

## Get Active 50+

### Bowls

Selected local clubs in Epsom and Ewell will be running open days and leading free coaching sessions to encourage new players to enjoy the physical, social and psychological benefits of bowls!

In Epsom and Ewell there are five friendly lawn bowls clubs – where new members are welcome. Check out the clubs' websites for events and look out for open days or contact them directly for joining details.

#### [Auriol Bowls Club](#)

Auriol Park, Salisbury Road, Worcester Park, KT4 7DP

#### [Epsom Bowling Club](#)

Worple Road, Epsom, KT18 5EW

#### [Epsom Court Bowls Club](#)

Court Recreation Ground, Pound Lane, Epsom, KT19 8SB

#### [Epsom Park Bowls Club](#)

Alexandra Park, Alexandra Road, Epsom, KT17 4BY

#### [Ewell Village Bowls Club](#)

Gibraltar Recreation Ground, West Street, Ewell, KT17 1UX

Check out our Try Bowls leaflet to find out more!

### Racketball

In 2017 Ebbisham Sports Club is running Racketball sessions for beginners and improvers.

- Beginner sessions on Mondays, 10am to 11.30am
- Improver sessions on Tuesdays, 2pm to 3.30pm
- Beginner sessions on Wednesdays, 2pm to 3.30pm

The cost of these sessions is £3.50 for non-members and £2.50 for Ebbisham Sports Club and U3A members. All equipment is provided. Non-marking trainers must be worn for the sessions. For more information please contact the Admin Team at Ebbisham Sports Club on 01372 720647 or by [email](#).

## Get Active 50+ Rackets Mornings

Six different racket sports will be available as part of a weekly racket morning at Ebbisham Sports Club in 2017. The sports include badminton, squash, racketball, tennis, touchtennis and table tennis.

No booking is required and you can just turn up and play. The cost is £5 for non-members and £3 for members of Ebbisham Sports Club and the U3A. Sessions run Thursdays from 9.30am – 12pm. To find out more about the racket mornings please contact Ebbisham Sports Club by phone: 01372 720647 or [email](#).

Ebbisham Sports Club is a friendly, non-profit making community club based in Epsom. For more information please visit the [club website](#).

## Swimming

Join the Better small group swimming sessions at the Rainbow Leisure Centres to improve confidence in the water and boost your fitness levels for only £20 for a course of 8 sessions. That means that each session works out at only £2.50!

Sessions are specifically tailored for participants aged 50+ and are led by a qualified swimming coach.

Two new courses are starting in February 2017:

- Wednesdays, 9.30am to 10.30am starting on 1 February to 22 March 2017
- Fridays, 12.30am to 1.30pm starting on 3 February to 24 March 2017

To book your place please visit the Better [website](#).

For more information please call 01372 732000 and ask for the Leisure Developments Team or email [Laura Mangan](#) at the [Rainbow Leisure Centre](#).

## Cage Cricket

Cage Cricket is a new and exciting version of cricket that is suitable for players of all ages and abilities. Cage cricket is played in an enclosed area and is structured so that each player will rotate through every position during a game.

New sessions are starting at the Longmead Community Centre every Monday at 1.30pm to 2.30pm from 9 January 2017. Sessions cost £1 for members of the Longmead Community Centre and £2 for non-members. All kit is provided.

For more information, please contact Neil by phone: 07900 430044 or [email](#). You can also visit the Cage 4 All [website](#) for more information.