



**Preston Sports Development
Physical Activity and Health**

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat 3
			1 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential! Ashton Park Health Walk FREE Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion Additional cycling activities available over the summer. See the flyer at the bottom of the calendar. Ladies only Circuit Class 9.30-10.30am Quaker House, St Georges Road. £1/adult	2 Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential! Avenham Park Health Walk FREE Adults 16yrs+ 1-2pm meet @ Avenham Pavilion Balance for Life Walk FREE Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.	Sat 3
					Sun 4

<p>5 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2-3pm inc. refreshments</p> <p>Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>6 Health on Wheels 16yrs +/older adults £1 @ 1pm Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Ladies Only Cycling 16yrs+/older adults £1/hour @10am Moor Park meet @ football pavilion Booking Essential!</p> <p>Chair Based Exercise Older Adults Ashton Methodist Church £1/session Inc. refreshment</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>7 Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential!</p> <p>Moor Park Health Walk FREE Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion</p> <p>Beginners Jogging Club Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>8 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Ashton Park Health Walk FREE Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Ladies only Circuit Class 9.30-10.30am Quaker House, St Georges Road. £1/adult</p>	<p>9 Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Avenham Park Health Walk FREE Adults 16yrs+ 1-2pm meet @ Avenham Pavilion</p> <p>Balance for Life Walk FREE Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>Sat 10</p> <hr/> <p>Sun 11</p>
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<p>12 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2-3pm inc. refreshments</p> <p>Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>13 Health on Wheels 16yrs +/older adults £1 @ 1pm Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Ladies Only Cycling 16yrs+/older adults £1/hour @10am Moor Park meet @ football pavilion Booking Essential!</p> <p>Chair Based Exercise Older Adults Ashton Methodist Church £1/session Inc. refreshment</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>14 Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential</p> <p>Moor Park Health Walk FREE Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion</p> <p>Beginners Jogging Club Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>15 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Ashton Park Health Walk FREE Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Ladies only Circuit Class 9.30-10.30am Quaker House, St Georges Road. £1/adult</p>	<p>16 Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Avenham Park Health Walk FREE Adults 16yrs+ 1-2pm meet @ Avenham Pavilion</p> <p>Balance for Life Walk FREE Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>Sat 17</p>
					<p>Sun 18</p>

<p>19 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2-3pm inc. refreshments</p> <p>Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>20 Health on Wheels 16yrs +/older adults £1 @ 1pm Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Ladies Only Cycling 16yrs+/older adults £1/hour @10am Moor Park meet @ football pavilion Booking Essential!</p> <p>Chair Based Exercise Older Adults Ashton Methodist Church £1/session Inc. refreshment</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>21 Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential</p> <p>Moor Park Health Walk FREE Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion</p> <p>Beginners Jogging Club Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm</p> <p>Teen Energy Circuits West View LC 12-16yrs £1.00 6-7pm Turn up on the day!</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>22 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Ashton Park Health Walk FREE Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Ladies only Circuit Class 9.30-10.30am Quaker House, St Georges Road. £1/adult</p>	<p>23 Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Avenham Park Health Walk FREE Adults 16yrs+ 1-2pm meet @ Avenham Pavilion</p> <p>Balance for Life Walk FREE Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>Sat 24</p> <hr/> <p>Sun 25</p>
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<p>26 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2-3pm inc. refreshments</p> <p>Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Bug Hunt Haslam Park FREE 10-11.30am 0-16yrs must be accompanied by an adult</p>	<p>27 Health on Wheels 16yrs +/older adults £1 @ 1pm Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Ladies Only Cycling 16yrs+/older adults £1/hour @10am Moor Park meet @ football pavilion Booking Essential!</p> <p>Chair Based Exercise Older Adults Ashton Methodist Church £1/session Inc. refreshment</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Fit 4 Families Moor Park FREE 10-11.30am 0-16yrs must be accompanied by an adult</p>	<p>28 Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential</p> <p>Moor Park Health Walk FREE Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion</p> <p>Beginners Jogging Club Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm</p> <p>Teen Energy Circuits West View LC 12-16yrs £1.00 6-7pm Turn up on the day!</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>29 Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!</p> <p>Ashton Park Health Walk FREE Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p> <p>Ladies only Circuit Class 9.30-10.30am Quaker House, St Georges Road. £1/adult</p> <p>Park and Play Avenham Park FREE 10-11.30am 0-16yrs accompanied by an adult</p>	<p>30 Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential!</p> <p>Avenham Park Health Walk FREE Adults 16yrs+ 1-2pm meet @ Avenham Pavilion</p> <p>Balance for Life Walk FREE Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre</p> <p>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</p>	<p>Sat 31</p> <p>Sun</p>
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If you requires further information about any of the activities please contact the relevant Sports development Officer.

Contact Details

Adult Physical Activity and Sport Development Officer: Kathryn Grieves 01772 906181

POW Cycling Coordinator: Yvonne Ashcroft 01772 906182

**Physical Activity and Sports Development
Officer for Children and Young People (MEND):** Vicky Coulton 01772 906181



Summer programme (June, July and August):

..... **MONDAY'S** - AVENHAM PARK

Preston Pink Peddlers*

.....
Ladies group, 6.30pm- 7.30pm. Meet at French wood recreation ground. Bring your own cycle or loan a cycle. All welcome.

..... **TUESDAY'S** - AVENHAM PARK

Sunset Cyclers*

.....
All welcome, including families. Meet at the pavilion, 6.30 - 7.30pm.

..... **WEDNESDAY'S** - ASHTON PARK

Preston Pacers*

.....
Men's group, 6.30 - 7.30pm. Meet at the bowling pavilion on the park.

..... **THURSDAY'S** - MOOR PARK

Sunset Cyclers*

.....
All welcome, including families. Meet at the football pavilion.

..... **MONDAY & THURSDAY** - MOOR PARK

Bowl n' Bike*

.....
Have a go at bowling and then come and try the cycles to have a recreational afternoon in the park. 1 - 3pm. Meet at the football pavilion.

..... **WEDNESDAY & FRIDAY** - AVENHAM PARK

Family Ride*

.....
1 - 2pm. Meet at Frenchwood Recreation Ground.

Events:

..... **MONDAY 14TH JUNE** - MOOR PARK

National Cycle week*

.....
1 - 2pm. Meet at the football Pavilion for a led ride and a taster of tai-chi in the tranquil space of the park.

..... **FRIDAY 18TH JUNE** - AVENHAM PARK

Cy-Chi*

.....
1 - 2pm. Meet at French wood recreation ground.

** a donation of £1 for the activity*

The sessions are conducted in a controlled and supervised manner by 'Cycling Projects', a charity organisation specialising in cycling delivery

