

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.