

Solihull Council Leisure, Sport, and Physical Activity

Solihull on the Move – Get Moving

Solihull on the Move provides a universal offer for residents to get moving by accessing community sport and physical activity opportunities, inspiring healthier, happier and more sustainable communities through moving more, more often.

Programme	Information
Bike It Solihull	Solihull has four Community Cycling Hubs offering numerous free activities to take part in such as, adult and family cycle training, sofa to saddle courses, cycle confidence sessions, bike maintenance workshops and Dr Bike sessions. You can also find out about local cycle groups and clubs, volunteering opportunities and accessible cycle paths to explore.
Run Solihull	Running / jogging is for everyone and is most fun when shared with others. Solihull has lots of groups and opportunities suitable for all ages and fitness levels including Couch to 5k, beginner running groups, social groups, parkruns (adult and junior), kids groups and combining running with helping your community.
Walk Solihull	Walking is a perfect activity for your health and wellbeing. Almost everyone can do it, you can do it anywhere anytime and you don't need special equipment. Try one of our free social walking groups, find out about our six sensory walks, or find local routes in your area.
Ping! Solihull	Ping! is on a mission to bring ping pong to the people, with 14 outdoor tables in our parks and a Ping Pong parlour in Mell Square. there is plenty of options to get involved in this free activity.
Swim Solihull	Swimming is a great all-round form of physical activity whatever your age or fitness level. A range of opportunities whether you want to swim for fun, for fitness, or to begin your swimming journey through the 'learn to swim' programmes.
Active @ Home	Staying physically active is important for both physical and mental wellbeing, and there is a wide range of fun opportunities you can take part in from the comfort of your own home.

For more information on any of these programmes call us on 0121 704 8207, visit our website <https://solihullonthemove.co.uk/get-moving/> or drop us an email at solihullactive@solihull.gov.uk

