

FREE Bowling at Stirchley Indoor Bowls on Fridays

What

Bowling at Birmingham's only indoor bowls centre. Bowling provides a number of health benefits including improved fitness and coordination, low impact on joints and muscles (a gentle workout) and social contact. It is an activity for all ages and abilities.

Where

Stirchley Indoor Bowls Centre, 1326 Pershore Road, B20 2XS

When

Free bowls is available every Friday until 10 September 2010 between 10.15 am and 4.15 pm.

General bowling sessions run every Wednesday, between 10.15 am and 6.15 pm (during the summer) also. These cost £3 per 2 hour session for adults (£1.70 for juniors).

How

Forms part of the citywide Be Active scheme, offering free City Council run leisure activities across the city.

*To qualify for this offer, you must register with the FREE Be Active scheme, which any resident of Birmingham (with a Birmingham postcode) is eligible for. You will require 2 proofs of address (utility bills etc). If you take your proof along to the bowls centre then they can issue you with a leisure card and book you in for your free bowling at the same time.

Why

Because bowls is a sport that can be enjoyed at any age and with no experience. It is a gentle sport and is an ideal introduction to exercise for beginners. It has been included in the Be Active programme for a temporary period in order to give the residents of Birmingham even more choice of activity under the Be Active scheme.

Are any other directorates/partners involved?

South Birmingham PCT
Selly Oak Constituency, Birmingham City Council

Want to know more?

For further details please contact:

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