



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)



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!









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

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

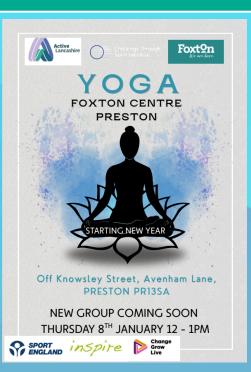
Contact Oliver: 07562630299 or Geraldine: 07465755471 for more information.

Gym and Swim Session

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

Badminton

7pm - 8pm West View Leisure Centre Ribbleton 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