

TUESDAYS @ THE PAVILION

TOP TRUMPS

Club for ages 7 to 11 • 4:00-5:30pm

SEVEN 11

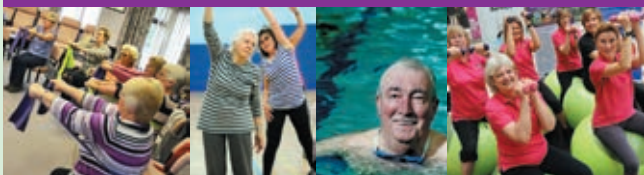
Club for ages 11 to 16 • 6:30-8:00pm

CONTACT KELLY @ THE PAVILION
01223 847433, kelly.smith@cambridge.gov.uk

Exercise sessions for the over 50's

Across Cambridge City

Contact 07432 480105
enquiries@forever-active.org.uk



More information from www.forever-active.org.uk

TRUMPINGTON BOWLS CLUB

Foster Road
Trumpington
CB2 9JR



www.trumpington-bowls-club.co.uk

THE VENUES

Trumpington Pavilion & King George V Playing Fields
Paget Road, Trumpington CB2 9JF. Tel: 01223 847433
To book sessions at Trumpington Pavilion please visit
www.trumpingtonresidentsassociation.org/Pavilion_programme
for a full list of contact details.

Trumpington Village Hall (incl. Trumpington Jubilee Room)
75 High Street, Trumpington CB2 9HZ. Tel: 01223 847433

Trumpington Meadows Primary School
Kestrel Rise, Trumpington, CB2 9AY. Tel: 01223 840299

Fawcett Primary School
Alpha Terrace, Trumpington CB2 9FS Tel: 01223 840299

Trumpington Bowls Club
Foster Road, Trumpington CB2 9JR

Trumpington Junior Football Club

Coached football sessions for
boys and girls aged 9-12 years

Fridays 5:00-6:00pm
Trumpington Meadows
Primary School MUGA.

Cost £2/session.



For more information contact Kick On Coaching at
www.kickoncoaching.com / info@kickoncoaching.com



TRUMPINGTON NETBALL CLUB

Training every Sunday, 4-5:30pm with coached
sessions every other week.

Opportunities to play friendly matches
throughout the year are available.

Trumpington Meadows outdoor court.

Contact Carolyn Pallon
cpallon@googlemail.com for details

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IN TRUMPINGTON 2016

VERSION 1



Activity, Sport & Fitness Taster Sessions in your local community!

SESSIONS FOR ALL AGES

For all class and general enquiries
please contact Cambridge City
Council, Sports Development
Team on sport@cambridge.gov.uk
or 01223 457532

@camcitco

For any further info please visit our web pages on
www.cambridge.gov.uk/sport-and-fitness



Free Open Sessions

TABLE TENNIS

Challenge a friend at Ping Pong on the permanent table outside of Trumpington Pavilion. Just ask at reception for bats and balls.

YOUTH FOOTBALL SESSIONS

First session FREE. For boys and Girls aged 9-12 years at Trumpington Meadows Primary School on the MUGA. Every Friday 5-6pm.

TRUMPINGTON NETBALL CLUB

A great social club for all abilities and anyone looking to get back into Netball. First training session FREE. For ladies 16 years plus. Trumpington Meadows Primary School, outside courts. Every Sunday 4-5:30pm.

MULTI USE GAMES AREA

Outside Trumpington Pavilion, the MUGA is available for public use at all times. Footballs and basketballs are available to borrow from Trumpington Pavilion.

TENNIS COURTS

King George V Playing Fields

Byron Square

Rackets available to borrow, just ask reception in Trumpington Pavilion.

Trumpington Meadows Community Park, Community Tennis Courts will be available to use in Spring 2016.

NOW OPEN!

Trumpington Meadows Country Park

Coming soon in the Country Park: guided walks, 3-2-1 running routes, British Cycling Ride Local sessions, pop-up sport and exercise sessions.

Working in partnership with the Wildlife Trusts: www.wildlifetrusts.org



Weekly Activities in Trumpington

For booking or further information, please contact the venue directly (see back page for contact details) or use the individual contact details where given.

Please note these sessions will have an associated cost.

MONDAYS

- 09:30–11:00 **IYENGA YOGA**
Trumpington Pavilion
- 11:15–12:15 **PILATES** (Forever Active 50+)
Trumpington Village Hall
- 18:00–19:00 **PILATES /CORE FITNESS**
Trumpington Village Hall Jubilee Room, Leader: Daniel
- 18:00–20:00 **PILATES**
Trumpington Meadows Primary School, Leader: Frances
- 17:00–18:00 **ADVANCED FOOTBALL COACHING**
(Two age groups: ages 7-10 & 11+)
Trumpington Meadows Primary School
Booking: www.football.overandin.com / 0844 776 1763
- 18:30–19:30 **KARATE**
Trumpington Meadows Primary School
- 19:00–20:30 **DANCE WITH DAN**
Trumpington Village Hall (Jubilee Room)

TUESDAYS

- 09:30–11:45 **BELIEVE IN PILATES**
9:30–10:30 Levels 1 & 2
10:45–11:45 Beginners
Trumpington Pavilion, Leader: Frances
- 10:00–11:00 **YOGA** (Forever Active 50+)
Trumpington Village Hall
- 15:45–17:30 **HOT STEPS** (ages 3-9)
Trumpington Village Hall
- 14:15–18:00 **COLOURS OF DANCE SESSIONS**
Trumpington Meadows Primary School
15:30–16:00 STREET DANCE (ages 4-6)
16:00–16:30 CHILDREN'S STRICTLY Beginners
16:30–17:15 STREET DANCE (ages 6-8)
17:15–18:00 CHILDREN'S STRICTLY Juniors
18:00–18:45 STREET DANCE (ages 8-11)
To book places please contact Colours of Dance at www.coloursofdance.com or phone: 01223 778268
- 18:30–21:00 **TAEKWONDO**
18:30–19:30 (ages 6-12)
19:30–21:00 (adults/teens)
Fawcett Primary School
To book sessions go to www.britishtaekwondo.org.uk

WEDNESDAYS

- 17:30–19:45 **SHAOLIN KUNG FU**
Fawcett Primary School
17:30–18:10 CHILDREN'S CLASS
18:15–19:45 ADULT CLASS (including meditation)
To book visit www.thestunthouse.com/kungfu/
- 18:00–19:00 **FIT STEPS** (16+)
Trumpington Village Hall, with Anna

- 21:00–22:00 **ADULT SOCIAL FOOTBALL** (16+)
Trumpington Meadows Primary School.
All abilities welcome. To book please contact:
www.football.overandin.com or call 0844 776 1763

THURSDAYS

- 09:30–10:30 **PILATES**
Trumpington Meadows Primary School, Leader: Judit
- 09:30–11:00 **IYENGAR YOGA**
Trumpington Pavilion, Leader: Diane
- 10:00–11:30 **SHORT MAT BOWLS** (Forever Active 50+)
Trumpington Village Hall, Jubilee Room, with Steve
- 17:00–18:00 **GOALKEEPING COACHING**
(Two age groups: ages 7-10 & 11+)
Trumpington Meadows Primary School
Booking: www.football.overandin.com / 0844 776 1763
- 19:00–20:00 **PREGNANCY YOGA**
Trumpington Village Hall, Jubilee Room, Leader: Ashley
- 19:30–20:30 **ZUMBA**
Trumpington Meadows Primary School, Leader: Katie

FRIDAYS

- 09:30–10:30 **EXERCISE TO MUSIC** (Forever Active 50+)
Trumpington Village Hall, Jubilee Room
- 10:45–11:45 **LEVEL 3 MOBILITY CLASS** (Forever Active 50+)
Trumpington Village Hall, Jubilee Room
- 10:00–11:30 **PREGNANCY YOGA & BABY & MUM YOGA**
Trumpington Pavilion, with Julia
- 15:30–18:30 **COLOURS OF DANCE SESSIONS**
Trumpington Meadows Primary School
15:30–16:00 FIRST STEPS (ages 3-4)
16:00–16:30 PRE-PRIMARY IN DANCE
16:30–17:00 PRIMARY IN DANCE
17:00–17:45 GRADE 1 BALLET
17:45–18:30 GRADE 2 BALLET
To book places please contact Colours of Dance at www.coloursofdance.com or phone: 01223 778268
- 17:00–18:00 **TRUMPINGTON JUNIOR FOOTBALL CLUB**
(For boys and girls aged 9-12 years)
Trumpington Meadows Primary School, outdoor MUGA
Contact KickOn Coaching at www.kickoncoaching.com

SATURDAYS

- 09:30–12:00 **BEGINNER FOOTBALL COACHING**
Trumpington Meadows Primary School, outdoor MUGA
10:00–11:00 BOYS & GIRLS (age groups 4-5 & 6-7)
11:00–12:00 BOYS ONLY (ages 8+)
11:00–12:00 GIRLS ONLY (all ages up to 15)
To book please contact: www.football.overandin.com or call 0844 776 1763

SUNDAYS

- 16:00–17:30 **TRUMPINGTON NETBALL CLUB**
Trumpington Meadows Primary School, outdoor court
Contact Carolyn Pallon: cpallon@googlemail.com
- 18:30–21:00 **TAEKWONDO** (all ages)
Fawcett Primary School
To book sessions go to www.britishtaekwondo.org.uk