



TIMETABLE FEBRUARY 2026

MONDAY

Walk & Talk

11am - 12noon

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

Boxing Fitness

1pm - 2pm

Daves Gym

Business Centre, Unit 2 Yarrow Rd
Chorley, PR6 0LP

Box Champions, Non-Contact Mentoring

2pm - 3pm

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



**For further information
(if not already stated):**

Central Lancs:

Paul Swarbrick:07944795285

Claire Yates: 07724644600

Pendle YES Hub:

Dave Marshall: 07859739635

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

Yoga With Kath (Starts 10th February)

1.30pm - 2.30pm

The Harmony Hub,

26-28 Market Street

Chorley. PR7 2RZ

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

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only

WEDNESDAY
THURSDAY
FRIDAY

Boxing Fitness 11am - 12 Noon Soccer City, Parker Street, Ashton-on-Ribble PR2 2AH

Padel Ball 1pm - 2pm Padel Republic, Brookfield Street Preston PR1 1NR

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

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

Free Breakfast Club Cycle Group Forum (Optional) 10am- 12pm Trinity Baptist Church, Bankhouse Lane Bacup OL13 0AL 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)

Yoga 12.30pm - 1.30pm Foxton Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA

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

Football Session 12noon - 1.30pm Padel Republic, Brookfield Street Preston. PR1 1NR

Kickboxing, Boxing and Wellbeing 2pm- 3pm Unit 17 Victoria Mill, Victoria Street. Accrington. BB5 0PG Contact Danny: 07465759891 for more information

Guitar 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  16 to 24 yrs only

Friday Walk and Chill 1pm-3pm Pendle YES Hub, Scotland Road Nelson BB9 7UU  16 to 24 yrs only

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
