

Active Wellbeing

Table Tennis

Informal and Social Table Tennis Sessions

Mondays 11:30am-12:30pm

The Higgins Bedford,
Art Gallery and Museum, Castle Lane,
Bedford MK40 3XD

Just turn up and join in the fun at one of our relaxing table tennis sessions in a quiet and calming environment.

Coaches are on hand to support beginners and improvers can join in with regular players for informal social games.

**Sessions take place on a weekly basis
(excluding Bank Holidays)**

£3.00 per session (pay on arrival - cash only)

The sessions are designed by our qualified coach and specifically structured to support people experiencing long term health conditions.

These are not clinical sessions, please consult your medical practitioner for approval to take part in gentle exercise prior to attending.



For more information

Email robert.lindsay@bedford.gov.uk

Web www.bedford.gov.uk/sport

Sessions are first come first served on a just turn up weekly basis. Please wear comfortable clothing and bring a drink.