

SPORT AT THE FREE

OVERVIEW

Our aim is to reach people in our community through sport. We encourage everyone to become part of a team, have fun and build their fitness, skills and confidence at the same time.

The Sports Ministry at The Free comprises many different areas, including five clubs and numerous special events throughout the year. From football to fitness, and walking to table tennis, we've got loads going on and plenty for local people to get involved with – church and non-church members.

Click on the sports event that interests you to see the full range of activities, together with more details, times and venues. Alternatively, contact the church office on 01255 679585 or email us: office@frintonfree.com

FOOTBALL COACHING

This is a great club and we want you to be a part of it! We start off with a warm-up, then we work on a different aspect of football each week: it may be heading, shooting, passing, or maybe control, it's all done in a way that's fun, and at the same time encouraging to all. We include games and small competitions to help us put across what we are all learning.

CHURCH FOOTBALL TEAMS

The Church Football Team was formed on the back of our annual Boxing Day football match. Fathers and sons would play against each other on cold winter Boxing Day mornings. We have participated in the league ever since and been quite successful. There are 10 teams in the league we play in, all Church-based, with half of each team required to be regular church attenders. We play each other in a league system before going through to a Cup Competition based on our league placing.

WALKING CLUB

Join us for walks in the near vicinities of Essex and Suffolk. This is an excellent opportunity to invite friends and neighbours to enjoy fresh air and exercise at a leisurely pace.

FIT 4 LIFE

A great opportunity for a workout, with good music and a fun atmosphere. You work at your own pace and ability.

TABLE TENNIS

It was an article in a Church News sheet by the Ambassadors in Sport Team, asking for ideas for new sports activities that led to the formation of a new Table Tennis Club at Frinton Free Church Hall. We now have three tables and a cross-section of church members and friends of all ages who meet every Monday evening.