Ladies in Alton are being offered the chance to be re-introduced to a sport they may not have played since school with a fun 'Back to Netball' course. **Alton Town Council is inviting women over 16 years old to sign up to a six week course taking place at Eggars School on a Monday evening starting on 17th June.**

‘Back to Netball’ is a fun way to burn lots of calories, make new friends and rediscover your sporting ability. Why not rally up your girlfriends and try something new together?

The ‘Back to Netball’ course will run for six consecutive weeks starting on 17th June 2013. The course will take place at Eggars School from 6.30pm to 7.30pm and costs just £18 per person.

To book your place, email England Netball Development Officer, Emily Loftus, at emily.loftus@englandnetball.co.uk or call 07595 086751
Alton Rugby Club launch Summer Touch Rugby programme

**Alton RFC will be running a Turn Up and Play Touch Rugby League throughout June and July.** The League starts on Wednesday 5th June at 19.00 at Alton RFC and will run on every Wednesday evening through the early summer period.

Touch Rugby is a great way to keep fit during the summer and is a great social game. As the name suggests, touch rugby is a minimal-contact version of the game, without rucks, mauls, scrums or lineouts and touching the player with the ball counts as a tackle. Everyone who is at least twelve years of age and interested in playing is welcome!

All you need to do is turn up and register at the club. All those who attend will then be randomly allocated to a team for the evening. Your team will then play games of touch rugby with points being awarded to players each time your team wins! The more you attend, the more points you score!

At the end of the league PRIZES will be awarded to the Top Men’s Player, Top Women’s Player and Top U16 Player.

Why not come, bring family, friends and enjoy the fun!

Contact Andy Gay at junior.secretary@alton-rfc.com for more information

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**June Community Cycle Ride journeys to Lasham Gliding Club**

**Why not try one of Alton’s easy paced community rides?**

The programme aims to encourage people to get people on their bikes and build their confidence by showing them some of the many cycle routes available in the local area. The rides take place on the third Saturday of each month led by qualified leaders from the Alton CTC.

All rides will leave from Alton Community Centre at 1.30pm and stop by the Finnimore Pavilion on Anstey Park, at 1.45pm. Participants can start from either meeting place and there is no need to book in advance. Simply turn up and ride! **The June ride takes place on Saturday 15th June!**

Contact Janice Montgomerie on 01420 80783 for details
Alton Cricket Club Ladies Team welcomes new players

Come on Ladies, give cricket a go this summer!

Alton Cricket Club are looking for new players to join their Ladies team.

Whether you have experience in cricket or are looking to try something new, why not come along to one of their training sessions on a Thursday evening and give it a go?

Sessions take place from 6pm to 7.30pm on Thursday at Jubilee Playing Fields in Alton (next to the Sports Centre).

If you are interested, contact Ladies Captain Martha Folkes at altoncricketclubladies@hotmail.co.uk

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Alton Challengers Disability Playscheme

Challengers Alton is a holiday playscheme where disabled and non-disabled children can play together, have fun and make friends whilst getting the support they need. Challengers is a charity that provides high quality play and leisure to more than 1,300 disabled children and young people.

The Playscheme will run Saturdays during the summer at Alton College from 9.30am to 4pm. There are lots of trained, energetic and bubbly Challengers staff so there will always be someone to play with! There are full day and half day rates available and there are spaces for children with complex impairments and those who need one on one support.

Visit www.disability-challengers.org or call 01489 230939 for information and to book!
There is a new and exciting coaching programme at Alton Tennis Club! This was kicked off with an open day last month where over 100 people came down to watch and take part in free tennis coaching.

The club is running junior groups on Monday, Wednesday, Thursday after school and pay and play sessions on a Saturday morning (where you can just turn up.) They are also running adult groups on a Monday evening and are hoping to start a ladies group. The sessions are delivered by their highly experienced coach Stuart McCabe.

The club is also running Sportivate sessions for 14 - 25 year olds starting on Friday 21st June from 6-7pm. These sessions are heavily subsidised by Hampshire County Council and work out at £2 per session and will run for 6 weeks.

For more information please contact Marc Codling on 07881 802078 or email m_codling@yahoo.co.uk
Visit the website www.altontennisclub.co.uk

Festival of Sport “One Year On” – SAVE THE DATE!

On Saturday 27th July 2013, Alton Town Council in partnership with the Alton and District Sports Council, will be hosting a celebratory Festival of Sport event to mark one year on from the opening ceremony of the London 2012 Olympic Games! There will be a wealth of free taster sessions in a variety of sports on offer for the whole family to enjoy at Anstey Park and at sites on Chawton Park Road, including Alton Sports Centre!
June 321 Community Run “Summer Madness” theme

Have fun in the sun with the June Anstey Park 321 Run

The monthly 321 run that is open to the whole community is getting a fun “Summer Madness” theme! Dress up and enjoy a sociable run suitable for beginners and keen runners alike.

There will be a choice of three routes to enjoy to take at your own pace. Rally your friends and get the family together for a fun run in the sun!

If you have not registered before, all you need to do is complete a simple form online at www.alton.gov.uk on the Active Alton page!

Saturday 29th June
11am at Anstey Park!

Come and try Handball at Alton College

Alton Community Handball have two sessions left for you to come along and try before a break for the summer!

Come and have a go at Alton College on Saturday 29th June and / or Saturday 6th July from 11am to 12.30pm!

Just £3 per session which are delivered by qualified England Handball coaches.

Open to anyone aged 14 and over! Email sports@alton.gov.uk if you are interested.
Alton Town Council will be hosting a fun Summer Sports Camp for 8 – 16 year olds at Anstey Park! This is a great chance for young people to try a variety of sports during the summer school holidays and get active in the great outdoors. The camp will showcase local sport clubs and also new activities planned for Alton, including Volleyball, Table Tennis and Handball.

A full programme will be out later this month and bookings will be made through Alton Town Council. To register your interest, please email sports@alton.gov.uk

**Coming Soon from Active Alton**

**Volleyball at the Park!** This summer, Alton Town Council, in partnership with Volleyball England’s Go Spike initiative, plan to set up two grass courts for people to hire on Anstey Park. Courts will be available from July to September for £10 per hour.

Keep a look out on the Active Alton page of the Town Council website for details!

Follow our campaign online through Facebook and Twitter!

@ active_alton

/ ActiveAlton