





TIMETABLE OCTOBER 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

Sunset Walk & Talk

7pm - 8pm Meet at the Battery Beach Cafe, Morecambe, LA3 1BS Contact Tamasin: 07465743751 for more information

For further information (if not already stated): Central Lancs:

Paul Swarbrick: 07944795285 Clair Yates: 07724644600

Pendle YES Hub:

Dave Marshall: 07859739635

TUESDAY

Walk & Talk

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

Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL Contact Tamasin: 07465743751 for more information

Walk, Talk, Foraging (WTF) Tuesdays

1pm - 2.30pm

Outside Skelmersdale Library WN8 6LT Contact Sarah: 07465743761 For further details

Boxercise & Wellbeing Group

2pm - 3pm

The Fighting Fitness Academy Love Boxing, Unit 3a Myrtle Grove, Lench Rd, Rossendale, BB4 7JH

Contact Oliver: 07562630299 or Geraldine: 07465755471 for more information.

Pickleball, Football and Badminton

4pm - 6 pm

Leisure Box Glen Way, Brierfield BB9 5NH
For further information contact Dave Bayliff: 07728213041
or Dave Marshall :07859739635

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only

FOR MORE INFO VISIT: activelancashire.org.uk



WEDNESDAY

Walk & Talk

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

Badminton

1pm - 2pm YMCA Fleetwood Leisure Centre, ESPLANADE, Fleetwood FY7 6HF Contact Tamasin: 07465743751 for more information

Kickboxing

1pm - 2pm

Dragons Kickboxing Club, Mill, Unit 4 Thorney Bank Street, Nelson Square, Burnley BB11 1LA For further information contact Dave Bayliff: 07728213041

Football Works 5 -aside

1pm - 2pm Marl Pitts, Newchurch Road, Rawtenstall BB4 7SN

Contact Oliver: 07562630299 or Geraldine: 07465755471 for more information.

Art With Taz

12pm - 1pm Pendle YES Hub, Scotland Rd, Nelson,BB9 7UU

16 to 24 yrs only

Walk Wednesdays

1pm - 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 - 2.30pm

Live Health and Fitness Friday Street, Chorley PR6 OAA

Football

3pm - 5pm Accrington Stanley Hub, Higham Playing Fields, Thorneyholme Road, Accrington BB5 6BD For further information contact Dave Bayliff: 07728213041

THURSDAY

Free Breakfast Club Cycle Group Forum (Optional)

10am- 12pm Trinity Baptist Church, Bankhouse Lane Bacup OL13 OAL

Contact Oliver: 07562630299 or Geraldine: 07465755471 for more information.

Walk & Talk

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

Bacup Football Club Work Party

1pm-3pm Brian Boys Stadium, Blackthorn Lane, Bacup. OL13 8EE

Contact Oliver: 07562630299 or Geraldine: 07465755471 for more information.

Gym Session

2pm - 3pm Pendle Wavelengths, BB9 9TD 16 to 24 yrs only



Badminton

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

FRIDAY

Walk & Talk

10am - 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 Contact Danny: 07465759891 for more information

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

2:30pm -3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS

Contact Tamasin: 07465743751 for more information