

FENLAND DISTRICT COUNCIL
PRESS RELEASE

25th October 2023

Free Fenland fitness classes include family skating, beginners dancing and circuits

Free family roller skating sessions are being launched in Wisbech as part of a new wave of free and low-cost sports and activity sessions for the people of Fenland.

A new block of free wellbeing dance and stretch sessions for children are also about to launch in March.

Spaces are also still available on free sessions specifically for people who feel they need to lose weight. Sessions have been offered in Chatteris, March, Whittlesey and Wisbech.

The sessions are offered through Fenland District Council's Active Fenland which also runs classes for older people who want to increase their mobility as well as a range of other long-standing low-cost sports and fitness sessions across the district to increase the population's fitness.

Cllr Alex Miscandlon, Fenland's portfolio holder for sports development and leisure, said: "It's a massive opportunity for our communities to have access to so many free and very low-cost fitness and activity opportunities.

"We're delighted to continually add new options and invite people to sign up quickly to avoid missing out."

Free family roller skating

Free two-hour skating sessions for families, are available Thursdays, 3.45pm to 5.45pm, November 2 to December 14 at Skaters, Mill Road, Wisbech, PE14 7QJ. Roller skate hire is included. Book at www.fenland.gov.uk/activefenlandbookingform

Free wellbeing dance and stretch sessions

Spaces are still available for free 'Wellbeing Dance and Stretch' sessions – fun dance and wellness stretching for beginners, Wednesdays, 6pm – 6.45pm for eight to 12-year-olds, at Neale Wade Sports Centre, Wimblington Road, March, PE15 9PX. Sessions run until December 13.

Book at www.fenland.gov.uk/activefenlandbookingform

Free wellbeing stretch and breathe sessions

Free Wellbeing Stretch and Breathe classes are launching in Chatteris to help with relaxation and releasing tension, suitable for all abilities, with exercises that can be done either on a chair or the floor.

Sessions take place at King Edward Centre, King Edward Road, Chatteris, Thursdays 12.45pm to 1.45pm, from November 23 to December 21.

Turn up on the day or, to be sure of a place, book at www.fenland.gov.uk/activefenlandbookingform

Low-cost sessions for all ages including older people with balance concerns

New low-cost mobility pre-fit sessions for people in later life who have noticed they feel less steady on their feet, are struggling with balance or are worried about falling are coming to Manor Leisure Centre, Station Road, Whittlesey, from Tuesday, November 14. Details of how to book these classes will be confirmed soon.

These £3-per-session classes are also available at other venues across Fenland.

There's also low-cost badminton for anyone aged 16 plus, walking football, all ability yoga and 'forever fit' sessions of mixed activities in a social group including things like new age kurling, table tennis, badminton, mini tennis, and more.

- For more details of see the [timetable](http://www.fenland.gov.uk/activefenland) at www.fenland.gov.uk/activefenland
- Book Active Fenland sessions online at: www.fenland.gov.uk/activefenlandbookingform

Free classes for people who feel they're overweight

Football to Fit slow paced football takes place at Thomas Clarkson Academy, Corporation Road, Wisbech, PE13 2SE, 6pm to 7pm, Thursdays to Thursday, December 7.

First Step Fitness circuits for beginners is at Manor Leisure Centre, Station Road, Whittlesey, PE7 1UA, 7pm to 8pm Wednesdays to Wednesday, December 6.

First Step Fitness circuits for beginners is at George Campbell Leisure Centre, City Road, March, PE15 9LT, 8pm - 9pm, Thursdays to Thursday, December 7.

Book at: www.fenland.gov.uk/activefenlandbookingform

Free wellbeing walks and parkruns

Join a free run, parkrun or wellbeing walk in your area – or even become a volunteer and help to run one of the events.

Fenland parkrun locations include the recently launched Wisbech run 9am Saturdays in Wisbech Park, West End Park in March and Manor Field in Whittlesey.

Ramblers Wellbeing Walks now take place in [Chatteris](#), March, [Whittlesey](#) and Wisbech, see: www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-fenland

- For more information on parkruns see: www.parkrun.org.uk
- For more details of your local Ramblers Wellbeing Walk or if you'd be interested in training to lead one, see: www.fenland.gov.uk/activefenland

ENDS

About Active Fenland

Fenland District Council launched Active Fenland in June 2015 with Sport England funding.

The service promotes and provides informal, fun, sport, and physical activity sessions in community settings across Fenland, with the aim of encouraging the community to get more active, more often, and to lead more physically active and healthier lifestyles.

Active Fenland receives a small amount of funding from Fenland District Council annually but funds most of its work through grants from various bodies to deliver specific programmes targeting specific need.

Notes to Editors

For media enquiries, please contact the Fenland District Council press office on 01354 622226 or email: communications@fenland.gov.uk

Teapots DANCE COMPANY **Active** FENLAND

WELLBEING DANCE + STRETCH

A fun dance and wellness stretching session for beginners!

Wednesdays at Neale Wade Sports Centre
6 - 6.45pm Youth (8-12yrs)
7 - 8pm Adults

7 weeks of sessions from 1st November to 13th Dec
An inclusive session, all abilities welcome. No dance experience required. Various styles incorporated.

Booking required via the online form: www.fenland.gov.uk/activefenland or for more information please email activefenlandbookings@fenland.gov.uk

FAMILY SKATING

FREE 2-hour skating session for families
Every Thursday afternoon after school

📍 Skaters, Mill Road, Wisbech, PE14 7QJ
🕒 3:45 to 5:45pm
📅 7 week block from 2nd Nov to 14th Dec

Spaces are limited so book online to secure your place!
www.fenland.gov.uk/activefenlandbookingform

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