



## 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). <b>(Volunteer lead) Lisa – 07542683666</b>
Hattersley	Monday	10.00am	Active Ken Ward, Hattersley Rd East, Hattersley SK14 3NL <b>Lisa – 07542683666</b>
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) <b>Lisa - 07542683666</b>
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) <b>Lisa - 07542683666</b>
Droylsden	Wednesday	1pm	Active Medlock, Gardenfold Way, Droylsden, M43 7XU (Carpark) <b>Lisa - 07542683666</b>
Mossley	Thursday	10.00am	New Bridge Inn, Micklehurst Rd, Mossley, O15 9HT (Carpark) <b>Lisa - 07542683666</b>
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) <b>Sarah – 07872151420</b>

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](mailto:Sarah.cresswell@activetameside.com)

Community Development Officer - Lisa – 07542683666 – [lisa.arrandale@activetameside.com](mailto: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	11.00- 11.45am	Indoor Kurling	Indoor kurling, team-based game that can be performed standing or seated. £3 per session.	



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

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

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

Day	Time	Class	Information
Friday (Starting Nov 12 <sup>th</sup> )	11.30- 12.15pm	Not board club	Community board game session, free and accessible to all, A chance to play classic board games and meet new people.
Friday	1.30-3pm	Indoor bowling	Indoor bowling, team based game that can be performed standing or seated. £3 per session.
Sunday	12.30-3pm	Community Tea -dance	A community dance session with games and refreshments, 3 <sup>rd</sup> Sunday of every month. £4 per session.

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

Day	Time	Class	Information
Wednesday	12.30-2pm	Active afternoon	Enjoy some social time before the 12.30-1pm activity starts from 1pm £3 per session
Wednesday	2.30-3.30pm	Active allotments	Ash Rd Allotments, Droylsden, M436QU Community allotment £1 per session

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

Day	Time	Class	Information
Friday	11-12.30pm	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 <b>Monday 6<sup>th</sup> September 2021</b> . Runs for 10 weeks. Course costs £15.00 per person, payable in full at the start of the course. Email: <a href="mailto:liveactive@activetameside.com">liveactive@activetameside.com</a> for registration form. Further details 0161 366 4860



# LIVE ACTIVE

## Good Run

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track, Richmond Street Ashton,	<b>TBC</b>	<b>TBC</b>	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: <a href="mailto:lisa.arrandale@activetameside.com">lisa.arrandale@activetameside.com</a> for registration for more information

## Low Level Dance/Activity Session

LOCATION	DAY	TIME	INFORMATION / CONTACT
The Together Centre, 287 Birch Lane, Dukinfield, SK16 5AU	<b>Monday, Thursday &amp; Friday</b>	<b>10.00-11.00am</b>	Low level dance /activity session, socialize, get active and have fun. Session £3 Email: <a href="mailto:lisa.arrandale@activetameside.com">lisa.arrandale@activetameside.com</a> 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.

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