

FREE

Get Active in 2023!

We are delighted to offer Hail Weston adult residents a selection of FREE activities, for all abilities. Each activity will run for 6 weeks at Hail Weston Village Hall. Spaces are limited, please contact clerk@hailweston.org.uk to sign up.

Strength and Balance

Mondays 2pm - 3pm | 13th March - 24th April inclusive

Combining strength, balance and coordination exercises to target and improve mobility, agility and flexibility.



Boccia & Kurling

Fridays 3pm - 4pm | 28th April - 2nd June inclusive

Boccia - a precision ball sport, related to bowls and pétanque
New Age Kurling - An adapted form of Curling that can be played indoors.



Stretch & Relax

Mondays 8:45am - 9:45am | 5th June - 10th July inclusive

A chance to unwind and replenish your energy, designed to release tension from the body and the mind.



Older Adult Circuits

Mondays 11am - 12pm | 17th July - 21st August inclusive

A fun, social class with light - moderate exercise based around circuit stations to improve flexibility, strength and stamina.



Summer Sports

Wednesdays 1:15pm - 2:15pm | 30th August - 4th October inclusive

A wide variety of sports, for example - cricket, volleyball, tennis, handball, tri-golf, boccia, athletics and dodgeball.



Walking Sports

Fridays 3pm - 4pm | 13th October - 17th November inclusive

Modified versions of the football or netball suitable for adults aged 35+, regardless of ability or fitness.

