



Active Tameside community sessions

Why not try one of our fun activities, enjoy time in the fresh air on one of our walks or get competitive with indoor Kurling or walking football.

Please take a look at further descriptions of activities on the last page.

Walk and Talk, all walks free.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). (Volunteer led) Liza – 07923446387
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) (Volunteer led) Liza – 07923446387
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) (Volunteer led) Liza – 07923446387
Mossley	Thursday	10:00am	New Bridge Inn, Micklehurst Rd, Mossley, OI5 9HT (Carpark) (Volunteer led) Liza – 07923446387
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK15 1NJ. (Meet at bowling hut) (Volunteer led) Liza – 07923446387

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

Active Sessions £3.20 or included in Live Active all-inclusive membership.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Copley	Thursday	11.00am- 12.30pm	Huddersfield Rd, Stalybridge, SK15 3ET. Tel: 0161 303 8118

Community Indoor Bowling- £3.00 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Wellness Centre - Denton	Monday	1.00pm- 2.30pm	Lance Corporal Andrew way, Denton, M34 3RD Liza – 07923446387 Liza.Ahmed.Chowdhury@activetameside.com



Couch To 5K - £15.00 per person for 10 sessions

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track,	Wednesday	5.45pm-6.45pm	Richmond Street Ashton. Next course that starts: 17th April- 19th June Email: liveactive@activetameside.com for the registration form. Further details 0161 366 4860

Chair-based exercise & relaxation session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
BAME Memory Cafe	Every second Tuesday of the month	1.00pm-1.45pm	Hyde- Healthy Hyde Body & Mind Clarendon Square, Hyde, SK14 2QT Office- 0161-3685426 (Free Women's only session)
Shree Bharatiya Mandal	Wednesday	10:00am-10:45am	Indian Community Centre, Ashton-Under-Lyne, OL6 8JN Dinesh Chauhan- 07703742216 (Free session. Session starting from Feb 2024)
Joseph Jennings Court	Thursday	11.00am-12.00pm	Ashton- Downshaw Road Ashton-Under-Lyne, OL7 9PP Sherri Palmer- 0370 1924706 (Ext:24706) (Session starting from March 7th) (£3 per person)

Cycle Circuit Session £5.60 per person or included in Live Active all-inclusive membership.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Cycle Circuit	Monday and Friday	12:00pm-13.00pm	Richmond Street, Ashton-Under-Lyne, OL7 9HG Tel. 0161 366 4860

Sow & Sew Allotment session- £1 per person

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Ash Road Allotments	Monday	2:00pm-4:00pm	Ash Road, Droylsden. Manchester. M43 6QU Liza – 07923446387 Liza.Ahmed.Chowdhury@activetameside.com



Everyone's Game Football Sessions- £2 per session

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 0161 366 5545
Hattersley Hub	Monday	10am	Soccercise – Baby/toddler friendly fitness. Stockport Road, Hyde, SK14 6NT. 0161 366 5545
St Barnabas Church	Thursday	10am	Soccercise – Baby/toddler friendly fitness. Hattersley Rd East, Hyde, SK14 3EQ. 0161 366 5545
Active Ken Ward	Wednesday	11.00am-12.00pm	Walking Football (all ages/abilities). Hattersley Rd East, Hyde, SK14 3NL 0161 366 5545

Indoor Kurling

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	11.00am-12.00pm	Pottinger St, Ashton-Under-Lyne, OL7 0PW Tel: 0161 830 0508 £3.20 or included in Live Active all-inclusive membership.
The Grafton Centre	Wednesday	1:00pm-3:00pm	Grafton Street, Hyde SK14 2AX Office-01613684110 Email- graftoncentre.cio@gmail.com £1.50 for per person.
The Vale	Thursday	1:00pm-2:00pm	Unit 2, Vale Mill, Micklehurst Road, Mossley, OL5 9JL Liza – 07923446387 Liza.Ahmed.Chowdhury@activetameside.com (Session starting from March 13th) £3 per person.

Relaxation & Meditation, £2.50 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
The Grafton Centre	Thursday	2:00pm-3:00pm	Grafton Street, Hyde SK14 2AX Office-01613684110 Email- graftoncentre.cio@gmail.com



Walking Cricket £3.00 per person

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Monday	13:00pm-14:00pm	Pottinger St, Ashton-Under Lyne, OL7 0PW Kay Floyd- 07917 750924 kfloyd@lancashirecricket.co.uk

Zumba session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
The Oasis Community Recourse Centre	Tuesday	2:30pm-3:15pm	Tatton Road, Haughton Green, Denton. M34 7PL Contact- 07936610068 Email- Magicalmemories22@gmail.com Low-intense seated Zumba session- Free
Hyde Youth and Community Centre	Thursday	10.00am-11.00am	Hyde- Bennet Street, Hyde SK14 4PP Mahmuda- 07751139635 £2 per person. (Women's only)
Shree Bharatiya Mandal	Friday	07:00pm-08:00pm	Ashton- Indian Community Centre, Ashton-Under-Lyne, OL6 8JN Dinesh Chauhan- 07703742216

Description

Active Sessions

Social and active sessions include an Indoor curling session, a team-based game that can be performed standing or seated as well as other chair-based activities, such as dance & Tai Chi plus refreshments. £3.20 per session

BAME Memory Café- Chair-based exercise- Hyde

Gentle chair-based exercise. Safe space to connect, share, learn and make new friends. Language support is available. Light refreshments will be provided. Free session for ladies.

Chair-based exercise- Ashton

If you have difficulty standing or walking, it doesn't have to mean exercise is out of the question. We offer chair-based exercises you can try at home. Low-intensity exercise. Helps to strengthen muscles and bones. Free session.



Community Indoor Bowling

Fun-filled Indoor Tenpin bowling, a team-based game that can be performed standing or seated. A game in which you roll a heavy ball down a track towards a group of wooden objects and try to knock down as many of them as possible. You can use a frame to roll the heavy ball down. (Dementia friendly) £3.00 per session. The sessions are closed during UK national holidays.

Couch To 5K

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

Cycle Circuit Session

The cycle track is a safe traffic free environment where you can enjoy being active outdoors, go as fast or as slow as you like, do a lap have a rest go again or pedal as much as you want, there are shorter loops for those who don't want to do the full track.

Cost – Included in monthly £21.50 DD, £5.60 online and cash if paid on the day on site, all equipment is included in the price or you can bring your own bike and staff onsite to support. Sessions open to all adults over the age of 18

Everyone's Game Football Sessions

Try out 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 is required. You don't need to be good at it or a fan to get involved. An exciting new initiative, using football-themed exercises 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 £2.00

Kurling Session

An evolution of the original sport of Kurling, adapted so that it can be played indoors on any smooth, flat surface, like a sports hall. Like both Kurling and Bowls in that, the objective is to get your "Stones" as close as possible to the bull's eye and 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!

Low-intense seated Zumba session

A lower-intensity version of the typical Zumba class is designed to meet the anatomical, physiological and psychological needs of seniors. Perhaps this session will provide a suitable option for older adults seeking alternative means of reaching their exercise goals. It is a Free open session for all seniors.

Relaxation & Meditation session

Relaxation techniques can help you cope with everyday stress and these techniques can help with long-term stress or stress related to various health problems, such as heart disease and pain. Building skills to manage your stress. Increasing self-awareness. Make new friends. Open session for anyone to attend. Session £2,50 per person.



Sow & Sew

Active community allotment session. Get your green fingers and crafty hands. Learn new skills and make friends all for just £1 with refreshments and materials included
The sessions are closed during UK national holidays.

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.
The sessions are closed during UK national holidays.

Women's only Zumba session- Newton

Our sessions are fun, social and have plenty to do for all levels! Indoor Zumba sessions. every session will be different. While much of the music in our Zumba class 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 £2 per person.
The sessions are closed during term time and UK national holidays.

Women's only Chair based exercise & relaxation session- Ashton

Low-intensity exercise. It helps to strengthen muscles and bones. Build your balance and fitness levels. Free session for everyone. The session runs every other week on Monday. Open session for women.

Walking Cricket

Walking Cricket is a fun, social and welcoming format of the game is played at a slightly slower pace and is ideal for men and women aged 50 plus, it is the perfect way to remain involved with the game and meet new people whilst staying active. £3 per person