



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). (Volunteer lead) Lisa – 07542683666
Hattersley	Monday	11.30am	Active Ken Ward, Hattersley Rd East, Hattersley SK14 3NL Lisa – 07542683666
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) Lisa - 07542683666
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) Lisa - 07542683666
Droylsden	Wednesday	1pm	Active Medlock, Gardenfold Way, Droylsden, M43 7XU (Carpark) Lisa - 07542683666
Mossley	Thursday	11.00am	New Bridge Inn, Micklehurst Rd, Mossley, O15 9HT (Carpark) Lisa - 07542683666
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

Community Development Officer - Lisa – 07542683666 – lisa.arrandale@activetameside.com



Community Timetable Sept 2021

Active Ken Ward Hattersley Rd East, Hattersley, SK14 3NL **Tel. 0161 3665545**

Day	Time	Class	Information
Monday (Starts 20 th Sept)	10.00- 10.45am	Indoor Kurling	Indoor kurling, team-based game that can be performed standing or seated. £3 per session.

Tameside Wellness Centre Lance Corporal Andrew way, Denton, M34 3RD **Tel. 0161 2601190**

Day	Time	Class	Information
Friday	1.30-3pm	Indoor bowling	Indoor bowling, team based game that can be performed standing or seated. £3 per session.
Sunday	TBC	Community Tea -dance	A community dance session once a month.

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

Day	Time	Class	Information
Thursday (Start 7 th Oct)	11-12.30pm	Active morning	11-11.30 enjoy some social time then activity starts from 11.30 -12.30 £3 per session

Active Medlock Gardenfold way, Droylesden, M43 7XU **Tel. 0161 3703070**

Day	Time	Class	Information
Wednesday	12.30-2pm	Active afternoon	11-11.30 enjoy some social time then activity starts from 11.30 -12.30 £3 per session
Wednesday	2-3pm	Active allotments	Ash Rd Allotments, Droylsden, M436QU Community allotment session £1

Active Tameside cycle circuit 159 Richmond St, Ashton-under-Lyne OL7 9HG **Tel. 0161 370 3070**

Day	Time	Class	Information
Friday	11-12pm	Senior cycle	11-11.30 enjoy some social time then activity starts from 11.30 -12.30 £3 per session



Couch To 5K

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track, Richmond Street Ashton,	Monday	5.00pm-6.00pm	Next course that starts on Monday 6th September 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

Good Run

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track, Richmond Street Ashton,	TBC	TBC	Community running session that aims to help the local area, all levels of runners are welcome, we aim at getting fitter while picking litter and other good deeds. Email: lisa.arrandale@activetameside.com for registration for more information

Low Level Dance/Activity Session

LOCATION	DAY	TIME	INFORMATION / CONTACT
The Together Centre, 287 Birch Lane, Dukinfield, SK16 5AU	Monday, Thursday & Friday	10.00-11.00am	Low level dance /activity session, to socialise and get active and have fun. Session £3 Email: lisa.arrandale@activetameside.com for registration for more information

Please Note: Any Live Active members on All-inclusive membership direct debit - £17.50 the sessions are free.

Contact Live Active Office for further details 0161 366 4860.

With our brand new, **FREE app it's never been easier to find everything you need to make the most out of your time at our Active Tameside centres and attractions.**

