

NHS guidelines of physical activity state that children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week. Why not join a sports club in Cambourne to help you keep fit and healthy?

Click on the community club logos to be taken to their websites.

Remember we also have lots of sports clubs at school you can attend!



Cambourne LTC



Associated Karate Schools



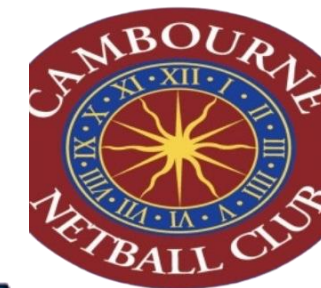
CAMBOURNE COMETS



Fastbreak Basketball



CAMBOURNE TOWN FOOTBALL CLUB



# Sport in the COMMUNITY

If you are interested in joining any of these community clubs but can't afford the joining fee, please consider applying for a Barons Sporting Bursary. [Click here to apply.](#)