

TIMETABLE APRIL 2025

MONDAY

Walk & Talk

11am - 12noon

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

Box Champions, Non-Contact Mentoring

2 - 3pm

Pendle Yes Hub, Scotland Road, Nelson BB9 7UU
16 to 24 yrs only



Don't Fret- Guitar Sessions with Aaron (Advanced)

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



Music Group

1pm - 2pm

Active Seconds Shop,
The Arndale, Accrington, BB5 1EX

Wellbeing Walk

2.30pm

Inspire St Annes,
75 St Albans Road, St Annes
FY8 1XD

Basic IT Skills and CV Support

2pm - 4pm

Futures Park
Bacup OL13 0BB

Boxing Bootcamp

12.30pm -1.30pm

The Centre, St Thomas Church, Marton Street, Lancaster
LA1 1XX

SUNDAY

Walk and Talk

1pm Morecambe Battery Cafe

TUESDAY

Non-Contact Boxing

10.30am- 11.30am, Birch Green ABC Boxing Club,
Heversham Birch Green WN8 6QQ

Walk & Talk

11 am - 12 noon Moor Park, Preston, PR1 6AU

Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL

Walk, Talk, Foraging (WTF) Tuesdays

1pm - 2.30pm

Skelmersdale Ecumenical Centre (The Eccc), Northway, Birch Green, Skelmersdale WN8 6PN

Free Boxercise & Wellbeing

2pm - 3pm

The Fighting Fitness Academy Love Boxing, Unit 3a Myrtle Grove, Lench Rd, Rossendale, BB4 7JH
To register interest, contact Oliver :
oliverchadwick@rossendalebc.gov.uk

Pickleball, Football and Badminton

4 - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH

Youth Club

5.30 - 7.30 pm, Pendle YES Hub Scotland Road, Nelson, BB9 7UU



16 to 24 yrs only

Area Key

Central Lancs

East Lancs

North Lancs

Wyre



16 - 24 yrs only



WEDNESDAY

Games Room (Table Tennis, Pool and Gaming)

2pm -3pm, Pendle Yes Hub Scotland Road, Nelson BB9 7UU



16 to 24 yrs only

Walk & Talk

11am - 12 noon Worden Park, Worden Lane Leyland PR25 3BD

Football

12 noon - 1pm
Fylde Sports and Education Centre, Coronation Way, Mill Farm, Preston PR4 3JZ

Badminton

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

Kickboxing

1 - 2pm
Dragons Kickboxing Club, Mill, Unit 4 Thorney Bank Street, Nelson Square, Burnley BB11 1LA

Football Works 5 -aside

1pm - 2pm
Marl Pitts, Newchurch Road, Rawtenstall BB4 7SN

Walk Wednesdays

1 - 2pm, Pendle YES Hub, Scotland Rd, Nelson, BB9 7UU



16 to 24 yrs only

Docks Walk & Talk

1.30 pm Riversway Preston Meet dockside at the Ribble Pilot

Gym and Circuits

1.30pm
Live Health and Fitness
Friday Street, Chorley PR6 0AA

Football

3 - 5 pm Accrington Stanley Hub, Higham Playing Fields, Thorneyholme Road, Accrington BB5 6BD

THURSDAY

Free Breakfast Club

10 am - 12noon (Light Activities, Chill & Chat) Trinity Hub, Bankhouse Lane Bacup OL13 OAL

To register interest, contact Oliver : oliverchadwick@rossendalebc.gov.uk

Walk & Talk

11am - 12 noon Avenham Park, South Meadow Lane, Preston PR1 8JP

Women Only Boxing at NGB

12pm - 1pm
Union Mill, Bacup Road, Waterfoot. BB4 7JN
Contact Geraldine 07456 755471 for further details

Badminton

7 - 8 pm West View Leisure Centre Ribbleton Lane, Preston PR1 5EP

Gym Session

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



FRIDAY

Walk & Talk

10 - 11am Adlington Library, Railway Road, Chorley PR6 9RG

Football Session

12noon - 1.30pm
Soccer City, Parker Street, Ashton-on-Ribble, PR2 2AH

Kickboxing, Boxing and Wellbeing

2- 3pm
Unit 17 Victoria Mill, Victoria Street. Accrington. BB5 0PG

Snooker and Pool

12noon - 1pm, Alexandra Snooker Club, 5 Holme Street, Nelson



16 to 24 yrs only

Tennis

1pm -3pm
Stubbylee, Stubbylee Lane, Bacup. OL13 9RQ

Don't Fret- Guitar Sessions with Aaron (Beginners)

1:30pm- 2:30pm, Pendle YES Hub, Scotland Road, Nelson BB9 7UU



16 to 24 yrs only

Badminton & Multisports

2:30 -3:30pm
Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS

Making a Change Wellbeing & Nutrition Group

1 pm @ CGL Morecambe.
REFERRALS ONLY
Contact Tamasin Lamb : 07465 743751

SATURDAY (3rd OF THE MONTH)

(3rd SATURDAY OF THE MONTH)

Multi Sports & Badminton

1pm - 3pm
The Well Hub, Dallas Road Lancaster LA1 1TP