



## CENTRAL LANCASHIRE TIMETABLE DECEMBER 2025

## \*\*NO ACTIVITIES OVER THE CHRISTMAS PERIOD FROM 24<sup>th</sup> DECEMBER to 1<sup>st</sup> JANUARY\*\*

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| Walk & Talk 11am - 12noon Haslam Park, Blackpool Road, Preston PR2 1JE (Meet at park gates) | Walk & Talk 11am - 12noon Moor Park, Preston PR1 6AU (Meet at Rosemary on the Park Café)                                       | Boxing Fitness 11am - 12 Noon Soccer City, Parker Street Ashton-on-Ribble PR2 2AH                   | Walk & Talk 11am - 12noon Avenham Park, South Meadow Lane, Preston PR1 8JP (Meet at the café in centre of park)   | Football Session<br>12noon - 1.30pm<br>Soccer City,<br>Parker Street,<br>Ashton-on- Ribble<br>PR2 2AH |
| Walk & Talk 1pm - 2pm Astley Park, Park Road, Chorley PR7 1RF (Meet at War Memorial)        | Winter Walk *STARTS 16 <sup>TH</sup> DEC* 1pm - 2.30pm Outside Skelmersdale Library WN8 6LT Contact Claire for further details | Padel Ball 12noon - 1pm Soccer City, Parker Street, Ashton-on-Ribble PR2 2AH                        | Badminton 7pm - 8pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP  |   |
|   |  | Gym and Circuits<br>1.30pm - 2.30pm<br>Live Health and Fitness<br>Friday Street, Chorley<br>PR6 0AA | Active Control Centre  Foxton  Foxton |   |
| For more details conto  | oct:   |   | Off Knowsley Stre   |   |
| Paul Swarbrick:   |  |   | SPORT inspire Change Grow Live  |   |

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## IN PARTNERSHIP WITH









FOR MORE INFO VISIT: activelancashire.org.uk