

Wycombe Local Activities For Those 55+

Activity	Day/Time	Location	Cost	Booking contact
Better Balance Class	Friday, 1pm - 2pm	Downley Community Centre School Road, Downley, High Wycombe, HP13 5TR	£5	katie.youngman@aitc.org.uk 07956 702435
Chair Yoga	Monday, 11.15am - 12.15pm	Wrights Meadow Centre, Wrights Meadow Rd, High Wycombe HP11 1SQ	£6	8yogijulie8@gmail.com 07745871392
Zumba Gold	Monday, 10am - 10:45am	Sands Village Hall, Lane End Rd, High Wycombe HP12 4JF	£7	jennifer.morais.zumba@outlook.com 07595869012
Zumba Gold	Wednesday, 10:30am - 11:15am	Downley Community Centre, School Close Downley, High Wycombe HP13 5TR	£7	jennifer.morais.zumba@outlook.com 07595869012
Simply Walks Level 2	Thursday 11am	Downley Community Centre, School Close, Downley, High Wycombe, HP13 5TR	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 3	Monday 10am	Downley Community Centre, School Close, Downley, High Wycombe, HP13 5TR	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 1	Tuesday 11am	Judo Centre, Barry Close, High Wycombe, HP12 4UE	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 4	Tuesday 10am	Judo Centre, Barry Close, High Wycombe, HP12 4UE	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 1	Wednesday 10:30am - 11:15am	Shops on Gayhurst Road, Gayhurst Road, High Wycombe, HP13 7XJ	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 3	Friday 10:30am - 11:30am	Micklefield Community Centre, Micklefield Road, High Wycombe, HP13 7FY	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 1	Wednesday 1:30pm - 2:30pm	Hughenden Gardens Village, Hughenden Boulevard, High Wycombe, HP13 5DJ	Free	simplywalks@buckinghamshire.gov.uk 01494 475367
Simply Walks Level 4	Sunday 9am - 11am	Victoria Street, High Wycombe, HP11 2LU	Free	simplywalks@buckinghamshire.gov.uk 01494 475367

Pickleball	Wednesday, 7:35pm - 8:45pm	The Highcrest Academy, Hatter's Lane, High Wycombe, HP13 7NQ	£3	katie.youngman@aitc.org.uk 07956 702435
Badminton & Table Tennis	Tuesday, 1pm - 2pm	Wycombe Leisure Centre, Handy Cross, High Wycombe HP11 1UP	Free	info@sportinmind.org 07823973782
Tennis	Wednesday, 1pm - 2pm	Wycombe Tennis Club, Bassetsbury Lane, High Wycombe, HP11 1QU	Free	info@sportinmind.org 07823973782
Pilates	Thursday, 1pm - 2pm	Trinity United Reformed Church, London Rd, High Wycombe HP11 1BJ	Free	info@sportinmind.org 07823973782
Keep Fit	Thursday, 9:30am - 10:30 am	Totteridge Community Centre Totteridge Drive High Wycombe HP13 6UG	£5	sastuart@globalnet.co.uk 01494 532088
Tai Chi	Tuesday, 2pm - 3pm	Lane End Village hall, High St, High Wycombe HP14	£6	sastuart@globalnet.co.uk 01494 532088
Tai Chi	Monday, 10:45am - 11.45am	Rossetti Hall, 38 New Pond Rd, Holmer Green, High Wycombe HP15 6SU	£6	sastuart@globalnet.co.uk 01494 532088
Parkrun (5km Run/Walk)	Saturday 9am	The Rye, off Bassetsbury Lane, High Wycombe, Buckinghamshire, HP11 1QX	Free	wycomberye@parkrun.com https://www.parkrun.org.uk/wycombe/rye/
Women Only Swimming	Thursday, 7:30pm - 8:30pm & 8:30pm - 9:30pm	Royal Grammar School, Amersham Road, High Wycombe, HP13 6QT	£80 (10 week)	katie.youngman@aitc.org.uk 07956 702435
Movers & Shakers	Wednesday 10:30am - 1:30pm	Vibe Church, 209 The Pastures, Downley, High Wycombe HP13 5RR	£2	mic144@btinternet.com 01494 528738
Movers & Shakers	Monday 1:30pm - 3:30pm	Christ the Servant King Church, Sycamore Rd, Booker, High Wycombe HP12 4TJ	£5	kathglasgow@hotmail.co.uk 01494448299
Steady Strollers	Monday, 10am - 11am	Marlow Sports Club, Pound Lane, SL7 2AE	£5	info@horizonrehabilitation.co.uk 01280 825711
Strength to Improve Confidence	Thursday, 2pm - 3pm	Court Garden Leisure Centre, Pound Lane, Marlow SL7 2AE	£20	info@horizonrehabilitation.co.uk 01280 825711
Let's Get Moving	Thursday, 1:45pm - 3:30pm	Pugin Rooms, St Peter Street, Marlow, SL7 1NG	£3	info@horizonrehabilitation.co.uk 01280 825711

Stroke seated exercise	Monday, 3:30pm - 4pm	Age Concern, Glade Road, Marlow Town, SL7 1DH	Free	info@horizonrehabilitation.co.uk 01280 825711
Strictly No More Falls	Wednesday 12pm - 2pm	Hughenden Gardens Village, HP13 5GD	£3	sam.white@wwfc.com 01494455736
Wellbeing Walk	Tuesday 11am - 1 pm	Wycombe Lido, Bassetsbury Ln, High Wycombe HP11 1QX. Up from the Tennis Courts	Free	Harry.challis@wwfc.com 01494455736
Female Walking Football	Tuesday 7pm - 8pm	Amersham & Wycombe College, Spring Lane, Flackwell Heath, HP10 9HE	£5	Harry.challis@wwfc.com 01494455736
Walking Football 50+	Tuesday 7pm - 8pm	Amersham & Wycombe College, Spring Lane, Flackwell Heath, HP10 9HE	£5	Harry.challis@wwfc.com 01494455736
Walking Football 50+	Thursday 6pm - 7pm	Cressex Football Centre, Holmers Farm Way, HP12 4QA	£5	Harry.challis@wwfc.com 01494455736
Walking Football 50+	Monday 6:30pm - 7:30pm	Wycombe High School, 28 Marlow Rd, High Wycombe HP11 1TB	£5	Harry.challis@wwfc.com 01494455736
Walking Football 50+	Thursday 11am - 12pm	Wycombe Leisure Centre, Handy Cross, High Wycombe HP11 1UP	£5	Harry.challis@wwfc.com 01494455736
Wellness warriors	Monday & Friday 6pm - 7pm	High Wycombe rye	Free	Phoenixlifestyleinnovations@outlook.com 07861966066
Fit For Life	Monday 10.30-11:15am	Gt.Kingshill Village Hall, Great Kingshill, High Wycombe HP15 6DW	£6	onyxhealthandfitness@gmail.com 07813540751
Fit For Life	Tuesday 1-1:45pm	Longburrow Hall, Park Lane, Stokenchurch, HP14 3TQ	£6	onyxhealthandfitness@gmail.com 07813540751
Fit For Life	Thursday 10.30-11:15am	Christ Church, The Common, Holmer Green, High Wycombe HP15 6XQ	£6	onyxhealthandfitness@gmail.com 07813540751

Note: Most of these sessions are not run by Active In The Community and we advise to please reach out to the designated contact directly before attending the sessions.