



KEIGHLEY
TOWN COUNCIL

FESTIVAL OF SPORTS

WIC 2ND AUGUST

FREE SPORTS
SESSIONS

SCAN FOR MORE
INFO





KEIGHLEY
TOWN COUNCIL



Festival of Sports 2025

Get ready for a week of free sports sessions and activities across Keighley, organised and funded by Keighley Town Council.

Whether you're trying a new sport or sharpening your skills, there's something for everyone—come along to as many sessions as you like.

Inside this brochure, you'll find details on all the exciting activities, including session times and locations.

Let's get active and have fun!



**INTERNATIONAL
MIXED ABILITY
SPORTS**

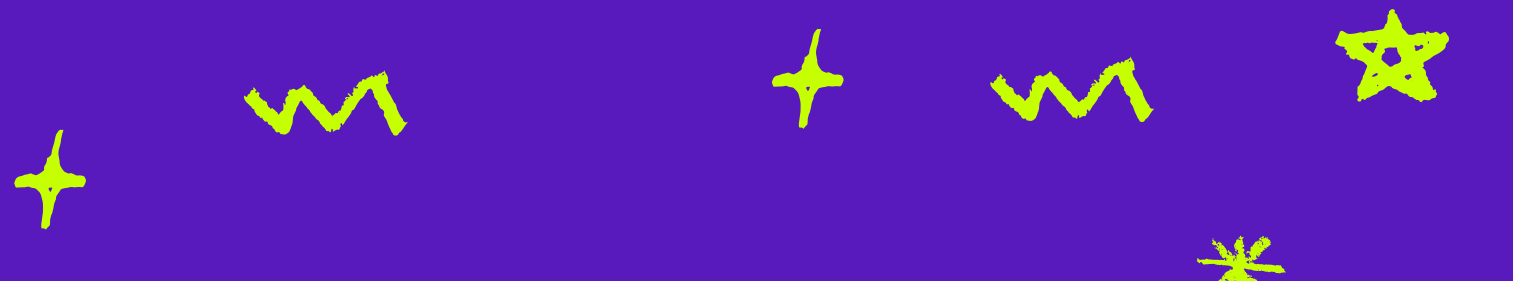
Launch Event

Free IMAS Sports Session!

Join us to try various mixed ability sports. IMAS, based in Bradford, promotes inclusive community sports for everyone, regardless of disabilities, health conditions, age, or confidence levels. Mixed Ability Sports bring people together to play and learn, helping everyone reach their potential.

**4th August, Victoria Park, Hard Ings Road,
Keighley, BD21 3JN 11:00 – 15:00**

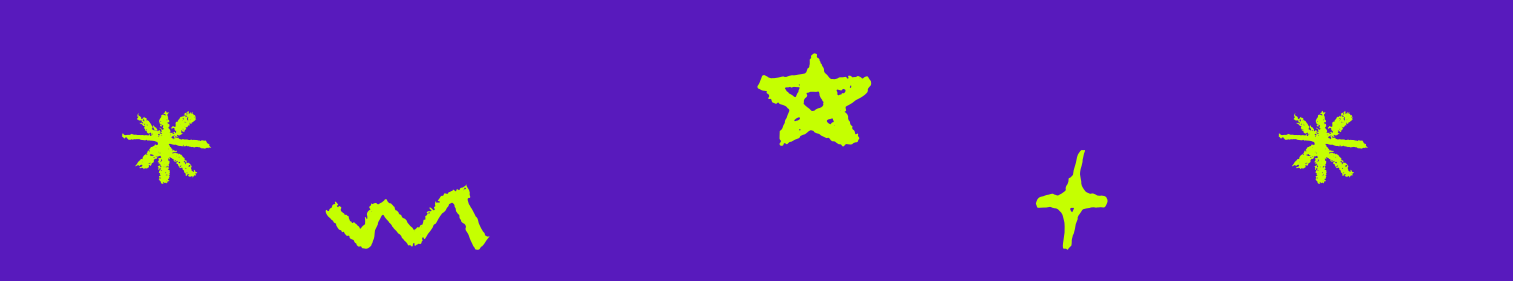




CONTENTS



Introduction	01
Saturday 2nd August	02
Sunday 3rd August	03
Monday 4th August	04
Tuesday 5th August	05
Wednesday 6th August	06
Thursday 7th August	07
Friday 8th August	08
Saturday 9th August	09
Sunday 10th August	10



SATURDAY 2ND AUGUST

Organisation	Location & Time	Session	Booking
Beanland Taekwon-Do	Unit 2, Parkway House, Worth Way, Keighley, BD21 5LD, 12.00 – 14.00	Taekwon-Do Taster Session	Email to book: chrisbnlnd@aol.com / 07779 596371
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 11.00–12.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaekwondo.co.uk / 07977 065357



MONDAY 4TH AUGUST

Organisation	Location & Time	Session	Booking
Bradford, Keighley and Skipton Disability Athletics	Carlton Keighley, 17.00 – 19.00	Disability Athletics Taster Session	NO BOOKING REQUIRED
Keighley Amateur Boxing Club	Keighley Business Centre, 17.45 – 19.00	Boxing Taster Session	NO BOOKING REQUIRED
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 18.00– 19.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaekwondo.co.uk / 07977 065357



TUESDAY 5TH AUGUST

Organisation	Location & Time	Session	Booking
Riddlesden Tennis Club	Scott Lane, Riddlesden, 09.00 – 10.00	Adult Beginners Tennis	
Canal and Rivers Trust	Granby Lane Swing Bridge, Riddlesden, Multiple sessions	Canoe Taster Session (7+)	
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 18.00– 19.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaek wondo.co.uk / 07977 065357
Aire Valley Hockey Club	Beckfoot Oakbank School, 18.30– 20.00	Try Out Hockey!	Email membership@aire valleyhockey.club
Keighley Phoenix & Keighley Kobras	Carlton Keighley, 19.00 – 21.00	Badminton Taster Session (ages 16+)	NO BOOKING REQUIRED



**Canal &
River Trust**
Making life better by water



**Keighley Phoenix
Badminton Club**
Keighley Phoenix & Keighley Kobras Club
www.keighleybadmintonclub.co.uk

WEDNESDAY 6TH AUGUST

Organisation	Location & Time	Session	Booking
Riddlesden Tennis Club	Scott Lane, Riddlesden, 10.00 – 11.00	Ladies Tennis	
PureGym Keighley	Unit 1, Alston Retail Park, Bradford Rd, Keighley, 11.30	Intro to exercise & MIND	Email to book: kelly.richardson@puregym.com
Keighley Amateur Boxing Club	Keighley Business Centre, 17.45 – 19.00	Boxing Taster Session	NO BOOKING REQUIRED
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 18.00-19.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaekwondo.co.uk / 07977 065357
Keighley & Craven Athletics Club	Meet at The Brown Cow, 18.45	Adults Social Run	NO BOOKING REQUIRED



THURSDAY 7TH AUGUST

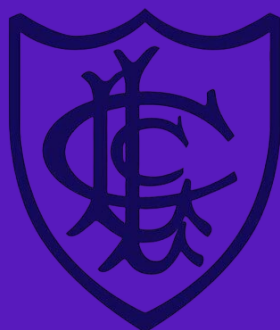
Organisation	Location & Time	Session	Booking
Keighley & Craven Athletics Club	Carlton Keighley, 18.30 -19.30	Junior Mini Olympics	NO BOOKING REQUIRED
Keighley Kobras Junior	Carlton Keighley, 18.00 – 19.00	Junior Badminton Session (ages 6-19)	NO BOOKING REQUIRED
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 18.00-19.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaekwondo.co.uk / 07977 065357



KCAC KEIGHLEY & CRAVEN
Athletics Club

FRIDAY 8TH AUGUST

Organisation	Location & Time	Session	Booking
Keighley Cougars	Cougar Park, Royd Ings Avenue, Keighley, 13.00- 15.00	Tag Rugby League Session 14+	NO BOOKING REQUIRED
Long Lee Cricket Club	1 Sunnysdale Grove, Thwaites Brow, 17.00 – 20.00	Cricket Taster Session (All ages)	NO BOOKING REQUIRED
Keighley Amateur Boxing Club	Keighley Business Centre, 17.45 – 19.00	Boxing Taster Session	NO BOOKING REQUIRED
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 18.00- 19.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaek wondo.co.uk / 07977 065357



SATURDAY 9TH AUGUST

Organisation	Location & Time	Session	Booking
Riddlesden Tennis Club	Scott Lane, Riddlesden, 09.00 – 10.00	Junior Tennis Taster Session 6- 14yrs	
Horizon Taekwondo Academy	Goulbourne Street, Keighley, 11.00 – 12.30	Olympic Taekwondo Taster Session	Email or WhatsApp to book: info@horizontaek wondo.co.uk / 07977 065357
Beanland Taekwon-Do	Unit 2, Parkway House, Worth Way, Keighley, BD21 5LD, 12.00 – 14.00	Taekwon-do Taster Session	Email to book: chrisbnlnd@aol.co m / 07779 596371



SUNDAY 10TH AUGUST

Organisation	Location & Time	Session	Booking
Riddlesden Tennis Club	Scott Lane, Riddlesden, 09.00 – 10.00	Junior Tennis Taster Session 6- 14yrs	
Haworth Central Park Bowling Club	Haworth Central Park, Haworth, BD22 8QJ, 12.00 – 15.00	Introduction to Crown Green Bowling	

