



## Walk and Talk

A gentle 30-minute walk with a community 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) Liza – 07923446387</b>
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) <b>(Volunteer lead) Liza – 07923446387</b>
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) <b>(Volunteer lead) Liza – 07923446387</b>
Mossley	Thursday	10.00am	New Bridge Inn, Micklehurst Rd, Mossley, O15 9HT (Carpark) <b>(Volunteer lead) Liza – 07923446387</b>
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) <b>(Volunteer lead) Liza – 07923446387</b>

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

## Kurling Session

An evolution of the original sport of Curling, adapted so that it can be played indoors on any smooth, flat surface, like a sports hall. Like both Curling and Bowls in that the objective is to get your "Stones" as close as possible to the bull's eye, can be played standing or seated if preferred. The robust, rubber Kurling stones run on bearings making the game accessible to everyone. It's also great fun!. £3.70 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	11.00am-12.00pm	Pottinger St, Ashton-Under-Lyne, OL7 0PW <b>Tel. 0161 830 0508</b>

## Active Sessions

Social and active session including Indoor kurling, team-based game that can be performed standing or seated as well as other chair-based activities, such as dance & Tai Chi plus refreshments.

£3.00 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hope United Reformed Church,	Monday	1.00pm-2.30pm	Stockport Rd, Denton, M346DB. <b>Liza – 07923446387</b>
Active Medlock	Wednesday	12.30pm-2.00pm	Garden Fold Way, Droylsden, M43 7XU. <b>0161 370 3070</b>



Active Copley Thursday 11.00am-12.30pm Huddersfield Rd, Stalybridge, SK15 3ET. **0161 303 8118**

## Couch To 5K

A running plan for absolute beginner, to help you gradually work toward running 5k in 10 weeks. Course costs £15.00 per person, payable in full at the start of the course.

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track,	Wednesday	5.45pm-6.45pm	Richmond Street Ashton. Next course that starts: <b>New Year 2023 Date TBA</b> Email: <a href="mailto:liveactive@activetameside.com">liveactive@activetameside.com</a> for registration form. Further details 0161 366 4860

## Community Indoor Bowling

Fun filled Indoor Tenpin bowling, team-based game that can be performed standing or seated. £3.20 per session. (Dementia friendly)

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Wellness Centre - Denton	Friday	1.00pm-2.30pm	Lance Corporal Andrew way, Denton, M34 3RD <b>Tel. 0161 2601190</b>

## Sow & Sew

Active community allotment session. Get your green fingers and crafty hands. Learn new skills and make friends all for juts £1 with refreshment and material included

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Ash Road Allotments	Monday	2.00pm-4.00pm	Ash Road, Droylsden. <b>Liza – 07923446387</b>

## Everyone's Game

Try out of local sessions, inspired by football, designed for you. Improve your fitness, have fun and be part of something great – whether you're a beginner or an ex-pro, no experience required. You don't need to be good at it or a fan to get involved. An exciting new initiative, using football-themed exercise and activities to help more people to get more active. Designed for women 16-35 and men aged 35+, our wide-ranging programme will include fun and enjoyable football-related activities from 5-a-side friendlies. Session £1.00

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Ken Ward	Monday	6.00pm-7.00pm	Men's Social Football. Hattersley Rd East, Hyde, SK14 3NL <b>0161 366 5545</b>



# LIVE ACTIVE

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Active Ken Ward	Wednesday	11.00am-12.00pm	Walking Football (all ages/abilities). Hattersley Rd East, Hyde, SK14 3NL <b>0161 366 5545</b>
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## Zumba Gold

Modified version of Zumba geared toward active, older adults seeking lower-impact workouts. While much of the music in Zumba Gold is the same used in the original course, the movements are easier to follow and more fluent to minimize stressful jerking, twisting and other potentially harmful motions. Session £3.70.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	6.30pm-7.15pm	Pottinger St, Ashton-Under-Lyne, OL7 0PW <b>Tel. 0161 830 0508</b> (Starts 29 <sup>th</sup> Jun).

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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.**

