



Northampton Town Football in the Community in Partnership with Northampton Town Football Club and Northants Sport

Presents

ExtraTime

supporting independence and wellbeing for older people

Are you over 60?

...then why not come along to our fun
light hearted activity programme



**A 12 week programme of fun and educational activities
including the opportunity to meet new people and learn more
about Northampton Town Football Club**

Tai Chi, Nordic Walking, Keep Fit, Stadium Tour, Curling, Boccia
Talks on Nutrition & Health, Computer Course, Meet the Players and lots more!!

Venue: Northampton Town Football Club **Start Date:** Monday 9th January

Day: Every Monday (12 week programme) **Time:** 10.30am – 12.30pm

Cost: £1 per session which includes refreshments

For more information and to book a place contact: Trudie Kirby

Telephone: 01604 683765 Email: trudie.kirby@ntfc.tv

Northampton Town Football Club Providing Opportunities for the Community

In partnership with:

ExtraTime

Football
Foundation



NORTHANTS
FIFTY+
NETWORK

Northamptonshire
ageUK



Northamptonshire
sport
The Northants Football Club

Extra Time

Complete the whole booking form.

You will need to enclose a stamped addressed envelope for your confirmation and booking.
The confirmation letter will contain details of the course and venue.

Please send your application form and stamped self addressed envelope to:
Northampton Town Football in the Community Programme, Sixfields Stadium, Walter Tull Way,
Northampton NN5 5QA

Booking Form

Name:

Age:

D.O.B:

Gender:

Address:

Post Code:

Telephone No. (Home):

(Mobile):

Email Address:

Do you have a disability/medical condition? Yes No

(if yes, Please specify)

Do you consent to any possible emergency treatment necessary? Yes No

Do you consent to any photographs being taken for promotional material? Yes No

Signature:

Date:

From time to time, Northampton Town Football Club and our affiliates, partners and sponsors may wish to contact you with offers that may be of interest. If you do not wish to receive these offers, please tick here

Applications are processed and held on a computer system which is subject to the provisions of the data protection act 1984

All bookings need to be confirmed at least a week before the course starts

No refunds apply once a booking has been made

**For further enquiries contact Trudie Kirby
(e) trudie.kirby@ntfc.tv (t) 01604 683765**