



Walk and Talk

A gentle 30-minute walk with a trained walk leader planning the routes. A chance to get out in the fresh air and socialise with others. **All walks are Free.**

| LOCATION | DAY | TIME | INFORMATION / MEETING POINT / CONTACT |
|---------------|-----------|---------|---|
| Hyde | Monday | 10.00am | Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). Aiden - 07715655088 |
| Denton | Tuesday | 10.00am | Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) Aiden - 07715655088 |
| Ashton | Wednesday | 10.00am | Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) Aiden - 07715655088 |
| Droylsden | Thursday | 10.00am | Active Medlock, Gardenfold Way, Droylsden, M34 7XU. (Carpark) Aiden - 07715655088 |
| Mossley | Thursday | 11.30am | (Volunteer lead) New Bridge Inn, Micklehurst Rd, Mossley, O15 9HT (Carpark) |
| Stamford Park | Friday | 10.00am | Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) Sarah - 07872151420 |

Contact Live Active office for further details - 0161 366 4860. Advisable to contact the office to confirm walk is on (Inclement weather etc.)

Live Active Community officer Sarah – 07872151420

Sarah.cresswell@activetameside.com

Couch To 5K

| LOCATION | DAY | TIME | INFORMATION / MEETING POINT / CONTACT |
|---|--------|---------------|--|
| East Cheshire Harriers running track, Richmond Street Ashton, | Monday | 5.00pm-6.00pm | next course that starts on Monday 14th June 2021 . Runs for 10 weeks. Course costs £15.00 per person, payable in full at the start of the course. Email: liveactive@activetameside.com for registration form. Further details 0161 366 4860 |



LIVE ACTIVE

Active Copley Huddersfield Road, Stalybridge, SK15 3ET **Tel. 0161 303 8118**

| | TIME | CLASS | |
|------------|-------------|-----------------------|--------------------------|
| TBC | TBC | Active Morning | Community session |
| TBC | TBC | Indoor Kurling | Community session |

Active Medlock Gardenfold Way, Droylsden, M43 7XU **Tel. 0161 370 3070**

| | TIME | CLASS | |
|------------|-------------|-----------------------|--------------------------|
| TBC | TBC | Active Morning | Community session |

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