



Challenge through
Sport Initiative



Active
Lancashire

TIMETABLE DECEMBER 2025

****NO ACTIVITIES OVER THE CHRISTMAS PERIOD
FROM 24th DECEMBER to 1st JANUARY****



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 (Beginners)

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



Walk & Talk

1pm - 2pm

Astley Park, Park Road,
Chorley PR7 1RF
(Meet at War Memorial)

TUESDAY

Walk & Talk

11 am - 12 noon Moor Park, Preston, PR1 6AU
(Meet at Rosemary on the Park Café)

Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL
For further details, contact Claire Yates:
cyates@activelancashire.org.uk
Tel: 07724644600

Winter Walk

***** STARTS 16TH DECEMBER *****

1pm - 2.30pm

Outside Skelmersdale Library WN8 6LT
For further details, contact Claire Yates:
cyates@activelancashire.org.uk
Tel: 07724644600

Free Boxercise & Wellbeing

2pm - 3 pm

NGB Boxing Club

Union Mill, Rawtenstall BB4 7JN

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

Pickleball, Football and Badminton

4pm - 6pm

Leisure Box, Glen Way, Brierfield BB9 5NH

For further information contact Dave Bayliff: 07728213041
or Dave Marshall :07859739635



FRESH WHEELS

Community-driven Fruit and Veg stall

**A brand-new, volunteer-led
Fruit and Vegetable Stall
based in Haslingden Market
every Friday, 9AM - 3PM**

Interested in volunteering? Get in touch!

Email: Volunteering@activelancashire.org.uk

Call Danny on: 07465759891

Or visit the stall to find out more!



**Discounts for
those who walk,
wheel or cycle
to the stall!**



Made possible with
**Heritage
Fund**

For further information

(if not already stated):

Central Lancs:

Paul Swarbrick:07944795285

Claire Yates: 07724644600

Pendle YES Hub:

Dave Marshall: 07859739635

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only

FOR MORE INFO VISIT: activelancashire.org.uk



WEDNESDAY

Boxing Fitness

11am - 12 Noon

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

Badminton

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

For further details , contact Claire Yates:
cyates@activelancashire.org.uk
Tel: 07724644600

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.

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

Padel Ball

12noon - 1pm

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

Gym and Circuits

1.30pm - 2.30pm

Live Health and Fitness
Friday Street, Chorley PR6 0AA

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
(Meet at the cafe in centre of park)

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 and Swim Session

2pm - 3pm

Pendle Wavelengths,
BB9 9TD
16 to 24 yrs only

Badminton

7pm - 8pm

West View Leisure Centre Ribbleson Lane,
Preston PR1 5EP

FRIDAY

Football Session

12noon - 1.30pm

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

Kickboxing, Boxing and Wellbeing

2pm- 3pm

Unit 17 Victoria Mill,
Victoria Street. Accrington. BB5 0PG
Contact Danny: 07465759891 for more
information

Jam Session

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

Friday Walk and Chill

1pm-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 Anthony:

amay@activelancashire.org.uk
For further details

SUNDAY

Walk & Talk

1pm-3pm

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

Contact Anthony:

amay@activelancashire.org.uk
For further details

YOGA

FOXTON CENTRE
PRESTON

STARTING NEW YEAR

Off Knowsley Street, Avenham Lane,
PRESTON PR13SA

NEW GROUP COMING SOON
THURSDAY 8TH JANUARY 12 - 1PM