

# sports development contacts

## **Flitwick Dolphins Swim Club**

### **Competitive - National**

07885879154

Mon: 7-8pm

Wed: 7-10pm

Thurs: 6-8am

Sun: 7-8.30pm

## **Mid Beds Swim Squad**

### **Competitive - International**

07828644427

Mon: 6-8am

Tue: 6-8am

Thurs: 6-8am

Sun: 7-9am

## **Flitwick Eagles Football**

### **Competitive - Regional**

01525 714948

Sat: 10.30-11.30am

Sun: 10.30-11.30am / 2-3pm

## **Squash League**

### **Competitive - Local**

07718584562

## **Flitmoor Badminton**

### **Social - Intermediate - Experienced**

01525 280484

Tue: 8.15-9.45pm

## **Flitwick Jujitsu Club**

### **Beginners +**

01525 380195

Wed: 6-8.30pm

Fri: 7-9.30pm

Sat: 10-12noon

## **Task Karate**

### **Beginners +**

01525 750149

Mon: 6-8.15pm

Thurs: 6.45- 8.15pm

## **Racqueteers Badminton**

### **Social - Intermediate**

01525 840140

Wed: 7.30-9.45pm

## **Central Bedfordshire Sports Development Team**

For general sports development information

within Central Bedfordshire **Tel: 0300 300 8072**

lifestyles @ flitwick

Flitwick Leisure Centre

Steppingley Road, Flitwick, Beds MK45 1TH

0300 300 8045

E. [enquiries.flitwick@stevenage-leisure.co.uk](mailto:enquiries.flitwick@stevenage-leisure.co.uk)

[www.lifestylesatcentralbedfordshire.co.uk](http://www.lifestylesatcentralbedfordshire.co.uk)



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Bedfordshire