

Vale of White Horse GO Active Gold activities

GO Active Gold encourages people aged 55+ and living in rural areas, to live more active lifestyles

Activity	Venue	Time	Day	Cost
Learn to Bowl Course	Wantage Bowls Club	12.30pm - 1.30pm	Starts 29 April	Free
Learn to Bowl Course	Morland Bowls Club East Hendred	6.30pm - 7.30pm	Starts 3 June	Free
Learn to Bowl Course	Shrivenham Bowls Club	11.00am - 12.00pm	Starts 2 July	£2
Chair Aerobics	Wootton and Dry Sandford Community Centre	10.30am - 11.30am	Tuesdays	£5
Keep Fit	Longworth Village Hall	10.00am -11.00am	Wednesdays	£7
Keep Fit	Stanford in the Vale Village Hall	10.00am -11.00am	Thursdays	£5
Keep Fit Senior Circuits	Radley Village Hall	9.00am - 10.00am	Tuesdays	£10
Keep Fit Senior Circuits	Appleton with Eaton Village Hall	3.45pm - 4.45pm	Wednesdays	£10
Keep Fit Senior Circuits	Harwell Village Hall	9.00 am - 10.00am	Mondays	£10
Keep Fit Senior Circuits	Blewbury Clubhouse	9.30am - 10.30am	Thursdays	£5
Nordic Walk	Farmoor Reservoir Car Park	10.00am -11.00am	Fridays	£6
Nordic Walk	Shrivenham (various start points)	10.00am -11.00am	Tuesdays	£5
Nordic Walk	Sutton Courtenay Recreation Ground	10:30am - 11:30am	Wed & Fri	Free

For more information please contact:

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Activity	Venue	Time	Day	Cost
Pickleball	Wootton and Dry Sandford Community Centre	2.00pm - 3.00pm	Mondays	£3
Pickleball	Stanford in the Vale Village Hall	11.00am - 12.00pm	Fridays	£1.5
Pickleball	Kennington Village Hall	11.30am - 12.30pm	Fridays	£2
Pilates	Ashbury Village Hall	11.30am - 12.30pm	Tuesdays	£5
Table Tennis	Shrivenham Memorial Hall	2.00pm - 3.00pm	Fridays	£2
Table Tennis	Watchfield Village Hall	11.00am - 12.00pm	Thursdays	£2
Table Tennis	Kingston Bagpuize & Southmoor Village Hall	11.00am - 12.00pm	Tuesdays	£2
Table Tennis	Wootton and Dry Sandford Community Centre	11.30am - 12.30pm	Thursdays	£2
Table Tennis	Kennington Youth Club	11.00am - 12.00pm	Tuesdays	£2
Tai Chi	Steventon Village Hall	2.00pm - 3.00pm	Mondays	£6
Tai Chi	Radley Village Hall	10.30am - 11.30am	Tuesdays	£5
Tai Chi	Marcham Baptist Church (4 sessions = £20)	11.00am - 12.00pm	Mondays	Block bookings
Tai Chi	Matrix Music School, Sutton Courtenay	10.00am - 11.00am	Thursdays	£6

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Activity	Venue	Time	Day	Cost
Walking Netball	Shrivenham Memorial Hall	10.30am - 11.30pm	Tuesdays	£5
Walking Netball	Appleton with Eaton Village Hall	12-1pm	Fridays	£4
Yoga / Seated Yoga	Shrivenham Memorial Hall	9.30am - 10.30am	Thursdays	£7
Yoga / Seated Yoga	Shrivenham Memorial Hall	10.00am -11.00am	Wednesdays	£5
Yoga / Seated Yoga	Stanford in the Vale Village Hall	3:00pm - 4:00pm	Wednesdays	£5
Yoga / Seated Yoga	Kingston Bagpuize & Southmoor Village Hall	10.00am -11.00am	Wednesdays	£5
Yoga / Seated Yoga	Drayton Village Hall	11.00am - 12.00pm	Tuesdays	£5
Yoga / Seated Yoga	Hanney Hall	1.00pm - 2.00pm	Wednesdays	£5
Yoga / Seated Yoga	Park Club, Milton Park	10:00am - 11:00am	Thursdays	£5
Yoga / Seated Yoga	Blewbury Clubhouse	10:00am - 11:00am	Tuesdays	£5
Zumba Gold	Steventon Village Hall	10.50am - 11.50am	Tuesdays	£5
Zumba Gold	Stanford in the Vale Village Hall	12.00pm - 1.00pm	Mondays	£5
Zumba Gold	Grove Village Hall	10.00am - 11.00am	Wednesdays	£5
Zumba Gold	Dean Court Community Centre, Botley	10.00am - 10.45am	Tuesdays	£5

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