






Participants are expected to follow Active Lancashires Code of Conduct. The use of inappropriate language or behaviour, or consuming / being under the influence of alcohol or drugs, of any kind, while attending the Active Recovery session will result in the participant being asked to leave the session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Box Champions, Non-Contact Mentoring</b> 2pm - 3pm Pendle Yes Hub, Scotland Road, Nelson BB9 7UU  <b>16 to 24 yrs only</b></p>	<p><b>180 Crossfit (Men Only)</b> 9:30am- 10.30am Z3 Training Club Unit 3 Hargher Clough Works, Hargher Street, Burnley BB11 4EG</p>	<p><b>Games Room (Table Tennis, Pool &amp; Gaming)</b> 2 - 3 pm Pendle Yes Hub Scotland Road, Nelson BB9 7UU  <b>16 to 24 yrs only</b></p>	<p><b>180 Crossfit (Men Only)</b> 9:30am- 10.30am Z3 Training Club Unit 3 Hargher Clough Works, Hargher Street, Burnley BB11 4EG</p>	<p><b>Active Lancashire Drop-In With Inspire ETE Team</b> 10am - 12noon <b>Inspire Burnley,</b> Burnley House, 37-41 Westgate, Burnley BB11 1RY <b>Contact Danny:</b> <b>07465759891 for more information</b></p>
<p><b>Don't Fret- Guitar Sessions with Aaron (Beginners)</b> 1pm - 2pm Pendle YES Hub, Scotland Road, Nelson BB9 7UU <b>16 to 24 yrs only</b> </p>	<p><b>!BY REFERRAL ONLY!</b> <b>Contact Danny:</b> <b>07465759891 for more information</b></p>	<p><b>Active Lancashire Drop-In With Inspire ETE Team</b> 10am - 12noon Inspire Accrington, 33 Eagle Street, Accrington BB5 1LN <b>Contact Danny:</b> <b>07465759891 for more information</b></p>	<p><b>!BY REFERRAL ONLY!</b> <b>Contact Danny:</b> <b>07465759891 for more information</b></p>	<p><b>Guitar Jam Session</b> 1.30pm - 2.30pm Pendle YES Hub, Scotland Road, Nelson BB9 7UU <b>16 to 24 yrs only</b> </p>
<p><b>Pendle YES Hub:</b> <b>For further information please contact</b> <b>Dave Marshall:</b> <b>07859739635</b> <b>or</b> <b>Mehvish Ashraf:</b> <b>07465759858</b></p>	<p><b>Advice and Guidance Drop in Laptops, Table Tennis, Learning Zone..</b> 12.30pm - 1.30pm Newchurch Methodist Church, Turnpike, Rossendale BB4 9DU <b>Contact</b> <b>Ange: 07312160477 or Geraldine: 07465755471 for more information</b></p>	<p><b>Walk Wednesdays</b> 1pm- 2pm, Meet at Pendle YES Hub, Scotland Rd, Nelson, BB9 7UU  <b>16 to 24 yrs only</b></p>	<p><b>Active Lancashire Drop-In With Inspire ETE Team</b> 10am -12noon Inspire Pendle, Grassroots Centre St. Philips, Leeds Road, Nelson BB9 9XB <b>Contact Danny:</b> <b>07465759891 for more information</b></p>	<p><b>Yoga and Mindfulness Session</b> 1pm - 2pm Inspire Burnley, Burnley House, 37-41 Westgate, Burnley BB11 1RY <b>Contact Danny:</b> <b>07465759891 for more information</b></p>
<p> Activity for 16 - 24 year olds only</p>	<p><b>Free Boxcercise &amp; Wellbeing</b> 2pm - 3 pm NGB Boxing Club Union Mill, Rawtenstall BB4 7JN <b>Contact Oliver:</b> <b>07562630299 for more information.</b></p>	<p><b>Football Works 5 -aside</b> 1pm - 2pm Marl Pitts, Newchurch Road, Rawtenstall BB4 7SN <b>Contact Oliver:</b> <b>07562630299 or Jake:07728275011 for more information.</b></p>	<p><b>Built &amp; Blessed- Pilates, Toning, Core &amp; Fitness</b> 11.15am - 12.15pm St Annes Church, Ashworth Road, Waterfoot BB4 9JE <b>Contact Ange :</b> <b>07312160477 for more details</b></p>	<p><b>Kickboxing, Boxing and Wellbeing</b> 2pm- 3pm Unit 17 Victoria Mill, Victoria Street. Accrington. BB5 0PG <b>Contact Danny:</b> <b>07465759891 for more information</b></p>
<p><b>IN PARTNERSHIP WITH</b>      </p>	<p><b>Pickleball, Badminton and Football</b> 4pm - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH <b>Contact</b> <b>Danny: 07465759891 or Dave Marshall: 07859739635 For more information</b></p>	<p><b>Football</b> 3pm - 4pm Hyndburn Leisure Centre Henry Street, Church Accrington BB5 4EP <b>All abilities welcome Walking football available if you like an easier pace</b> <b>Contact Danny:</b> <b>07465759891 for more information</b></p>	<p><b>Volunteering- Bacup Football Club Work Party</b> 1pm-3pm Brian Boys Stadium, Blackthorn Lane, Bacup. OL13 8EE <b>Contact Ange:</b> <b>07312160477 For more information</b></p>	<p><b>Female Only- Box Champions Non Contact Mentoring</b> 2pm - 3pm Pendle YES Hub, Scotland Road, Nelson BB9 7UU <b>16 to 24 yrs only</b> </p>
<p><b>FOR MORE INFO VISIT:</b> <b>activelancashire.org.uk</b></p>	<p><b>THURSDAY</b></p>	<p><b>Volunteering- Cricket Works Party</b> 9am - 11am ISSE New Hall Hey Cricket Club, New Hall Hey Rd, Rossendale BB4 6HL <b>Contact Jake: 07728 275011 for more details</b></p>	<p> <b>16-24 yrs only</b> <b>FOR OVER 24's LIMITED SPACES</b> <b>CONTACT HANNAH:</b> <b>07447571995 TO BOOK</b></p>	<p><b>Friday Walk and Chill</b> 1pm-3pm Pendle YES Hub, Scotland Road Nelson BB9 7UU <b>16 to 24 yrs only</b> </p>