community?

Full training is available through Ramblers UK's Wellbeing Walks initiative.

To find out more email: [**sport@cambridge.gov.uk**](mailto:sport@cambridge.gov.uk)



Healthy You



**WELLBEING
WALKS**



Newsletter

Sign up to our Get Moving Cambridge Professionals Update

Are you working to improve the health and wellbeing of Cambridge City residents? Want to support your communities, patients, residents or participants to get more active and experience the associated health benefits? Our Professionals Update will include information that is relevant for partners working in the areas of health, leisure, fitness, sport and recreation and community wellbeing. Updates could include programme referral information as well as funding, collaboration and consultation opportunities.

Sign up to receive our Get Moving Cambridge Professionals Update (sent no more frequently than once per month).

Click the link to find out more:

mailchi.mp/cambridge/get-moving-cambridge-professionals

Get active this summer!

Join the Active Lifestyles team for a series of **FREE 'Active Family' events during the summer holidays!** These exciting sessions offer a fantastic chance for families to enjoy sports, dance and physical activity **opportunities together - all at no cost.**



What's on offer?

Activities on offer will include equipment in a fun family play zone, where you can grab a skipping rope, space hopper, hula hoop or catcher.

As well as structured activities led by local clubs such as football, short tennis, orienteering challenges, ball games, skating and scooting, skipping workshops, archery, table tennis, crazy golf, capoeira, a bouldering wall, boxing, family fitness sessions, dance sessions and more!

We'll also have an **on-the-day activity challenge** with prizes to be won, and helpful info about local ways to stay active year-round.

What to bring:

- Comfortable clothing and shoes
- Water bottles and snacks
- A picnic blanket for relaxing in the sun.

Event schedule:

All events run from 10:00am - 2:00pm on the following Tuesdays:

- **Tuesday 29th July:** Coldham's Common
- **Tuesday 5th August:** Trumpington Recreation Ground
- **Tuesday 12th August:** St Alban's Recreation Ground
- **Tuesday 19th August:** Coleridge Recreation Ground.



More summer activities from our partners

We've also supported a range of providers who are offering activities and opportunities over the summer holidays, including:

- **PRO-formance** - Nutrition workshops for families
- **Expeditions for Everyone** - City walks for neurodivergent families
- **Phil Mullen Coaching** - Multi-sports sessions at North Cambridge Academy
- **Kinnerz Coaching** - Family friendly football tournament
- **Cambridge Gymnastics** - Weekly "come and try" sessions
- **Clip and Climb** - Climbing and laser tag for low-income families
- **Queen Edith Community Forum** - Local sports activities for local residents
- **Woodcraft Folk** - Weekly outdoor play in city green spaces
- **Cambridge Pencak Silat** - Family martial arts sessions
- **Earth and Mind CIC** - Foraging walks at Milton Country Park
- **GLL** - Free family swimming lessons
- **Stardust Dance Academy** - Family dance, yoga, and mindfulness
- **Everybody Can Fish** - Family fishing at Milton Country Park
- **Victoria Quirke Fitness** - Family fitness and games
- **Red Hen** - Nature sessions for low-income families (Wellies in the Woods)
- **Cambridge Sports Lakes** - Freebie Fridays with a variety of summer activities

Want to join in?

Visit our website to learn more: www.cambridge.gov.uk/summer-events



Activities for families

There are plenty of affordable short taster courses available throughout the year, offering families the chance to explore a wide range of sports together. It's a fantastic opportunity to try new activities, develop new skills, and enjoy staying active as a family!

Family courses are delivered by local sport clubs, coaches and facilitators who can provide opportunities to continue in the activity following the course.

Previous courses included:

Pound Fitness, Netball, Golf, Climbing and Racket Sports.

To find out what family activity courses are coming up please visit our bookings page:

bookwhen.com/activefamiliescambridge

What people have said

"Golf was the first activity I had been able to do alongside my child. Such a good bonding experience through activity."

"For me the best bit about the climbing course was that I could do it together with my child, at the same time."

"Attempting an activity that was a challenge and outside our comfort zone was a great experience to share with my son and friends."

"I loved the atmosphere, the great instructor and that I could attend with my children. What a fantastic way of exercising."

"We enjoyed the high energy, fun Dance Fitness class. It was a real workout for me as well as being a lovely, shared activity with my daughter."



FREE ONLINE HEALTHY RECIPE SERIES

Access our favourite healthy and balanced recipes that are low cost and perfect for the whole family!

getmovingcam.thinkific.com




HealthyYou



Activities for older adults

For older adults living in or around Cambridge, there are plenty of opportunities available to help you to live an active life.

Many of these activities can be booked via: bookwhen.com/camsport

If an activity is not listed for booking, please contact:

sport@cambridge.gov.uk for more information.



Strength and balance

These classes are predominantly chair based and designed to improve your strength and balance, reducing your risk to falling. Classes are open to both scheme and community residents. Cost from £3 per session, first class free:

- **Mondays at School Court:** Mill Rd, CB1 3BN (10-11am)
- **Mondays at Lichfield Community Hall:** Lichfield Rd, CB1 3SJ (2-3pm)
- **Tuesdays at St Thomas Hall:** Ancaster Way, Coleridge, CB1 3TT (11:45am-12:30pm)
- **Tuesdays at Nightingale Pavilion:** Nightingale Avenue, CB1 8SG (1-2pm)
- **Tuesdays at Talbot House:** Cherry Hinton, CB1 9JQ (2-3pm)
- **Tuesdays at Mansel Court:** Arbury, CB4 9JQ (3:45-4:45pm)
- **Wednesdays at Ditchburn Place:** Mill Rd, CB1 2DR (10:30-11:30am)
- **Fridays at Ditton Court:** Ditton Lane, CB5 8UD (11am-12noon).

Bat and chat sessions

These table tennis, badminton and pickleball informal bat and chat sessions can be adapted to all paces and cost just £3.50 per session. Some sessions include tea, coffee and socialising too:

- **Mondays at Cherry Hinton Village Centre:** CB1 9EJ (12 noon-1.30pm)
- **Thursdays at Meadows Community Centre:** CB4 2LJ (10.30am-12 noon).

Walking sports

These weekly activities are a great way to stay active and meet new friends.

- **Walking Football** - At Abbey Leisure Complex CB5 8NT, and at Histon and Impington Recreation Ground CB24 9LU
- **Walking Rugby** - At Cambridge Rugby Club CB3 9ED
- **Wellbeing Walks** - at various locations across the City

Please visit our web pages for more details on each of these activities:
www.cambridge.gov.uk/physical-activities-for-older-adults



Healthy you

Healthy Lifestyles Service

Our service gives information and support to people who want to be more physically active and live a healthier lifestyle. We are inspiring people to move more in a way that works for them and supporting them to eat healthily and maintain a balanced diet.

The service is for everyone in Cambridgeshire and Peterborough who wants to improve their health and wellbeing. In Cambridge City we work with local community groups, clubs and organisations to develop new, accessible physical activity and healthy eating opportunities. Most of these offers are free or heavily subsidised.



Courses and workshops

We host regular short courses and one-off workshops both in person and online including:

- Pilates
- Women's Health
- Yoga
- Menopause
- Tennis
- Healthy Eating
- Dance
- Growing
- T'ai Chi
- Cooking courses.

For more info and links to our offers please sign up to the monthly **Active Update Newsletter**, visit: cambridge.gov.uk/healthy-you-cambridge

or view the programme and book here: www.bookwhen.com/camsport

Wellbeing walks

We coordinate several Wellbeing Walks across the City with the support of the Ramblers and in partnership with local community groups.

To find out more about the walks visit:

cambridge.gov.uk/wellbeing-walks



Healthy You

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Online activities

Our online activities can help you move more at a time, place and pace that suits you! These are brought to you by the **Active Lifestyles Team** working with local partners.

You can sign up for FREE at: getmovingcam.thinkific.com

You'll find a range of easy-to-follow sessions and courses, all available on demand, including:

- Workout @Home
- Return to Fitness
- Introduction to Strength Training @ Home for Beginners
- Walk Before You Run
- Get Ready to Run
- Back to Yoga
- Wellbeing Yoga
- Introduction to Mindfulness
- Introduction to Pilates for Beginners
- Breathwork for your mind and body
- Relax and Unwind
- Healthy You Recipe Cards
- Home Cooking

We also have weekly online Chair Yoga and Pilates classes held live with instructors on Zoom.

For more info and links to our offers please sign up to the monthly **Active Update Newsletter**, visit: **cambridge.gov.uk/healthy-you-cambridge**

or view the programme and book here:

www.bookwhen.com/camsport

Whether you want help to stop smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks we offer, Healthy You can help you. Contact the team on

0333 005 0093 or visit: **www.healthyyou.org.uk**

Scan me



Visit our **Get Moving Cambridge YouTube Channel**

For beginner-friendly online courses to promote wellbeing, fitness and strength training, relaxation, healthy eating and family cooking. Go to:

cambridge.gov.uk/online-fitness-activities



Let's Get Moving

by Cambridge City Council

Playlist • 19 videos • 1,253 views

A series of videos including tips and guides on how to exercise whilst at home.

▶ Play all



Wellbeing activities

The Active Lifestyles Team provide and support opportunities for you to improve your mental and physical health through our wellbeing sessions.

Weekly activities include: Yoga for Health, Pilates for Health, T'ai Chi, Social Racket Sports and Chair Yoga.

Our wellbeing activities are open to all, but we particularly welcome those seeking to boost their mental wellbeing through physical activity and social connection. Prices vary from free up to £4 per session. Most activities need to be booked in advance.

For more information visit:

cambridge.gov.uk/invigorate-programme-activities or make a booking at: **bookwhen.com/camsport**



Invigorate membership

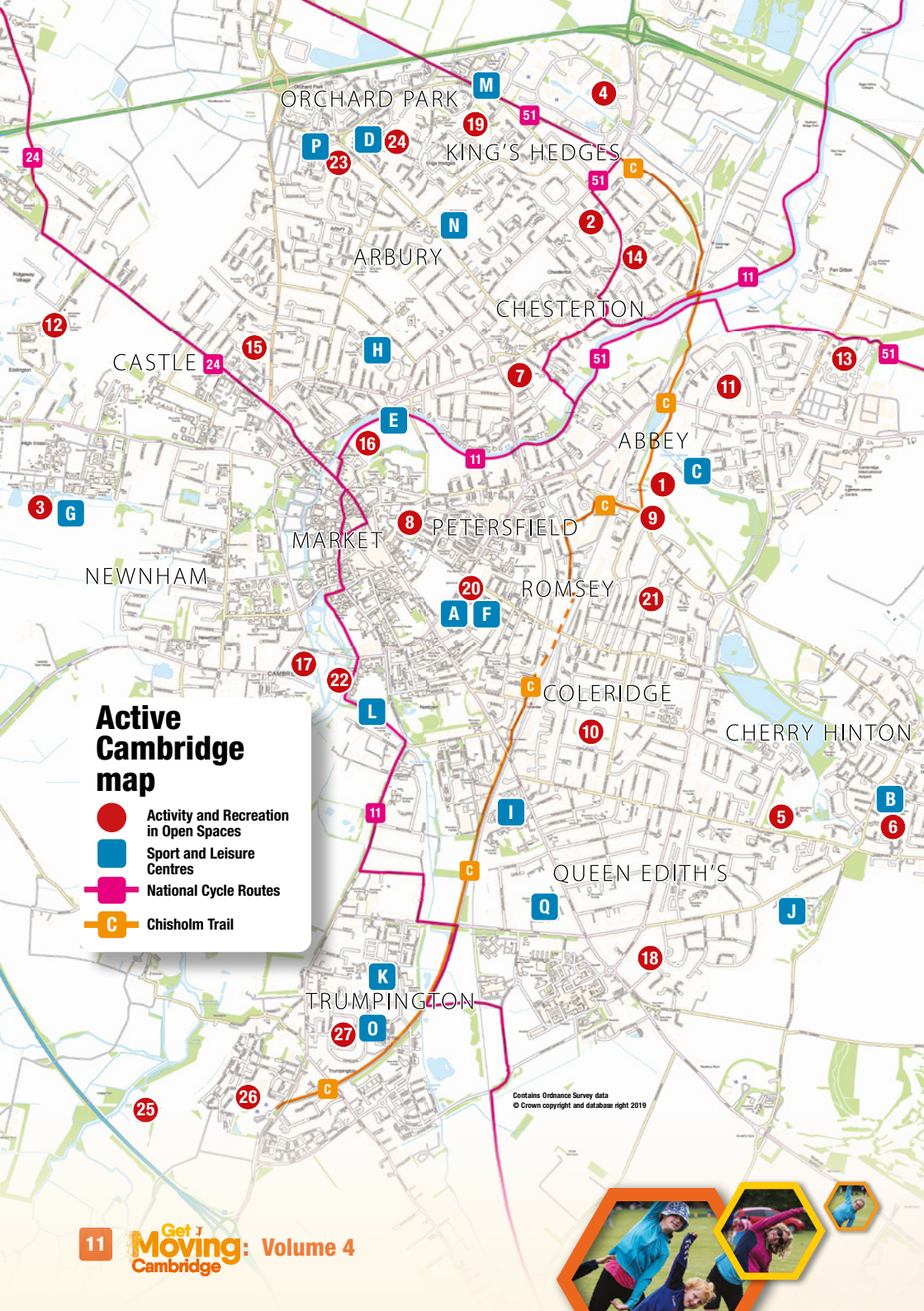
Being physically active can have a real positive impact on both our physical and mental wellbeing. The Invigorate programme aims to support adults age 18 and over who may be struggling with their mental health to access supportive and welcoming opportunities to get active in Cambridge. Members benefit from regular communication about new wellbeing activities and the opportunity to attend bespoke and exclusive activities.

- Invigorate membership is free to access
- For adults aged 18 and over
- Applicants must be Cambridge City residents or registered with a GP in Cambridge City
- Applicants can self-refer or be referred by a health professional.*

(*If you are referred to the Invigorate programme by a health professional, you may also be eligible to receive a free concessionary pay-as-you-go card with Better Leisure. This will give you a 50% discount on gym and swim access at Better Leisure sites in Cambridge City including Abbey Leisure Complex, Kings Hedges Learner Pool, Parkside Pools and Jesus Green Lido. Please note, the discount cannot be used for monthly memberships or fitness classes).

To find out more about Invigorate membership or apply online, visit: **cambridge.gov.uk/joining-the-invigorate-programme**





Active Cambridge map

- Activity and Recreation in Open Spaces
- Sport and Leisure Centres
- National Cycle Routes
- Chisholm Trail

Activity and recreation in open spaces

1 Abbey Leisure Complex & Coldhams Common: Pool Way (off Whitehill Road), Cambridge, CB5 8NT

Activities at this venue: Splash Pad and Paddling, Table Tennis (x2), Run Route, Basketball Hoops, Outdoor Gym, Multi Use Games Area (MUGA), Grass Pitches, FitKit, Love Exploring Trail.

2 Browns Field Community Centre: 31a Green End Rd, Cambridge, CB4 1RU

Activities at this venue: Table Tennis (x1), Scooter Park.

3 Cambridge University Sports Centre: Philippa Fawcett Drive, CB3 0AS

Activities at this venue: Table Tennis (x1).

4 Cambridge Science Park: Cambridge, CB4 0GQ

Activities at this venue: Table Tennis (x1).

5 Cherry Hinton Hall: Cherry Hinton Road, Cambridge, CB1 8DW

Activities at this venue: Paddling Pool, Run Route, Table Tennis (x2), Tennis Court (x1), Love Exploring Trail, Sensory Walk.

6 Cherry Hinton Recreation Ground: High Street, Cherry Hinton, CB1 9EJ

Activities at this venue: BMX Track, Skate Park, Table Tennis (x1), Panna (x1).

7 Chesterton Recreation Ground: Church Street, Chesterton, CB4 1DH

Activities at this venue: Skate Ramp, Table Tennis (x1), BMX Track.

8 Christ's Pieces: Emmanuel Road, Cambridge, CB1 1JW

Activities at this venue: Tennis Courts (x4).

9 Coldhams Lane Play Area: Cambridge, CB1 3HH

Activities at this venue: Basketball Hoops, Skate Ramp.



10 Coleridge Recreation Ground: Davy Road, Cambridge, CB1 3QW
Activities at this venue: Tennis Courts (x2), Table Tennis (x1), Splash Pad and Paddling Pool, MUGA, FitKit.

11 Ditton Fields Recreation Ground: Cambridge, CB5 8QL
Activities at this venue: Basketball Hoops, Outdoor Gym, Five-a-Side Goals.

12 Eddington: Cambridge, CB3 1AA
Activities at this venue: Outdoor Gym, Cycle and Walking Routes.

13 Fison Road Recreation Ground: (Thorpe Way Play Area), Cambridge, CB5 8TL
Activities at this venue: BMX Track, Outdoor Gym, Multi Use Games Area (MUGA), Skate Park, Climbing Boulders with Climbing Net.

14 Green End Recreation Ground: Green End Road, Cambridge, CB4 1RU
Activities at this venue: Basketball Hoops, Bouldering Wall, Outdoor Gym, Panna (x1), Five-a-Side Goals.

15 Histon Road Recreation Ground: Cambridge, CB4 3QE
Activities at this venue: Table Tennis (x1) Climbing Boulder (x1), Five-a-Side (all-weather surface), Basketball Hoops.

16 Jesus Green: Cambridge, CB4 3BD
Activities at this venue: Tennis Courts (x4 Hard, x2 Grass), Run Route, Skate & BMX Park, Table Tennis (x1), Love Explore Trails.

17 Lammas Land: Cambridge, CB3 9EY
Activities at this venue: Tennis Court (x1), Table Tennis (x1), Paddling Pool, Sensory Walk, Love Explore Trails.

18 Nightingale Recreation Ground: Cambridge, CB1 8SG
Activities at this venue: Tennis Courts (x2), Run Route, Table Tennis (x1), Basketball Hoops, MUGA, Outdoor Gym, Football Kickabout, Love Explore Trails.



19 Nuns Way Recreation Ground: Cambridge, CB4 2NR
Activities at this venue: MUGA, BMX Track, Basketball Hoops, Grass Pitches, Love Explore Trails.

20 Parkside Pools and Gym: Gonville Place, Cambridge, CB1 1LY
Activities at this venue: Skate Park, BMX Track, Table Tennis (x2).

21 Romsey Recreation Ground: Vinery Road, Cambridge, CB1 3DT
Activities at this venue: Skate Park, BMX Track, Table Tennis (x2).

22 Sheeps Green Learner Pool: via Barton Road, Cambridge, CB3 9PA
Activities at this venue: Outdoor Learner Pool.

23 St Albans Recreation Ground: Arbury Road, Cambridge, CB4 3XJ
Activities at this venue: Skate Ramp, Basketball Hoops, MUGA.

24 The Pulley Recreation Ground: off Buchan Street, Cambridge, CB4 2XF
Activities at this venue: Splash Pad, Outdoor Gym (Junior), Table Tennis (x1), Love Explore Trails.

25 Trumpington Meadows Country Park: Cambridge, CB2 9LJ
Activities at this venue: Run Route, Walking Routes, Cycle Paths, Sensory Walk, Love Explore Trails.

26 Trumpington Meadows: Kestrel Rise, Trumpington, CB2 9AY
Activities at this venue: Tennis Court (x1), MUGA, Basketball Hoops, Outdoor Gym off Consort Avenue.

27 Trumpington Recreation Ground: Paget Road, Cambridge, CB2 9J T
Activities at this venue: Table Tennis (x1), Basketball Hoops, Tennis Court (x1), MUGA, Outdoor Gym, BMX/Scooter track.



Community sport and leisure centres

The following Sport and Leisure Centres are working in partnership with the City Council's Active Lifestyles Team (For locations see map on page 10).

(XR) = Exercise Referral site, offering tailor made exercise programmes OR specialist group classes for adults with long term medical conditions.

A Parkside Pools and Gym, CB1 1LY (XR)

www.better.org.uk/parksidepools

Activities at this venue: Indoor Gym, Outdoor Gym, FitKit, Swimming and Learner Pools.

B Cherry Hinton Village Leisure Centre, CB1 9EJ (XR)

www.better.org.uk/cherryhintonvillageleisurecentre

Activities at this venue: Indoor Gym, Netball, Table Tennis.

C Abbey Leisure Complex, CB5 8NT (XR)

www.better.org.uk/abbeyleisurecomplex

Activities at this venue: Indoor Gym, Outdoor Gym, FitKit, Grass Pitches, 3G pitch, MUGA, Swimming and Learner Pool, Table Tennis, Tennis.

D Kings Hedges Learner Pool, CB4 2XF

www.better.org.uk/kingshedgeslearnerpool

Activities at this venue: Swimming and Learner Pool.

E Jesus Green Lido, CB4 3AX

www.better.org.uk/jesusgreenlido

Activities at this venue: Swimming Pool.

F Kelsey Kerridge Sports Centre, CB1 1NA

www.kelseykerridge.co.uk

Activities at this venue: Basketball, Climbing and Bouldering, Indoor Gym, Netball, Tennis.



G**Cambridge University Sports Centre**, CB3 0ASwww.sport.cam.ac.uk**Activities at this venue:** Basketball, Indoor Gym, Netball, Table Tennis, Tennis.**H****Chesterton Sports Centre**, CB4 3NY (XR)<https://active.tela.org.uk/chesterton>**Activities at this venue:** Basketball, Climbing and Bouldering, Indoor Gym, Netball, Swimming and Learner Pools, Table Tennis, Tennis.**I****Hills Road Sports and Tennis Centre**, CB2 8PFwww.hillsroadsportscentre.co.uk**Activities at this venue:** Basketball, Indoor Gym, Netball, Table Tennis, Tennis.**J****Netherhall Sports Centre**, CB1 8NN<https://netherhall.org/tns-sports-centre>**Activities at this venue:** Basketball, Grass Pitches, Gym: Indoor, MUGA, Netball, Table Tennis, Tennis.**K****Trumpington Sport**, CB2 9HBwww.acleisure.com**Activities at this venue:** Basketball, Gym: Indoor, MUGA, Netball, Table Tennis, Tennis.**L****Leys Sports Complex**, CB2 7ADwww.theleys.net/leys-leisure**Activities at this venue:** Gym: Indoor, MUGA, Netball, Swimming Pool, Tennis.**M****Cambridge Regional College**, CB4 2QT<https://thepark-cambridge.co.uk>**Activities at this venue:** Basketball, Climbing and Bouldering, Gym: Indoor, MUGA, Netball, Tennis.

N**North Cambridge Academy**, CB4 2JFwww.northcambridgeacademy.org/community**Activities at this venue:** Basketball, Grass Pitches, Gym: Indoor, MUGA, Table Tennis, Tennis.**O****Clay Farm Community Centre**, CB2 9FN<https://www.cambridge.gov.uk/clay-farm-centre>**View Programme of Events:** The centre hosts many groups and activities every week.**P****The Meadows Community Centre**, CB4 2JL (XR)www.cambridge.gov.uk/meadows-community-centre**Activities at this venue:** Grass Pitches, Table Tennis.**Q****The Perse Sports Centre**, CB2 8PP<https://sportscentre.perse.co.uk>**Activities at this venue:** Sports Hall, Swimming Pool, Climbing and Bouldering Wall

Tennis courts

We have 16 free to use tennis courts around the city, and 2 payable courts at Jesus Green and Christ Piece (£2 off peak and £5 peak - between 12.15- 2.30pm and 6.15pm onwards). You need to book the more popular courts* which you can do online. Don't forget to bring your own rackets and balls!



Courts are located at:

- **Cherry Hinton Hall Park:** 1 court
- **Christ's Pieces:** 4 courts *
- **Coleridge Recreation Ground:** 2 courts
- **Jesus Green:** 4 hard courts *
2 grass courts (not bookable)
- **Lammas Land:** 1 court
- **Nightingale Recreation Ground:** 2 courts *
- **Trumpington Meadows:** 1 court
- **Trumpington Recreation Ground:** 1 court

*** Booking required at these courts via:**<https://clubspark.lta.org.uk/CambridgeParksTennis>**17**

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Bowls greens

The Council own 5 bowls greens and associated pavilions at **Alexandra Gardens, Coleridge, Christ's Pieces, Lammas Land** and **Trumpington**.

If you are interested in joining a bowls club please do contact us at: sport@cambridge.gov.uk and we can put you in touch with the clubs.

Outdoor fitness equipment

We have various sets of outdoor fitness equipment installed in parks and open spaces. These are free to use and great for helping local communities improve their health, fitness and wellbeing.

They are located at:

- Coldham's Common
- Nightingale Recreation Ground
- Romsey Recreation Ground
- Trumpington Recreation Ground
- Coleridge Recreation Ground
- Ditton Fields Recreation Ground
- Green End Road Recreation Ground

Pavilions for hire

We have several pavilions across the City with community rooms which can be hired for events, fitness classes, birthday parties and provide great spaces for local communities. **For more information visit:**

<https://www.cambridge.gov.uk/community-centres>



They are located at:

- **Chesterton Pavilion:** Church Street, Chesterton, CB4 1ED
- **Hobbs Pavilion:** Parker's Piece, CB1 1JH
- **Nightingale Pavilion:** Nightingale Avenue, CB1 8SG



Available grants for Cambridge community groups and residents

The following active lifestyle team grants are available to support local community groups and individuals in Cambridge. For full details, including eligibility criteria and application forms, visit: www.cambridge.gov.uk/sports-grants-and-funding

Enabling active communities grant

Non-profit organisations can apply for up to £500 to fund sport, dance, or physical activity sessions that promote health and wellbeing in the local community. The sessions must take place in Cambridge and can be used to support existing activities or launch new initiatives.

Grassroots activity grant

This grant provides funding to help low-income families access after-school sports and leisure activities in Cambridge. Families can apply for up to £250, including funding for swimming lessons. Applications are accepted twice a year.

Future champions grant

The Sir Arthur Marshall Future Champions programme offers grants of up to £250 to young athletes (aged 11 to 25) who live in Cambridge City or South Cambridgeshire and compete at County or Regional level. Priority is given to those involved in Olympic and Paralympic sports (Applications will open the start of September).



FANS (Free Access for National Sportspeople)

The FANS scheme provides free access to leisure facilities for local athletes competing at a national level, supporting their training and development. Applications are accepted year-round. To be eligible, applicants must be a member of a national team or squad, or ranked in the top 10 nationally in their sport and live in Cambridge or be a member of a Cambridge-based sports club.



Exercise referral service

Do you have a long-term medical condition and want to become more active?

The exercise referral service can help you to better manage your health conditions through a prescriptive programme of regular exercise.

Available at subsidised rates at the following centres, it is managed by Cambridge City Council and our leisure partners, **Better (Healthwise)**:



- **Abbey Leisure Complex:**
Healthwise (Better)
- **Cherry Hinton Village Centre:**
Healthwise (Better)
- **Chesterton Sports Centre:**
Cambridge City Council *
- **Hills Road Sports and Tennis Centre:** Cambridge City Council *
- **Meadows Community Centre:**
Cambridge City Council *
- **Nightingale Recreation Ground Pavilion:** Cambridge City Council *
- **Parkside Pools:** Healthwise (Better)

* Services limited to group-based class activity only.

You'll be supported to participate in a programme of activity by a specialist team of exercise professionals. The activities available to you will be dependent upon your health conditions but may include access to a gym, a specialist exercise class or participating in online activities at home.

Costs for the gym start from £5 and to classes, from £4 per session. Online activities are available free of charge. Discounted monthly memberships are also available across Healthwise sites.

To find out your eligibility for the programme, ring: 01223 458 613 or complete our triage assessment form:

forms.office.com/e/gMAxA9QGjL or visit our website for more information: **www.cambridge.gov.uk/exercise-referral**.



How Exercise Referral Works

- You can only access these services via a health professional referral. This could be a doctor, nurse, occupational therapist, physiotherapist or dietician.
- All medical practices in Cambridge can refer patients to the service, as well as specialist departments at Addenbrooke's Hospital, Brookfields Hospital, Royal Papworth Hospital and Chesterton Medical Centre.
- Speak to your health professional to find out whether you are eligible. If you are, be sure that you are issued with a completed patient Exercise Referral Form, which provides all the necessary information you will need for the next steps.
- Eligible reasons for referral include: anxiety or depression illnesses; arthritis, osteoporosis, joint replacement rehabilitation or musculoskeletal injuries; cancer; chronic pain; diabetes; heart disease, high blood pressure or cardiac conditions; long covid or respiratory illness; neurological conditions; obesity.

For more information on the Cambridge City Exercise Referral Service visit: <https://www.cambridge.gov.uk/fitness-for-adults-with-long-term-medical-conditions>.



Exercise Classes for 50+

Forever Active Limited provide exercise and activity sessions for the over 50 age groups across Cambridgeshire. Our sessions range from chair-based exercises, which are suitable for everyone to challenging stamina, standing and strengthening exercises and activities.

Visit: www.foreveractive.livingsport.co.uk/ for more information and to find classes near you or call: **07432 480105**

Join us at Forever Active!

LIVING SPORT
THE ACTIVE PARTNERSHIP FOR CAMBRIDGESHIRE
AND PETERBOROUGH



Weekly classes

Our weekly classes are open to all and cost from **just £3.00 per session**. Discounted rates are available for most bookings when you buy a multiple class pass. You need to book through our **BookWhen** system for all sessions: bookwhen.com/camsport (If you are unable to book using this system please contact us by email or telephone).



Mondays

- **Bat and Chat:**
Cherry Hinton Village Centre,
CB1 9EJ (12.00pm - 1.30pm)
(Delivered by **Better Leisure**, pay at reception)
- **Yoga for Health:**
Nightingale Pavilion, CB1 8SG
(5.30pm - 6.30pm)

Tuesdays

- **Pilates for Health:**
Nightingale Pavilion, CB1 8SG
(11.30am - 12.30pm)
- **Online Chair Yoga:** Via Zoom
(12.00pm - 12.45pm)
- **Yoga for Health:**
Meadows Community Centre,
CB4 2LJ (6.00pm - 7.00pm)

Wednesdays

- **Online Pilates:** Via Zoom
(9.30am - 10.15am)
- **Yoga for Health:**
Meadows Community Centre,
CB4 2LJ (9.30am - 10.30am)
- **Social Badminton:**
David Lloyd Cambridge, CB1 3LH,
(12.15pm - 1.15pm)

• Social Pickleball:

David Lloyd Cambridge, CB1 3LH,
(1.45pm - 2.45pm)

- **Man V Fat:** Abbey Leisure Complex,
CB5 8NT (10.30am - 12.00pm)

Thursdays

- **Bat and Chat 50 Plus:**
Meadows Community Centre, CB4 2LJ
(10.30am - 12.00pm)
- **Yoga for Health:**
Fields Nursery School,
CB5 8ND (5.30pm - 6.30pm)

Fridays

- **Tai Chi:** Nightingale Pavilion, CB1 8SG
(10:30-11:30am)
- **Chair Yoga:** Nightingale Pavilion,
CB1 8SG (12.00pm - 1.00pm)



Swimming, paddling and splashpads

The Council's swimming and paddling pools are operated on behalf of the Council by Better. They offer an affordable array of facilities and activities for residents and visitors, with something for everyone. There are a variety of membership or pay-as-you-go options available.



Centres are listed below:

- **Abbey Leisure Complex:** Pool Way, Whitehill Road, Cambridge, CB5 8NT
- **Parkside Pools:** Gonville Place, Cambridge, CB1 1LY
- **Jesus Green Lido:** Chesterton Road, Cambridge, CB4 3AX
- **Cherry Hinton Village Leisure Centre:** Colville Road, Cherry Hinton, CB1 9EJ
- **Kings Hedges Learner Pool:** Jedburgh Court, Cambridge, CB4 2XF

Timetables, pricing and booking for activities can be found here:

www.better.org.uk/leisure-centre/cambridge

Junior activities in Cambridge

Keep the kids active and entertained all year round with our wide range of fun activities:

- Swimming Lessons
- Splash Pads
- Junior Gym
- Swim for All
- Soft Play
- Family Racket Sessions
- Aqua Splash
- Ice Skating

Discover more at: **better.org.uk/cambridge**





Contact us

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