

TIMETABLE JULY 2025

MONDAY

Walk & Talk

11am - 12noon

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

Box Champions, Non-Contact Mentoring

12pm - 1pm

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 Bootcamp

12.30pm - 1.30pm

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

Sunset Walk & Talk

7pm - 8pm

Meet at the Battery Beach Cafe, Morecambe, LA3 1BS

TUESDAY

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 Eccy), 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

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only



WEDNESDAY

Walk & Talk

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

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



Games Room (Table Tennis, Pool and Gaming)

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

16 to 24 yrs only



Docks Walk & Talk

1pm- 2pm Riversway Preston Meet dockside
at the Ribble Pilot

Gym and Circuits

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

12pm-1pm

Trinity Baptist Church,
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

Women Only Boxing at NGB

12pm - 1pm

Union Mill, Bacup Road,
Waterfoot. BB4 7JN
Contact Geraldine 07456 755471 for further
details

Bacup Football Club Work Party

1pm-3pm

Brian Boys Stadium, Cowtoot Lane,
Blackthorn Lane, Bacup. OL13 8EE

Badminton

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

Gym Session

2 - 3pm

Pendle Wavelengths,
BB9 9TD

16 to 24 yrs only



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

Tennis (Weather Dependent)

1pm -3pm

Stubbylee Park, Stubbylee Lane,
Bacup. OL13 9RQ

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



Female Only- Box Champions Non Contact Mentoring

2pm - 3pm

Pendle YES Hub, Scotland Road, Nelson
BB9 7UU



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