

Activities for Over 50s

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

Day: Tuesday

Time: 10am

Cost: £5 per class

Contact: To book please call Sue on 07842 126119 or email suefitness@gmail.com

- Epsom Methodist Church

Day: Wednesday

Time: 11:30 - 12:15pm

12:30 - 1:15pm

1:30 – 2:30pm

Cost: £6 per class when booking 6 weekly classes in a term or £7 per class.

Contact: To book please call Karen on 07771 647132 or email epsomstrength.balance@gmail.com

- Rainbow Leisure Centre

Day: Tuesday

Time: 10.30-11.15am

Day: Friday

Time: 11:00-11:45am

Cost: These classes are included as part of the Club Rainbow 55+ membership. For more information on the Club Rainbow 55+ membership click [here](#).

Non-members pay £4.25 and Pay & Play members pay £3

Contact: Alison McDowall: alison.mcdowall@gll.org

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](#).

Epsom Community Cricket

The Epsom Community Cricket programme teaches individuals to play 'Cage Cricket.' Cage Cricket is a revised version of the traditional game that sees individuals play against one another. Points are awarded to individuals for batting, bowling and fielding. No running is required and it doesn't matter if you have not played cricket before.

A softer ball is used so no padding is necessary. All equipment is provided.

New players can try their first session for free. Click [here](#) to find out more.

Day: Monday

Time: 1-2pm (Indoors)

Venue: Longmead Community Centre, Sefton Road, Epsom, KT19 9HG

Cost: £3 per session

Contact: Haidee Allen: 07973 619884 / haidee@communitycricket.co.uk
or Neil Bunting: 07900 430044 / neil@communitycricket.co.uk

Website: www.communitycricket.co.uk

Tai Chi

The NHS website offers the following description of Tai Chi: 'Tai Chi, also called Tai Chi Chuan, combines deep breathing with flowing movements. Originally developed as a martial art in 13th century China, Tai chi is today practiced around the world as a health-promoting exercise.'

Bourne Hall

Day: Friday

Time: 1-2pm

Venue: Bourne Hall, Spring Street, Ewell KT17 1UF

Cost: £8 for over 60s / £9 for under 60s

Contact: Sue Ayley: 07984 724359 / sueayley@tiscali.co.uk

Rainbow Leisure Centre

Day: Tuesday

Time: 9:30 – 10:30am

Venue: Rainbow Leisure Centre, East Street, Epsom, KT17 1BN

Cost: membership required or fee will apply. Contact the Centre

Contact: Lou Requena 07952 370670 / lourequena@hotmail.co.uk

Bourne Hall – Thai Chi for individuals with Parkinson's

Day: Thursday

Time: 10:30am – 12pm

Venue: Bourne Hall, Spring Street, Ewell KT17 1UF

Cost: Free

Contact: Lou Requena 07952 370670 / lourequena@hotmail.co.uk

Epsom and Ewell Health Walks

Epsom and Ewell Health Walks lead several walks every month. All walks are free and there is no need to book.

The group led one hour walks on Wednesdays and Sundays and a 30 minute walk on Mondays. All the walks start at 10am and begin at various venues around the borough.

To visit the Epsom and Ewell Health walks website click [here](#).

More information on Epsom and Ewell Health Walks as well as other walking opportunities can be found on our [Walks page](#).

Ladies Only Swimming and Aqua

Join Helen Oldknow for some high quality, safe swimming courses held in a private setting.

Timetable		
Day	Activity	Time
Tuesday	Aqua	10-11am
Tuesday	Swimming-Improvers	11.15am-12noon
Tuesday	Swimming-Beginners	12noon-12.45pm
Thursday	Swimming-Beginners	12noon-12.45pm

Venue: Linden Bridge School, Grafton Road, Worcester Park, Surrey, KT4 7JW

Classes run in term time only.

Contact: Helen Oldknow: 07753 749347 / helen.oldknow15@gmail.com

Walking Football

Escape the elements in the shelter of the Rainbow Leisure Centre Sports Hall! Men and women aged 60+ are invited to take part in the Walking Football sessions every at 9:30-11.30am every Friday.

The sessions are non-contact and non-competitive; however the group does occasionally enter teams into competitions.

Day: Friday

Time: 9:30 -11.30am

Cost: £3 per session

Venue: Rainbow Leisure Centre, East Street, Epsom, Surrey KT17 1BN

Contact: Mary Mannion: mary.mannion@gll.org

You can find out more information on Walking Football opportunities in and around Surrey by visiting the [Walking Football World website](#).

Walking Netball

Rainbow Leisure Centre is now offering weekly Walking Netball sessions. The sessions are run by volunteers with years of experience. They are open to all abilities and are non-competitive and non-contact, focusing on improving stability, hand-eye co-ordination and team work.

Day: Wednesday

Time: 1:30 – 3pm

Venue: Rainbow Leisure Centre, East Street, Epsom, KT17 1BN

Cost: Free for Club members. Visitors pay £3

Contact: Alison McDowall: Alison.mcdowall@gll.org or call the Rainbow Leisure Centre Reception for more details on 01372 727 277

Club Rainbow 55+

The Rainbow Leisure Centre have a specially designed Club Rainbow membership for those aged 55 and over. This entitles members to take part in classes, play sports as well as take advantage of the additional social opportunities which include trips, days out and friendly competitions.

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

Members can benefit from the club area in the gym where they 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.

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.

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

To find out more about the Rainbow Leisure Centre please click [here](#). You can also visit the Better [website](#).

Qigong class

Day: Thursday

Time: 6.30 to 8.00pm

Venue: Langley Vale Village Hall, Epsom

Cost: £15.00.

Contact:

Pay for your first class only on the relevant day or night. Monthly fees are then paid for in advance and are non-refundable. To book a class or if you have any question Call Lou on: 07952 370670 / info@lourdesanne-requena.com

Other 50+ activities out of the borough

Greek Traditional Dancing

Join the Hellenic Dance Group of Greek Traditional Dancing every Monday.

Day: Monday

Time: 8-10pm

Venue: Methodist Church Tennis Club Hall, (between houses No. 11-13) Manor Road, Surbiton, KT5 8NE

Cost: £2 per session

Contact: Bryan Wild: 0208 397 0008 / bryan.wild@virginmedia.com

Shorinji Kempo Martial Arts

Martial Arts for mind, body and self-defence.

Day: Tuesday

Time: 8-10pm

Venue: Tolworth Recreation Centre, Fullers Way North, Surbiton KT6 7LQ

Cost: £10 / £5 for retired residents

Contact: Chris: chris@knight-diver.co.uk

Website: www.ukskf.org