

Get Active 50+

Badminton

Ebbisham Sports Club are hosting a 6-week beginner's badminton course for participants aged 50+. The first session is taking place at 2-3pm on Thursday 2 November. The sessions then continue to run every Thursday with the last session taking place on 7 December. For more information contact the Admin team at Ebbisham Sports Club on 01372 720647 or [email](#). You can also click [here](#) to find out more.

Badminton sessions are also running at the Rainbow Leisure Centre. The first session is taking place at 12noon-1pm on Monday 13 November. Sessions will continue to run every Monday with the last session taking place on 18 December. To find out more contact the Rainbow Leisure Centre on 01372 727277 or book online by clicking [here](#).

The cost of each course is £18 for 6 weeks. Each participant will also receive a free badminton racket!

Swimming

Join the Better small group swimming sessions at the Rainbow Leisure Centre to improve confidence in the water and boost your fitness level at the same time. Each session is only £2.50 (£20 for all 8 weeks).

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

Two new courses are starting in September 2017:

- Fridays, 12.30pm to 1.30pm, 15 September to 27 October 2017
- Mondays, 12pm to 1pm, 11 September to 30 October 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

Over 50's Cage Cricket is back!

New sessions are taking place every Monday from 11 September, 1-2pm at the Longmead Community Centre on Sefton Road, KT19 9HG.

Each session costs £3 and is suitable for all abilities, whether you have played cricket before or not.

To find out more about Cage Cricket click [here](#). You can also contact Haidee Allen: haidee.cage4all@gmail.com / 07973 619884 or Neil Bunting: neil.cage4all@gmail.com / 07900 430044

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 Bowling Club](#)

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

[Epsom Bowling Club](#)

Worple Road, Epsom, KT18 5EW

[Epsom Court Bowling Club](#)

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

[Epsom Park Bowling Club](#)

Alexandra Park, Alexandra Road, Epsom, KT17 4BY

[Ewell Village Bowling Club](#)

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

Check out our [Try Bowls](#) leaflet to find out more!

Strength & Balance Classes

These new classes are comprised of a programme of exercises to develop strength and balance in the lower body. The exercises are specifically designed to prevent falls.

Sessions are taking place at three venues in Epsom and Ewell:

- Bourne Hall

Tuesdays at 10am, from 31 October to 19 December

To book please call Nikki on 07708 748898 or email nikki@skinnyjeansfitness.co.uk

£4 per class

To find out more please click [here](#).

- Rainbow Leisure Centre

Fridays at 10.45am, from 3 November to 22 December

To book please call the Rainbow Leisure Centre on 01372 727277

£4 per class with free refreshments afterwards

To find out more please click [here](#).

- Epsom Methodist Church

Wednesdays from 3 January.

To book please call Karen on 07771 647132 or email

epsomstrength.balance@gmail.com

£6 per class or a course of five sessions for £25

To find out more please click [here](#).

Subsidised transport is available. Please call 01372 732000 for more information.

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

Seven different racket sports are available as part of a weekly racket morning at Ebbisham Sports Club. The sports include badminton, squash, racketball, tennis, touchtennis, table tennis and a new sport, pickleball! (Pickleball is a racket sport that combines elements of badminton, tennis, 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 community club based in Epsom. For more information, please visit the [club website](#).

Other 50+ Activities in Epsom & Ewell

Club Rainbow

The Rainbow Leisure Centre have a specially designed Club membership which includes various sports and exercise activities alongside social opportunities including trips, days out and friendly competitions.

55+ activities include dance, pilates, water workouts, gym based activity, a selection of racket sports and much more.

Alison McDowall is the Club Lead. Her role is to develop and manage the programme for existing and new club members. Alison is on hand for members who have any questions or concerns.

There is a club area in the gym where members will find a notice board with all upcoming events. The gym also provides a comfortable seating area where members can relax after activities and enjoy a tea or coffee.

For more information please email Alison McDowall: alison.mcdowall@gll.org

To find out more about the Rainbow Leisure Centre please visit the Better [website](#).