



# Preston Sports Development Physical Activity and Health

## AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat 7
<p><b>2</b> <b>Wheels for All</b> <b>16yrs +/older adults</b> £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion <b>Booking Essential!</b></p> <p><b>Back 2 Boogie</b> Older Adults Church of St John's The Minster £1/session 2-3pm inc. refreshments</p> <p><b>Active Families Circuits</b> Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pm</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Bug Hunt</b> Haslam Park FREE 10-11.30am 0-16yrs must be accompanied by an adult</p>	<p><b>3</b> <b>Health on Wheels</b> 16yrs +/older adults £1 @ 1pm Avenham Park meet at Frenchwood Rec <b>Booking Essential!</b></p> <p><b>Ladies Only Cycling</b> <b>16yrs+/older adults</b> £1/hour @10am Moor Park meet @ football pavilion <b>Booking Essential!</b></p> <p><b>Chair Based Exercise</b> Older Adults Ashton Methodist Church £1/session Inc. refreshment</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Fit 4 Families</b> Moor Park FREE 10-11.30am 0-16yrs must be accompanied by an adult</p>	<p><b>4</b> <b>Beginners Cycling</b> 16yrs+/older adults £1/hour @ 12-2pm Moor Park meet @ football pavilion. <b>Booking Essential</b></p> <p><b>Moor Park Health Walk FREE</b> Adults 16yrs+ 11am – 12pm Meet @ bowling Pavilion</p> <p><b>Beginners Jogging Club</b> Adults 16yrs+ £2 Non Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm</p> <p><b>Teen Energy Circuits</b> West View LC 12-16yrs £1.00 6-7pm Turn up on the day!</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>5</b> <b>Wheels for All</b> <b>16yrs +/older adults</b> £1/hourly session 10.30, 11.30am, 1pm, 2pm Moor Park meet at Football Pavilion <b>Booking Essential!</b></p> <p><b>Ashton Park Health Walk FREE</b> Adults 16yrs+ 10am – 11am Meet at Bowling Pavilion</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Ladies only Circuit Class</b> 9.30-10.30am Quaker House, St Georges Road. £1/adult</p> <p><b>Park and Play</b> Avenham Park FREE 10-11.30am 0-16yrs accompanied by an adult</p>	<p><b>6</b> <b>Health on Wheels</b> 16yrs +/older adults £1 @ 10am Avenham Park meet at Frenchwood Rec <b>Booking Essential!</b></p> <p><b>Avenham Park Health Walk FREE</b> Adults 16yrs+ 1-2pm meet @ Avenham Pavilion</p> <p><b>Balance for Life Walk FREE</b> Older Adults @ 9.45am – 10.45am Meet @ Minerva Centre</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>Sun 8</b></p>

<p><b>9</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Back 2 Boogie</b>          Older Adults          Church of St John's The Minster          £1/session 2-3pm inc. refreshments</p> <p><b>Active Families Circuits</b>          Moor Park High          7-15yrs 50p 16yrs+ £1/session          5.30-6.30pm</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Bug Hunt</b>          Haslam Park FREE          10-11.30am 0-16yrs must be accompanied adult</p>	<p><b>10</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 1pm          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Ladies Only Cycling</b>  <b>16yrs+/older adults</b>          £1/hour @10am          Moor Park meet @ football pavilion  <b>Booking Essential!</b></p> <p><b>Chair Based Exercise</b>          Older Adults          Ashton Methodist Church          £1/session          Inc. refreshment</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Fit 4 Families</b>          Moor Park FREE          10-11.30am 0-16yrs must be accompanied by an adult</p>	<p><b>11</b>  <b>Beginners Cycling</b>          16yrs+/older adults          £1/hour @ 12-2pm          Moor Park meet @ football pavilion.  <b>Booking Essential!</b></p> <p><b>Moor Park Health Walk FREE</b>          Adults 16yrs+          11am – 12pm          Meet @ bowling Pavilion</p> <p><b>Beginners Jogging Club</b>          Adults 16yrs+          £2 Non Members          £1.80 Members          £1 Passport to Leisure          Haslam Park 6-7pm</p> <p><b>Teen Energy Circuits</b>          West View LC          12-16yrs £1.00          6-7pm          Turn up on the day!</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>12</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Ashton Park Health Walk FREE</b>          Adults 16yrs+          10am – 11am          Meet at Bowling Pavilion</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Ladies only Circuit Class</b> 9.30-10.30am          Quaker House, St Georges Road.          £1/adult</p> <p><b>Park and Play</b>          Avenham Park          FREE          10-11.30am 0-16yrs accompanied by an adult</p>	<p><b>13</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 10am          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Avenham Park Health Walk FREE</b>          Adults 16yrs+          1-2pm meet @ Avenham Pavilion</p> <p><b>Balance for Life Walk FREE</b>          Older Adults @ 9.45am – 10.45am          Meet @ Minerva Centre</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>Sat 14</b></p> <hr/> <p><b>Sun 15</b></p>
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<p><b>16</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Back 2 Boogie</b>          Older Adults          Church of St John's The Minster          £1/session 2-3pm inc. refreshments</p> <p><b>Active Families Circuits</b>          Moor Park High          7-15yrs 50p 16yrs+ £1/session          5.30-6.30pm</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Bug Hunt</b>          Haslam Park FREE          10-11.30am 0-16yrs must be accompanied adult</p>	<p><b>17</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 1pm          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Ladies Only Cycling</b>  <b>16yrs+/older adults</b>          £1/hour @10am          Moor Park meet @ football pavilion  <b>Booking Essential!</b></p> <p><b>Chair Based Exercise</b>          Older Adults          Ashton Methodist Church          £1/session          Inc. refreshment</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Fit 4 Families</b>          Moor Park FREE          10-11.30am 0-16yrs must be accompanied by an adult</p>	<p><b>18</b>  <b>Beginners Cycling</b>          16yrs+/older adults          £1/hour @ 12-2pm          Moor Park meet @ football pavilion.  <b>Booking Essential</b></p> <p><b>Moor Park Health Walk FREE</b>          Adults 16yrs+          11am – 12pm          Meet @ bowling Pavilion</p> <p><b>Beginners Jogging Club</b>          Adults 16yrs+          £2 Non Members          £1.80 Members          £1 Passport to Leisure          Haslam Park 6-7pm</p> <p><b>Teen Energy Circuits</b>          West View LC          12-16yrs £1.00          6-7pm          Turn up on the day!</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>19</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Ashton Park Health Walk FREE</b>          Adults 16yrs+          10am – 11am          Meet at Bowling Pavilion</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Ladies only Circuit Class</b> 9.30-10.30am          Quaker House, St Georges Road.          £1/adult</p> <p><b>Park and Play</b>          Avenham Park          FREE          10-11.30am 0-16yrs accompanied by an adult</p>	<p><b>20</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 10am          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Avenham Park Health Walk FREE</b>          Adults 16yrs+          1-2pm meet @ Avenham Pavilion</p> <p><b>Balance for Life Walk FREE</b>          Older Adults @          9.45am – 10.45am          Meet @ Minerva Centre</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>Sat 21</b></p> <hr/> <p><b>Sun 22</b></p>
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<p><b>23</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Back 2 Boogie</b>          Older Adults          Church of St John's The Minster          £1/session 2-3pm inc. refreshments</p> <p><b>Active Families Circuits</b>          Moor Park High          7-15yrs 50p 16yrs+ £1/session          5.30-6.30pm</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Bug Hunt</b>          Haslam Park FREE          10-11.30am 0-16yrs must be accompanied adult</p>	<p><b>24</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 1pm          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Ladies Only Cycling</b>  <b>16yrs+/older adults</b>          £1/hour @10am          Moor Park meet @ football pavilion  <b>Booking Essential!</b></p> <p><b>Chair Based Exercise</b>          Older Adults          Ashton Methodist Church          £1/session          Inc. refreshment</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Fit 4 Families</b>          Moor Park FREE          10-11.30am 0-16yrs must be accompanied by an adult</p>	<p><b>25</b>  <b>Beginners Cycling</b>          16yrs+/older adults          £1/hour @ 12-2pm          Moor Park meet @ football pavilion.  <b>Booking Essential</b></p> <p><b>Moor Park Health Walk FREE</b>          Adults 16yrs+          11am – 12pm          Meet @ bowling Pavilion</p> <p><b>Beginners Jogging Club</b>          Adults 16yrs+          £2 Non Members          £1.80 Members          £1 Passport to Leisure          Haslam Park 6-7pm</p> <p><b>Teen Energy Circuits</b>          West View LC          12-16yrs £1.00          6-7pm          Turn up on the day!</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>26</b>  <b>Wheels for All</b>  <b>16yrs +/older adults</b>          £1/hourly session          10.30, 11.30am, 1pm, 2pm          Moor Park meet at Football Pavilion  <b>Booking Essential!</b></p> <p><b>Ashton Park Health Walk FREE</b>          Adults 16yrs+          10am – 11am          Meet at Bowling Pavilion</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p> <p><b>Ladies only Circuit Class</b> 9.30-10.30am          Quaker House, St Georges Road.          £1/adult</p> <p><b>Park and Play</b>          Avenham Park          FREE          10-11.30am 0-16yrs accompanied by an adult</p>	<p><b>27</b>  <b>Health on Wheels</b>          16yrs +/older adults          £1 @ 10am          Avenham Park meet at Frenchwood Rec  <b>Booking Essential!</b></p> <p><b>Avenham Park Health Walk FREE</b>          Adults 16yrs+          1-2pm meet @ Avenham Pavilion</p> <p><b>Balance for Life Walk FREE</b>          Older Adults @ 9.45am – 10.45am          Meet @ Minerva Centre</p> <p><b>Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.</b></p>	<p><b>Sat 28</b></p> <hr/> <p><b>Sun 29</b></p>
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**30**  
**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.**

**Bug Hunt**  
 Haslam Park FREE  
 10-11.30am 0-16yrs  
 must be accompanied  
 adult

**31**  
**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.**

**Fit 4 Families**  
 Moor Park FREE  
 10-11.30am 0-16yrs n  
 accompanied by an ad

**Sat**

**Sun**



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*

