

TIMETABLE MARCH 2025

MONDAY

Walk & Talk

11am - 12noon

Haslam Park, Blackpool Road, Preston PR2 1JE
(Meet at park gates)

Box Champions, Non-Contact Mentoring

2 - 3pm

Pendle Yes Hub, Scotland Road, Nelson BB9 7UU
16 to 24 yrs only



Don't Fret- Guitar Sessions with Aaron (Advanced)

1pm- 2pm, Pendle YES Hub, Scotland Road, Nelson BB9 7UU
16 to 24 yrs only



Music Group

1pm – 2pm Active Seconds Shop, The Arndale, Accrington, BB5 1EX

Boxing

1pm-2pm.

Soccer City, Parker Street, Ashton on Ribble, Preston, PR2 2AH

Wellbeing Walk

(STARTS 17th MARCH)

2.30pm

Inspire St Annes,
75 St Albans Road, St Annes
FY8 1XD

Basic IT Skills and CV Support

2pm - 4pm

Futures Park
Bacup OL13 0BB

Boxing Bootcamp

12.30pm -1.30pm

The Centre, St Thomas Church, Marton Street, Lancaster
LA1 1XX

SUNDAY

Walk and Talk

1pm Morecambe Battery Cafe

TUESDAY

Non-Contact Boxing

10.30am- 11.30am, Birch Green ABC Boxing Club,
Heversham Birch Green WN8 6QQ

Walk & Talk

11 am - 12 noon Moor Park, Preston, PR1 6AU

Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL

Walk, Talk, Foraging (WTF) Tuesdays

1pm - 2.30pm

Skelmersdale Ecumenical Centre (The Eccc), Northway, Birch Green, Skelmersdale WN8 6PN

Free Boxercise & Wellbeing

2pm - 3pm

The Fighting Fitness Academy Love Boxing, Unit 3a Myrtle Grove, Lench Rd, Rossendale, BB4 7JH
To register interest, contact Oliver :
oliverchadwick@rossendalebc.gov.uk

Pickleball, Football and Badminton

4 - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH

Youth Club

5.30 - 7.30 pm, Pendle YES Hub Scotland Road, Nelson, BB9 7UU

16 to 24 yrs only



Area Key

Central Lancs

East Lancs

North Lancs

Blackburn

Wyre

Online



16 - 24 yrs only



WEDNESDAY

Games Room (Table Tennis, Pool and Gaming)

2pm -3pm, Pendle Yes Hub Scotland Road,
Nelson BB9 7UU



16 to 24 yrs only

Walk & Talk

11am - 12 noon Worden Park, Worden Lane
Leyland PR25 3BD

Football

12 noon - 1pm Fylde Sports and Education
Centre, Coronation Way, Mill Farm, Preston
PR4 3JZ

Badminton

1 - 2pm YMCA Fleetwood Leisure Centre,
ESPLANADE, Fleetwood FY7 6HF

Kickboxing

1 - 2pm

Dragons Kickboxing Club, Mill, Unit 4 Thorney
Bank Street, Nelson Square, Burnley BB11 1LA

Football Works 5 -aside

1pm - 2pm

Marl Pitts,
Newchurch Road,
Rawtenstall BB4 7SN

Walk Wednesdays

1 - 2pm, Pendle YES Hub, Scotland Rd,
Nelson, BB9 7UU



16 to 24 yrs only

Docks Walk & Talk

1.30 pm Riversway Preston Meet dockside at
the Ribble Pilot

Gym and Circuits (STARTS 12th MARCH)

1.30pm

Live Health and Fitness
Friday Street, Chorley
PR6 0AA

Football

3 - 5 pm Accrington Stanley Hub, Higham
Playing Fields, Thorneyholme Road,
Accrington BB5 6BD

THURSDAY

Free Breakfast Club

10 am - 12noon (Light Activities, Chill &
Chat) Trinity Hub, Bankhouse Lane Bacup
OL13 OAL

To register interest, contact Oliver :
oliverchadwick@rossendalebc.gov.uk

Walk & Talk

11am - 12 noon Avenham Park, South
Meadow Lane, Preston PR1 8JP

Yoga

12pm. Clayton Brook Village Hall, Clayton-
le-Woods, Bamber Bridge PR5 8HL.

Gym Session

2 - 3pm

Pendle Wavelengths,
BB9 9TD



16-24 yrs only

Badminton

7 - 8 pm West View Leisure Centre Ribbleson
Lane, Preston PR1 5EP

FRIDAY

Walk & Talk

10 - 11am Adlington Library, Railway
Road, Chorley PR6 9RG

Football Session

12noon - 1.30pm

Soccer City, Parker Street, Ashton-on-
Ribble, PR2 2AH

Kickboxing, Boxing and Wellbeing

2- 3pm

Unit 17 Victoria Mill,
Victoria Street. Accrington. BB5 0PG

Snooker and Pool

12noon - 1pm, Alexandra Snooker
Club, 5 Holme Street, Nelson



16 to 24 yrs only

Don't Fret- Guitar Sessions with Aaron (Beginners)

1:30pm- 2:30pm, Pendle YES Hub,
Scotland Road, Nelson BB9 7UU



16 to 24 yrs only

Badminton & Multisports

2:30 -3:30pm

Salt Ayre Leisure Centre,
Doris Henderson Way, Lancaster.
LA1 5JS

Making a Change Wellbeing & Nutrition Group

1 pm @ CGL Morecambe.

REFERRALS ONLY

Contact Tamasin Lamb :
07465 743751

SATURDAY (3rd OF THE MONTH)

(3rd SATURDAY OF THE MONTH)

Multi Sports & Badminton

1pm - 3pm

The Well Hub, Dallas Road
Lancaster LA1 1TP