Preston Sports Development Physical Activity and Health

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	
			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	Health on Wheels 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec Booking Essential! Avenham Park Health Walk FREE Adults 16yrs+	Sun 4

Wheels for All
16yrs +/older adults
£1/hourly session
10.30, 11.30am,1pm,
2pm
Moor Park meet at
Football Pavilion
Booking Essential!

Back 2 Boogie
Older Adults
Church of St John's
The Minster
£1/session 2–3pm
inc. refreshments

Active Families Circuits

Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm

Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.

Health on Wheels
16yrs +/older adults
£1 @ 1pm
Avenham Park meet
at Frenchwood Rec
Booking Essential!

Ladies Only
Cycling
16yrs+/older adults
£1/hour @10am
Moor Park meet @
football pavilion
Booking Essential!

Chair Based Exercise Older Adults Ashton Methodist Church £1/session Inc. refreshment

Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.

Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential

Moor Park Health Walk FREE

Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion

Beginners Jogging Club

Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm

Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.

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 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 10

Sun 11

Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am,1pm, 2pm Moor Park meet at Football Pavilion Booking Essential! Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2–3pm inc. refreshments Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.	£1 @ 1pm	14 Beginners Cycling 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. Booking Essential Moor Park Health Walk FREE Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion Beginners Jogging Club Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.	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	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.	Sun 18	
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19	20	21	22	23	Sat 24
Wheels for All	Health on Wheels	Beginners Cycling	Wheels for All	Health on Wheels	Sat 24
16yrs +/older adults	16yrs +/older adults	16yrs+/older adults	16yrs +/older	16yrs +/older adults	
£1/hourly session	£1 @ 1pm	£1/hour @ 12-2pm	adults	£1 @ 10am	
10.30, 11.30am,1pm,	Avenham Park meet	Moor Park meet @	£1/hourly session	Avenham Park meet	
· · · · · · · · · · · · · · · · · · ·	at Frenchwood Rec	football pavilion.	,	at Frenchwood Rec	
2pm Moor Park meet at			10.30, 11.30am,		
	Booking Essential!	Booking Essential	1pm, 2pm	Booking Essential!	
Football Pavilion	Ladies Only	Moor Park Health	Moor Park meet at Football Pavilion	Avenham Park	
Booking Essential!		Walk FREE		Health Walk FREE	0 07
Book O Boogie	Cycling		Booking Essential!		Sun 25
Back 2 Boogie	16yrs+/older adults	Adults 16yrs+	A alatan David Haalth	Adults 16yrs+	
Older Adults	£1/hour @10am	11am – 12pm	Ashton Park Health	1-2pm meet @	
Church of St John's	Moor Park meet @	Meet @ bowling	Walk FREE	Avenham Pavilion	
The Minster	football pavilion	Pavilion	Adults 16yrs+	5	
£1/session 2–3pm	Booking Essential!		10am – 11am	Balance for Life	
inc. refreshments	01 : 5	Beginners Jogging	Meet at Bowling	Walk FREE	
Author Francis	Chair Based	Club	Pavilion	Older Adults @	
Active Families	Exercise	Adults 16yrs+		9.45am – 10.45am	
Circuits	Older Adults	£2 Non Members	Additional cycling	Meet @ Minerva	
Moor Park High	Ashton Methodist	£1.80 Members	activities available	Centre	
7-15yrs 50p 16yrs+	Church	£1 Passport to	over the summer.		
£1/session	£1/session	Leisure	See the flyer at the	Additional cycling	
5.30-6.30pm	Inc. refreshment	Haslam Park 6-7pm	bottom of the	activities available	
			calendar.	over the summer.	
Additional cycling	Additional cycling	Teen Energy		See the flyer at the	
activities available	activities available	Circuits	Ladies only Circuit	bottom of the	
over the summer.	over the summer.	West View LC	Class 9.30-10.30am	calendar.	
See the flyer at the	See the flyer at the	12-16yrs £1.00	Quaker House, St		
bottom of the	bottom of the	6-7pm	Georges Road.		
calendar.	calendar.	Turn up on the day!	£1/adult		
		Additional cycling			
		activities available			
		over the summer.			
		See the flyer at the			
		bottom of the			
		calendar.			

26	27	28	29	30	Sat 31
Wheels for All	Health on Wheels	Beginners Cycling	Wheels for All	Health on Wheels	
16yrs +/older adults	•	16yrs+/older adults	16yrs +/older	16yrs +/older adults	
£1/hourly session	£1 @ 1pm	£1/hour @ 12-2pm	adults	£1 @ 10am	
10.30, 11.30am,1pm,		Moor Park meet @	£1/hourly session	Avenham Park meet	
2pm	at Frenchwood Rec	football pavilion.	10.30, 11.30am,	at Frenchwood Rec	
Moor Park meet at	Booking Essential!	Booking Essential	1pm, 2pm	Booking Essential!	
Football Pavilion			Moor Park meet at		
Booking Essential!	Ladies Only	Moor Park Health	Football Pavilion	Avenham Park	
	Cycling	Walk FREE	Booking Essential!	Health Walk FREE	Sun
Back 2 Boogie	16yrs+/older adults	Adults 16yrs+		Adults 16yrs+	
Older Adults	£1/hour @10am	11am – 12pm	Ashton Park Health	1-2pm meet @	
Church of St John's	Moor Park meet @	Meet @ bowling	Walk FREE	Avenham Pavilion	
The Minster	football pavilion	Pavilion	Adults 16yrs+	Delener (17	
£1/session 2–3pm	Booking Essential!		10am – 11am	Balance for Life	
inc. refreshments	Ob also Danas d	Beginners Jogging	Meet at Bowling	Walk FREE	
A stines Essettine	Chair Based	Club	Pavilion	Older Adults @	
Active Families	Exercise	Adults 16yrs+	A delitional avalina	9.45am – 10.45am	
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7-15yrs 50p 16yrs+	Church	£1 Passport to	over the summer.	Additional avaling	
£1/session	£1/session	Leisure	See the flyer at the	Additional cycling activities available	
5.30-6.30pm	Inc. refreshment	Haslam Park 6-7pm	bottom of the		
Additional avaling	Additional avaling	Toon Engrav	calendar.	over the summer.	
Additional cycling activities available	Additional cycling activities available	Teen Energy Circuits	Ladies only Circuit	See the flyer at the bottom of the	
over the summer.	over the summer.	West View LC	Class 9.30-10.30am	calendar.	
See the flyer at the	See the flyer at the		Quaker House, St	calelidar.	
bottom of the	bottom of the	12-16yrs £1.00 6-7pm	-		
calendar.	calendar.	Turn up on the day!	Georges Road. £1/adult		
calendar.	calelidar.	rum up on me day:	£1/duull		
Bug Hunt	Fit 4 Families	Additional avaling	Park and Play		
Haslam Park FREE	Moor Park FREE	Additional cycling activities available	Avenham Park		
10-11.30am 0-16yrs	10-11.30am 0-16yrs n		FREE		
must be accompanied			10-11.30am 0-16yrs		
adult	accompanied by an ac		accompanied by an		
aduit		bottom of the	adult		
		calendar.	addit		



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

