

go2 Preston Sports Development Physical Activity and Health

AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	Sat 7
Wheels for All	Health on Wheels	Beginners Cycling	Wheels for All	Health on Wheels	
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	
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 8
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+		
£1/session 2–3pm	Booking Essential!		10am – 11am	Balance for Life	
inc. refreshments		Beginners Jogging	Meet at Bowling	Walk FREE	
	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		
Bug Hunt	Fit 4 Families	Additional cycling	Park and Play		
Haslam Park FREE	Moor Park FREE	activities available	Avenham Park		
10-11.30am 0-16yrs	10-11.30am 0-16yrs	over the summer.	FREE		
must be	must be	See the flyer at the	10-11.30am 0-16yrs		
accompanied by an	accompanied by an	bottom of the	accompanied by an		
adult	adult	calendar.	adult		

910Wheels for All 16yrs +/older adults £1/hourly session 10.30, 11.30am,1pm, 2pm Moor Park meet at Football Pavilion Booking Essential!10Back 2 Boogie Older Adults Church of St John's The Minster £1/session 2–3pm inc. refreshmentsLadies Only Cycling 16yrs+/older adul £1/hour @10am Moor Park meet @ football pavilion Booking Essential!Active Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pmChair Based Exercise Older Adults Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.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 adultFit 4 Families Moor Park FREE 10-11.30am 0-16yrs must be accompanied adult	 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 Teen Energy Circuits West View LC 12-16yrs £1.00 6-7pm Turn up on the day! Additional cycling activities available over the summer. See the flyer at the 	12 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 Park and Play Avenham Park FREE 10-11.30am 0-16yrs accompanied by an adult	 13 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 14 Sun 15	
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16yrs +/older adults £1/hourly session 10.30, 11.30am,1pm, 2pm16yr £1 (d Avei at Fi Booking Essential!Moor Park meet at Football Pavilion Booking Essential!16yr £1 (d Avei at Fi Boo Ladi Cyc 16yr £1/session 2–3pm inc. refreshmentsActive Families Circuits Moor Park High 7-15yrs 50p 16yrs+ £1/session 5.30-6.30pmLadi Cyc 16yr Boo Chu £1/s BooAdditional cycling activities available over the summer. See the flyer at the bottom of the calendar.Add activ activities available over the summer. See the flyer at the bottom of the calendar.Fit 4 Moo 10-1 must be accompanied	Beginners Cyclingayrs +/older adults@ 1pmyenham Park meetFrenchwood Recording Essential!boking Essential!adies Onlyyclingyrs+/older adults/hour @10ambor Park meet @bothall pavilionboking Essential!nair Basedder Adultsder Adultsshton Methodistburch/sessionc. refreshmentditional cyclingtivities availablever the summer.bottom of thelendar.t 4 Familiesbor Park FREE-11.30am 0-16yrsust becompanied by an	 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 Park and Play Avenham Park FREE 	20 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 21 Sun 22
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 23 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 	24 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 must be accompanied by an adult	25 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 £1.80 Members £1.80 Members £1 Passport to Leisure Haslam Park 6-7pm Teen Energy Circuits West View LC 12-16yrs £1.00 6-7pm Turn up on the day! Additional cycling activities available over the summer. See the flyer at the bottom of the calendar.	 26 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 Park and Play Avenham Park FREE 10-11.30am 0-16yrs accompanied by an adult 	 27 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 28 Sun 29	
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30	31		Sat
Wheels for All	Health on Wheels		
16yrs +/older adults	16yrs +/older adults		
£1/hourly session	£1@1pm		
10.30, 11.30am,1pm,	Avenham Park meet		
2pm	at Frenchwood Rec		
Moor Park meet at	Booking Essential!		
Football Pavilion			
Booking Essential!	Ladies Only		
	Cycling		Sun
Back 2 Boogie	16yrs+/older adults		
Older Adults	£1/hour @10am		
Church of St John's	Moor Park meet @		
The Minster	football pavilion		
£1/session 2–3pm	Booking Essential!		
inc. refreshments			
	Chair Based		
Active Families	Exercise		
Circuits	Older Adults		
Moor Park High	Ashton Methodist		
7-15yrs_50p 16yrs+	Church		
£1/session	£1/session		
5.30-6.30pm	Inc. refreshment		
Additional cycling	Additional cycling		
activities available	activities available		
over the summer.	over the summer.		
See the flyer at the	See the flyer at the		
bottom of the	bottom of the		
calendar.	calendar.		
Bug Hunt	Fit 4 Families		
Haslam Park FREE	Moor Park FREE		
10-11.30am 0-16yrs	10-11.30am 0-16yrs n		
	accompanied by an ac		
adult			



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:

Cy-Chi[®]

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

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

