

Dorset Active Leisure Month

Week 1

Activities taking place from Monday 5 May to Sunday 11 May 2008

All week 5-May-08

Archery -

Bournemouth Archery Club

At Chapel Gate, East Parley, Christchurch.

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

The range is open every day, with disabled facilities for members/visiting archers.

07929 195845 /

Cost: Phone for details. Need to book: Phone for details

All week 5-May-08

Fitness - Free Trial Week - Complete Workout

At Curves at Christchurch

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

You can get fit and its fun. Safe for women of all ages. No class times, just drop in any time to suit you.

0800 1300 544 /

Cost: Free trial week. Need to book: Phone for details

Monday 5-May-08

Fitness - Free first sessions

The Fitness League

At Christchurch Sports and Community Hall, Portfield Road

19.15 to Phone for details
Age suitable: Females age 16+
Ability suitable: Phone for details
Mat or rug required.
01202 482328 /
Cost: Free first sessions. Need to book: Yes

Monday 5-May-08

Football -
Christchurch FC Young Ladies
At The Grange School
18.00 to 19.00
Age suitable: Phone for details
Ability suitable: All abilities
Girls football, U10's, U12's, U14's and U16's. Wear suitable clothing and footwear and bring a drink.
07832 201690 /
Cost: First 2 sessions free. Need to book: Yes

Mondays 5-May-08

- Way of Life Activity Mornings
Moors Valley Country Park and Forest
At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,
Dorset BH24 2ET
9.30 to 11.00
Age suitable: Phone for details
Ability suitable: Phone for details
A friendly service runs at Moors Valley to introduce people to a variety of countryside activities, including cycling, walking, orienteering, golf, jogging and outdoor circuits. Perfect for beginners or those wanting a weekly exercise routine. Please phone for further information (SU 106 056).
www.moors-valley.co.uk
01425 470721 / moorsvalley@eastdorset.gov.uk
Cost: Activities from £1. Need to book: No

Mondays 5-May-08

- Way of Life Activity Mornings
Moors Valley Country Park and Forest
At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,
Dorset BH24 2ET
10.00 to 11.00
Age suitable: Phone for details
Ability suitable: Phone for details
Led by volunteer health walk leaders, these walks last approx 45 mins and run every
week to help you establish a routine, ideal for beginners. (SU 106 056).
www.moors-valley.co.uk
01425 470721 / moorsvalley@eastdorset.gov.uk
Cost: Walks are free, but car parking charges apply. Need to book: No

Mon 05-May

- Early Spider Orchids and Other Spring Flowers
Durlston Country Park
At The Visitor Centre, Durlston Country Park, Swanage, Dorset
2.30pm to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Ted Pratt leads this walk to admire the wonderful display of newly emerging flowers.
www.durlston.co.uk
01929 424443 / info@durlston.co.uk
Cost: £3. Need to book: Phone for details

Monday 5-May-08

Dancing - Ballroom & Latin Dancing
Dancetime with Don & Margot
At Scutt Hall, Preston, Weymouth
20:00 to 21:30
Age suitable: All Ages
Ability suitable: Fairly Active

Includes tuition & refreshments.

01305 832622 /

Cost: £1.00. Need to book: No

All week 5-May-08

Fitness Suite - Induction free for you and a friend

St Osmund's Community Sports Centre

At St Osmunds Community Sports Centre, Barnes Way, Dorchester, Dorset DT1 2DZ

Please contact reception for further details 01305 756472 to Please contact reception for further details 01305 756473

Age suitable: 16+

Ability suitable: Phone for details

If you and a friend book an induction here at St Osmund's Community Sports Centre at the same time it is absolutely free. (Only applicable to membership types).

www.stosports.co.uk

01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Monday 5-May-08

Ladies Fitness and Weight Management - Legs, Bums & Tums for New Mums 1 week

Taster

Curves Fitness and Weight Management Centre

At Curves Weymouth, City & Prov. House, 5b Surrey Close, Granby Industrial Estate, Weymouth DT4 9GD

9.00 to 18.30

Age suitable: 16-96. Over 96, please enquire

Ability suitable: All ages shapes and abilities

Curves unique 30 minute workout is fun & fast. Programs with the support you need to guarantee meeting your goals. Any time 9.00-14.00 and 16.00-18.30.

<http://myweb.tiscali.co.uk/curvesweymouth>

01305 777009 / barbara.hart@tiscali.co.uk

Cost: FREE. Need to book: Yes

Monday 5-May-08

Ladies Fitness and Weight Management - Legs, Bums & Tums for New Mums 1 week Taster
Curves Fitness and Weight Management Centre
At Curves Dorchester, Unit 6b Poundbury West Industrial Estate, Dorchester DT1 2PG
9.00 to 18.30
Age suitable: 16-96. Over 96, please enquire
Ability suitable: All ages shapes and abilities
Curves unique 30 minute workout is fun & fast. Programs with the support you need to guarantee meeting your goals.
www.curves.com
01305 751525 / barbara.hart@tiscali.co.uk
Cost: FREE. Need to book: Yes

Monday 5-May-08

Ladies Fitness and Weight Management - Curves Use it & Loose it 1 week Taster
Curves Fitness and Weight Management Centre
At Curves Weymouth, City & Prov. House, 5b Surrey Close, Granby Industrial Estate, Weymouth DT4 9GD
9.00 to 18.30
Age suitable: 16-96. Over 96, please enquire
Ability suitable: All ages shapes and abilities
Curves unique 30 minute workout is fun & fast. Programs with the support you need to guarantee meeting your goals.
www.curves.com
01305 777009 / barbara.hart@tiscali.co.uk
Cost: FREE. Need to book: Yes

Monday 5-May-08

Ladies Fitness and Weight Management - Curves Use it & Loose it 1 week Taster
Curves Fitness and Weight Management Centre
At Curves Dorchester, Unit 6b Poundbury West Industrial Estate, Dorchester DT1 2PG
9.00 to 18.30
Age suitable: 16-96. Over 96, please enquire
Ability suitable: All ages shapes and abilities

Curves unique 30 minute workout is fun & fast. Programs with the support you need to guarantee meeting your goals.

www.curves.com

01305 751525 / barbara.hart@tiscali.co.uk

Cost: FREE. Need to book: Yes

All week 5-May-08

Leisure Centre - Buy one aerobics session, get your next session free

Thomas Hardy Leisure Centre

At Thomas Hardy Leisure Centre, Coburg Road, Dorchester, Dorset DT1 2HT

Please contact reception for further details on 01305 266772 to Please contact reception for further details on 01305 266773

Age suitable: 16 years+

Ability suitable: Beginners - intermediate

Classes in this promotion include: Intermediate Salsa Fit, Cardio Kick and Balance and Flow. This voucher is non transferable.

www.westdorset-dc.gov.uk

01305 266772 / j.burton@westdorset-dc.gov.uk

Cost: Buy one aerobics session, get your next session free (Normal cost: £4.40 or concession £3.00). Need to book: Yes

Monday 5-May-08

Walking - Fossil Hunting Walk

Charmouth Heritage Coast Centre

At Charmouth Heritage Coast Centre, Lower Sea Lane, Charmouth, Dorset DT6 6LL

10.30 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Join the warden team for a fossil hunting walk, starting with a 20 minute talk before heading out onto the beach to look for fossils!

www.charmouth.org

01297 560772 / info@charmouth.org

Cost: Adult £7 Children £3. Need to book: Yes

Monday 5-May-08

- Rockpool Ramble

Charmouth Heritage Coast Centre
At Cobb Gate Car Park, Lyme Regis

11.00 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Join the wardens for a ramble over the rocks.....discover the marine creatures of our seashore. (SY 345 922).

www.charmouth.org

01297 560772 / info@charmouth.org

Cost: Adults £3.50 Children £2.50. Need to book: Yes

Tuesday 6-May-08

Dance - Ballroom and Latin American Dancing

Cosmopolitan Dance

At Stanpit Village Hall

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Beginners classes

Learn to dance Waltz, Quickstep, Cha Cha Cha, Jive and more. Smart casual dress with flexible shoes that will move on a wooden floor.

www.cosmopolitan-dance.co.uk

01425 278121 /

Cost: Phone for details. Need to book: Phone for details

Tuesday 6-May-08

Synchronised Swimming -

Flamingos Synchronised Swimming Club

At Two Riversmeet Leisure Centre

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Need to be able to swim 25m

Adults and juniors of all ages welcome, need to be able to swim 25m.

01202 255456 /

Cost: First session free. Need to book: Phone for details

Tuesday 6-May-08

Walking - Short walk around Avon Heath Country Park

Avon Strollers at Avon Heath

At Avon Heath Country Park

9.30 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

This friendly walking group meets every week for a short walk around Avon Heath Country Park, near Ringwood. Why not come along for some exercise and make new friends at the same time?

01425 476068 / 01202 892169 /

Cost: Phone for details. Need to book: Phone for details

Tuesday 6-May-08

Yoga -

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

9.30 to 11.00

Age suitable: Age 14+

Ability suitable: Phone for details

Book up 4 yoga classes for the month of May and get 1 free. 4 week relaxation course or 10 week easy slimming with EFT & yoga.

07847 137613 / gilltaylor1@yahoo.co.uk

Cost: Phone for details. Need to book: Phone for details

Tuesday 6-May-08

Yoga -

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

11.15 to 12.15

Age suitable: Age 14+

Ability suitable: Phone for details

Book up 4 yoga classes for the month of May and get 1 free. 4 week relaxation course or 10 week easy slimming with EFT & yoga.
07847 137613 / gilltaylor1@yahoo.co.uk
Cost: Phone for details. Need to book: Phone for details

Tuesday 6-May-08

Yoga -
Hatha Yoga
At The Dance Studio, Highcliffe Comprehensive School, Woodside Gardens, Highcliffe
18.00 to 19.30
Age suitable: Age 14+
Ability suitable: Phone for details
Book up 4 yoga classes for the month of May and get 1 free. 4 week relaxation course or 10 week easy slimming with EFT & yoga.
07847 137613 / gilltaylor1@yahoo.co.uk
Cost: Phone for details. Need to book: Phone for details

Tuesday 6-May-08

- Club Dorset - Juniper Jumpers Club
Brendoncare
At Hope House, Jumpers Road, Christchurch
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
www.brendoncare.org.uk
01202 893703 or 07900 918017 / clubdorset@brendoncare.org.uk
Cost: Phone for details. Need to book: Yes

Tuesday 6-May-08

Cycling - Spring Ride
Moors Valley Country Park and Forest
At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,
Dorset BH24 2ET
10.00 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

A 6 mile ride following trails around the Park and Forest at Moors Valley, with refreshments at the Visitor Centre on our return. (SU 106 056).

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: £7 including cycle hire, helmet and refreshments, £5 with own bike. Need to book:

Yes

Tuesdays 6-May-08

Walk - Decoys and Ducks on Modern Bog NNR

Natural England

At Meet at Sherford Bridge car park on B3075

10.00 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

A walk along one of Englands longest valley mires and it's historic duck decoy. (SY 919 926).

01929 557450 / dorset@naturalengland.org.uk

Cost: Phone for details. Need to book: Yes

Tuesday 6-May-08

- East Dorset Health Walks

Moors Valley Country Park and Forest

At The Heritage Centre, Ringwood Road, Verwood

9.45 to 10.45

Age suitable: Phone for details

Ability suitable: Phone for details

Led by volunteer health walk leaders, these walks last approx 45 mins and run every week to help you establish a routine, ideal for beginners. (SU 087 092).

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: Phone for details. Need to book: No

Tuesday 6-May-08

Running - Footpath Discovery
Gillingham Trotters
At Gillingham Leisure Centre SP8 4HX
19.00 to 20.00
Age suitable: Adults
Ability suitable: Adults
Running shoes and suitable clothing.
www.gillinghamtrotters.talktalk.net
01935 816396 / gillinghamtrotters@hotmail.com
Cost: Nothing. Need to book: No

Tuesday 6-May-08

Table Tennis - Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Tuesday 6-May-08

Exercise - Exercise With Ease

At United Reformed Church Hall, Church Street, Wareham
14.30 to 15.30
Age suitable: 50+
Ability suitable: Phone for details
01929 554893 /
Cost: £2.50. Need to book: No

Tuesdays 6-May-08

Line Dancing - Weekly Line Dance Classes

Bordline Line Dancing Club

At Preston Village Hall

19:30 to 21:00

Age suitable: 8 yrs - 80

Ability suitable: All

Every September we start a course for brand new beginners, the first class is then free.

Watch out for the advertisement in the Dorset Echo.

01305 773033 / josephinebarrow@aol.com

Cost: £3.50. Need to book: No

Tuesdays 6-May-08

Water Exercise - Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

09:30 to 10:30

Age suitable: Over 16

Ability suitable: Phone for details

No need to be able to swim.

01305 832944 / margiefridd@hotmail.com

Cost: Try one session Free. Need to book: No

Tue 06-May-08

Disabled Swimming, - Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sherborne Boys School

19.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Tuesdays 6-May-08

Karate - Beginners Karate
Wessex Karate Academy
At Dorchester Dojo, St Marys Church Hall, Alexandra Road, Dorchester, Dorset
18.00 to 19.30
Age suitable: Children age 6+
Ability suitable: All abilities
Just come along and wear loose clothing, e.g. jogging bottoms and t-shirt.
www.wessexkarate.com
/ gkipete@aol.com
Cost: FREE During May 2007. Need to book: Contact for details

Tuesdays 6-May-08

Karate - Beginners Karate
Wessex Karate Academy
At Dorchester Dojo, St Marys Church Hall, Alexandra Road, Dorchester, Dorset
19.30 to 21.30
Age suitable: Adults
Ability suitable: All abilities
Just come along and wear loose clothing, e.g. jogging bottoms and t-shirt.
www.wessexkarate.com
/ gkipete@aol.com
Cost: FREE During May 2008. Need to book: Contact for details

Tuesdays 6-May-08

Volleyball - Have a go at volleyball
Bridport Volleyball Club
At Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN
19.30 to 20.30
Age suitable: 14 years and over
Ability suitable: Suitable for any playing ability, but beginners particularly welcome to these sessions
Please wear indoor sportswear and footwear. All equipment provided, including lightweight balls especially for new players.
01305 252263 / s.davies@westdorset-dc.gov.uk

Cost: First session FREE. Need to book: No

Tuesdays 6-May-08

Walking - Walking with a group in the countryside
Beaminster Rambling Club

At Beaminster

Phone for details to Phone for details

Age suitable: All

Ability suitable: All

4 mile lead country walks on alternate Tuesday mornings in a group of a dozen or so people. Full details from the secretary.

01308 861470 / jmarkham27@btinternet.com

Cost: £4.00 annual subscription. Need to book: No

Wednesday 7-May-08

Cycling - Cyclists Touring Club

Christchurch Cycling Club

At Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Rides for the more experienced. 5 - 60 and 70 miles and more.

01203 476404 / johnv@spindles11.fsnet.co.uk

Cost: Phone for details. Need to book: Phone for details

Wednesday 7-May-08

Karate -

Barton Karate Club

At Burton Scout Hall, Martins Hill Close, Burton

18.30 to 20.00

Age suitable: Children

Ability suitable: Phone for details

Phone for details.

01202 478017 /

Cost: Free trial session. Need to book: Phone for details

Wednesday 7-May-08

Karate -

Barton Karate Club

At Burton Scout Hall, Martins Hill Close, Burton

20.00 to 22.00

Age suitable: Adults

Ability suitable: Phone for details

Phone for details.

01202 478017 /

Cost: Free trial session. Need to book: Phone for details

Wednesday 7-May-08

Pilates -

At Christchurch Sports and Community Hall, Portfield Road

19.00 to Phone for details

Age suitable: Females age 16+

Ability suitable: Intermediate

Mat or rug required.

01202 482328 /

Cost: Phone for details. Need to book: Yes

Wednesday 7-May-08

Pilates -

At Christchurch Sports and Community Hall, Portfield Road

20.15 to Phone for details

Age suitable: Females age 16+

Ability suitable: Beginners

Mat or rug required.

01202 482328 /

Cost: Phone for details. Need to book: Yes

Wednesday 7-May-08

- Club Dorset - The Alpha Club
Brendoncare
At Greystones Hall, Waterford Road, Highcliffe, Christchurch
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
www.brendoncare.org.uk
01202 893703 or 07900 918017 / clubdorset@brendoncare.org.uk
Cost: Phone for details. Need to book: Yes

Wednesday 7-May-08

Computer Class - Mackrell Charity Computer Class
The Mackrell Charity
At Old School, Sturminster Marshall
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
01258 857255 / alistairstewartsykes@fish.co.uk
Cost: £4.00. Need to book: Yes

Wednesday 7-May-08

- Way of Life Activity Mornings
Moors Valley Country Park and Forest
At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,
Dorset BH24 2ET
9.45 to 10.45
Age suitable: Phone for details
Ability suitable: Phone for details

Led by volunteer health walk leaders, these walks last approx 45 mins and run every week to help you establish a routine, ideal for beginners. (SU 106 056).

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: Walks are free, but car parking charges apply. Need to book: No

Wednesday 7-May-08

Bowls - Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

14:00 to 17:00

Age suitable: 16 +

Ability suitable: All

Please wear socks of moscassin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

Wednesday 7-May-08

Bowls - Short Mat Bowls Taster

Southill Short Mat Bowls

At Southill Community Centre, Radipole Lane, Weymouth DT4 9SS

19:00 to 22:00

Age suitable: 16 +

Ability suitable: All

Please wear socks of moscassin type slippers.

01305 772737 or

01305 784018 /

Cost: £1.70. Need to book: No

Wednesday 7-May-08

Line Dancing - Weekly Line Dance Classes

Bordline Line Dancing Club

At Wow Theatre, Park Street, Weymouth

10:00 to 12:30

Age suitable: 8 yrs - 80

Ability suitable: All

Every September we start a course for brand new beginners, the first class is then free.

Watch out for the advertisement in the Dorset Echo.

01305 773033 / josephinebarrow@aol.com

Cost: £3.30. Need to book: No

Wednesday 7-May-08

Martial Arts - Taster Session

South Dorset Tai Chi

At Scutt Hall, Preston, Weymouth DT3 6BX

11:00 to 12:30

Age suitable: Over 18

Ability suitable: Any

Gentle exercise co-ordination with breathing for general health and relaxation. You need light footwear, loose clothing and an open mind.

01305 835844 / brian.butler@virgin.net

Cost: Free. Need to book: No

Wednesday 7-May-08

Kickboxing - Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

19.00 to 19.55

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Wednesdays 7-May-08

Short Mat Bowls - Taster sessions

Maiden Newton Short Mat Bowls Club
At Maiden Newton Village Hall, Station Road DT2 0AE
19.30 to 22.00
Age suitable: 12 years upwards
Ability suitable: All abilities
Carpet slippers or smooth soled trainers. All other equipment supplied.
01300 320045 /
Cost: 4 sessions FREE. Need to book: No

Wednesday 7-May-08

Taekwon-do - Taster session
PUMA
At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ
17.00 to 17.30
Age suitable: 4 yrs+
Ability suitable: Anyone aged 4 yrs+
Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!
www.puma-uk.com
0845 600 1967 / martialartsjclark@btinternet.com
Cost: First 2 lessons. Need to book: Yes

Wednesday 7-May-08

Taekwon-do - Taster session
PUMA
At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ
17.30 to 16.20
Age suitable: 4 yrs+
Ability suitable: Anyone aged 4 yrs+
Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!
www.puma-uk.com
0845 600 1967 / martialartsjclark@btinternet.com
Cost: First 2 lessons. Need to book: Yes

Wednesday 7-May-08

Taekwon-do - Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

18.10 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Wednesday 7-May-08

Walking - Join the Dorchester Strollers for a Bluebell Walk

Dorchester Strollers

At Meet at Athelhampton House car park

17.50 meet for walk start at 18.00 to 19.15

Age suitable: All ages but children must be accompanied by an adult

Ability suitable: Those able to walk on country paths and climb stiles

Sturdy footwear needed and bring a drink.

www.whi.org.uk

01305 871430/01300 320902/01305 263759 /

Cost: FREE. Need to book: No

Wednesday 7-May-08

- Taster Swim

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

10.30 to 17.30

Age suitable: All

Ability suitable: All

01308 426912-426945 /

Cost: £2.00 per adult, £1.00 per child. Need to book: Phone for details

Thursday 8-May-08

Cycling - Cyclists Touring Club
Christchurch Cycling Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Rides for the more experienced. 5 - 60 and 70 miles and more.
01203 476404 / johnv@spindles11.fsnet.co.uk
Cost: Phone for details. Need to book: Phone for details

Thursday 8-May-08

Fitness - Free first sessions
The Fitness League
At Royal British Legion Ballroom, Bargates, Christchurch.
19.00 to Phone for details
Age suitable: Females age 16+
Ability suitable: Phone for details
Mat or rug required.
01202 482328 /
Cost: Free first sessions. Need to book: Yes

Thursday 8-May-08

Flexercise - Prime Time
Twynham Housing Association
At Strete Mount, Bingham Road, Christchurch BH23 3AJ
14.00 to 15.00
Age suitable: 50+
Ability suitable: Phone for details
01202 486707 / twynham@btconnect.com
Cost: £1.50. Need to book: Phone for details

Thursday 8-May-08

Judo -
Matsumachi Judo Club

At Two Riversmeet Leisure Centre
19.00 to 20.15
Age suitable: Ages 7 - 15
Ability suitable: Juniors and beginners
Phone for details.
01202 429101 /
Cost: First session free. Need to book: Yes

Thursday 8-May-08

Judo -
Matsumachi Judo Club
At Two Riversmeet Leisure Centre
20.15 to 22.00
Age suitable: Adults
Ability suitable: Phone for details
Phone for details.
01202 429101 /
Cost: First session free. Need to book: Yes

Thursday 8-May-08

Yoga -
Hatha Yoga
At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe
11.15 to 12.15
Age suitable: Age 14+
Ability suitable: Phone for details
Book up 4 yoga classes for the month of May and get 1 free. 4 week relaxation course or
10 week easy slimming with EFT & yoga.
07847 137613 / gilltaylor1@yahoo.co.uk
Cost: Phone for details. Need to book: Phone for details

Thursday 8-May-08

Yoga -
Hatha Yoga

At The Dance Studio, The Grange School, Redvers Road, Christchurch

19.00 to 21.30

Age suitable: Age 14+

Ability suitable: Phone for details

Book up 4 yoga classes for the month of May and get 1 free. 4 week relaxation course or 10 week easy slimming with EFT & yoga.

07847 137613 / gilltaylor1@yahoo.co.uk

Cost: Phone for details. Need to book: Phone for details

Thursday 8-May-08

Computer Class - Mackrell Charity Computer Class

The Mackrell Charity

At Old School, Sturminster Marshall

14.00 to 16.00

Age suitable: 50+

Ability suitable: Phone for details

01258 857255 / alistairstewartsykes@fish.co.uk

Cost: £4.00. Need to book: Yes

Thursday 8-May-08

Craft Class - Waterside Creative Card Club

Waterside Weymouth Community Forum

At The Waterside Weymouth Community Forum, The Park Community Centre,

Chelmsford Street, Weymouth, Dorset DT4 7HP

14.45 to 16.45

Age suitable: 50+

Ability suitable: Phone for details

01305 839579 / admin@theparkarea.co.uk

Cost: £2.00. Need to book: No

Thursday 8-May-08

Dancing - Jive Fever

Jive Fever

At Bay View Suite, Rivera Hotel, Bowleaze, Weymouth

20:15 to 23:00

Age suitable: Over 18

Ability suitable: Beginners

Comfortable Shoes and clothing that is not too heavy.

07970 920681 / stevetakel@hotmail.com

Cost: Free. Need to book: No

Thursdays 8-May-08

Fitball - Discover Fitball

Fitball With Suzie

At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY

19:15 to 20:15

Age suitable: 16 +

Ability suitable: All

Sports wear/Trainers/Water.

01305 830508 / bcsc@budmouth.dorset.sch.uk

Cost: Free. Need to book: No

Thursdays 8-May-08

Line Dancing - Weekly Line Dance Classes

Bordline Line Dancing Club

At Weyvalley School, Dorchester Road, Weymouth

19:00 to 21:30

Age suitable: 8 yrs - 80

Ability suitable: All

Every September we start a course for brand new beginners, the first class is then free.

Watch out for the advertisement in the Dorset Echo.

01305 773033 / josephinebarrow@aol.com

Cost: £3.50. Need to book: No

Thursdays 8-May-08

Water Exercise - Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

10:30 to 11:30

Age suitable: Over 16

Ability suitable: Phone for details

No need to be able to swim.

01305 832944 / margiefridd@hotmail.com

Cost: Try one session Free. Need to book: No

Thursdays 8-May-08

Cycling - Why not try the social side of cycling?

Axe Valley Pedallers (AVP)

At The Kings Arms Pub, Colyford Road, Seaton, East Devon EX12 2AN

18.30 each Thursday night to 21.00 then its off to the pub for a well earned drink

Age suitable: All ages

Ability suitable: All abilities

A mechanically sound bicycle, appropriate clothing and a helmet are required. 2008 ride schedule on web site.

www.axevalleypedallers.co.uk

01297 24942/01297 625375 respectively / rogers.d@btinternet.com

alisticope@thinkpositive.co.uk

Cost: Free - all you need is a bicycle! Need to book: No - just turn up

Thursday 8-May-08

Disabled Sailing - Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sutton Bingham Res

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Thursdays 8-May-08

Fitball - Discover Fitball
Fitball With Suzie
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
19:15 to 20:15
Age suitable: 16 +
Ability suitable: All
Sports wear/Trainers/Water.
01305 830508 / bcsc@budmouth.dorset.sch.uk
Cost: Free. Need to book: No

Thursday 8-May-08

- Aquacise with Penny Yarnold
Highlands End
At Highlands End, Eype, Bridport, Dorset DT6 6AR
10.00 to 11.00
Age suitable: Adults
Ability suitable: All
01308 426912-426945 /
Cost: £3.00. Need to book: Phone for details

Friday 9-May-08

Cycling -
Bournemouth Arrows
At Winton Recreation Ground
18.00 to 20.00
Age suitable:
Ability suitable:
Ages 5 - 10 years old and their families and for young riders to practice their skills.
/
Cost: Need to book:

Friday 9-May-08

Pilates -

At Christchurch Sports and Community Hall, Portfield Road

9.30 to Phone for details

Age suitable: Females age 16+

Ability suitable: All abilities

Mat or rug required.

01202 482328 /

Cost: Phone for details. Need to book: Yes

Friday 9-May-08

Swimming -

Wimborne Swimming Lifesaving Club

At QE Leisure Centre

19.00 to 21.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 886463 /

Cost: First session FREE in May. Need to book: Phone for details

Friday 9-May-08

Synchronised Swimming -

Flamingos Synchronised Swimming Club

At Two Riversmeet Leisure Centre

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Need to be able to swim 25m

Adults and juniors of all ages welcome, need to be able to swim 25m.

01202 255456 /

Cost: First session free. Need to book: Phone for details

Friday 9-May-08

Walk -

At St Catherine's Hill, From the entrance to Marsh Lane (Dudsmore Farm Golf Course,

sign visible from Faimile Road)
10.30 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Council/partnership self guided walks with leader.
01202 495000 /
Cost: Phone for details. Need to book: Phone for details

Friday 9-May-08

Walking - East Dorset Health Walks
Moors Valley Country Park and Forest
At The Hub, Brock Way, Verwood
9.45 to 10.45
Age suitable: Phone for details
Ability suitable: Phone for details
Led by volunteer health walk leaders, these walks last approx 45 mins and run every week to help you establish a routine, ideal for beginners. (SU 085 091).
www.moors-valley.co.uk
01425 470721 / moorsvalley@eastdorset.gov.uk
Cost: Phone for details. Need to book: No

Friday 9-May-08

Yoga - Yoga Therapy Class

At Holt Village Hall
10.00 to 11.30
Age suitable: 50+
Ability suitable: Phone for details
01258 450135 / cathyandtom@hotmail.com
Cost: £5.78. Need to book: Yes

Friday 9-May-08

Table Tennis - Winterbourne Stickland and District Table Tennis Club
Table Tennis Club

At Pamela Hambro Hall, West Street, Winterbourne Stickland

19.00 to 21.00

Age suitable: 50+

Ability suitable: Phone for details

01258 880740 / case.home@virgin.net

Cost: £1.00. Need to book: Yes

Fri 09-May

- Stargazing

Durlston Country Park

At The Visitor Centre, Durlston Country Park, Swanage, Dorset

9.00pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Join experts from the Wessex Astronomical Society for a short talk and a chance to view Saturn, Mars, the Moon and the spring and summer constellations. Weather dependent - phone to confirm.

www.durlston.co.uk

01929 424443 / info@durlston.co.uk

Cost: £3. Need to book: Phone for details

Friday 9-May-08

Coffee Morning - Coffee Morning with a Difference

At Easton Methodist Church, Portland

10.00 to 12.00

Age suitable: 50+

Ability suitable: Phone for details

01305 860652 /

Cost: Free. Need to book: Phone for details

Friday 9-May-08

Kickboxing - Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

19.00 to 20.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Friday 9-May-08

Taekwon-do - Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

18.00 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Saturday 10-May-08

Cycling - Burton to Burley and back

Christchurch Cycling Club

At Meet at the Pioneer Store (nr fountain), Christchurch

8.45 to 12.00

Age suitable: Phone for details

Ability suitable: Phone for details

On road introduction to cycling. Please bring a pump, spare inner tube, emergency tool kit and small amount of cash on the ride.

01202 476404 / johnv@spindles11.fsnet.co.uk

Cost: FREE. Need to book: Phone for details

Saturday 10-May-08

Football -
Twynham Rangers FC
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Girls 5/6 aside football tournament at the Grange School.
01202 485492 /
Cost: Phone for details. Need to book: Phone for details

Saturday 10-May-08

Netball -
Peeks Netball Club
At The Grange School
10.00 to 11.30
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07791 339042 /
Cost: Phone for details. Need to book: Phone for details

Saturday 10-May-08

Sailing -
Mudford Sailing Club
At Mudford Sailing Club, Fishermans Bank, off Argyle Road, Mudford.
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Saturday 10-May-08

Orienteering - Try Orienteering

Moors Valley Country Park and Forest

At Moors Valley Country Park Visitor Centre, Horton Road, Ashley Heath, Nr Ringwood,
Dorset BH24 2ET

13.30 to 15.00

Age suitable: 8 years+ all children to be accompanied by an adult

Ability suitable: Phone for details

Join members of Wimborne Orienteering Club to learn map and compass skills and the sport of orienteering at Moors Valley. (SU 106 056).

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: Adults £2 Children £1. Need to book: Yes

Saturday 10-May-08

Lawn Green Bowls - Open Day

Gillingham Bowling Club

At Gillingham Bowling Club, School Lane, Gillingham SP8 4QR

10.00 to 16.00

Age suitable: From the age of 10 upwards

Ability suitable: All abilities

Need to wear flat soled trainers we do have some shoes but not all sizes.

01747 822651 / ronwing@henriette.freeserve.co.uk

Cost: Free. Need to book: No

Saturday 10-May-08

Golf - Get Into Golf - Taster session

Weymouth Golf Club

At Links Road, Weymouth DT4 0PF

11.00 to 13.00

Age suitable: All ages

Ability suitable: All abilities

All sessions carried out by qualified PGA Professional.

www.weymouthgolfclub.co.uk

01305 773997 / weymouthgolfclub@aol.com

Cost: FREE. Need to book: Yes

Saturday 10-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

10.00 to 11.00

Age suitable: 8 to 80 years

Ability suitable: Beginners

Beginners must be able to swim

Booking essential and please bring a pair of shoes that you can get wet, a swimming costume and towel. Wetsuits will be provided.

www.nationalwindsurfingweek.org or

www.windtek.co.uk

01305 787900 / info@windtek.co.uk

Cost: Free. Need to book: Yes

Saturday 10-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

11.00 to 12.00

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www.windtek.co.uk

01305 787900 / info@windtek.co.uk

Cost: Free. Need to book: Yes

Saturday 10-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

12.00 to 14.00

Age suitable: 8 to 80 years

Ability suitable: Beginners

Beginners must be able to swim

Booking essential and please bring a pair of shoes that you can get wet, a swimming costume and towel. Wetsuits will be provided.

www.nationalwindsurfingweek.org or

www.windtek.co.uk

01305 787900 / info@windtek.co.uk

Cost: Free. Need to book: Yes

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01305 787900 / info@windtek.co.uk

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Booking essential and please bring a pair of shoes that you can get wet, a swimming
custume and towel. Wetsuits will be provided.
www.nationalwindsurfingweek.org or
www.windtek.co.uk
01305 787900 / info@windtek.co.uk
Cost: Free. Need to book: Yes

Saturday 10-May-08

Windsurfing - Free Windsurfing Taster Session
Windtek
At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA
16.00 to 17.00
Age suitable: 8 to 80 years
Ability suitable: Beginners
Beginners must be able to swim
Booking essential and please bring a pair of shoes that you can get wet, a swimming
custume and towel. Wetsuits will be provided.
www.nationalwindsurfingweek.org or
www.windtek.co.uk
01305 787900 / info@windtek.co.uk
Cost: Free. Need to book: Yes

Sat 10-May-08

Disabled Swimming, - Routine Club Sessions 'Taster Sessions'
The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Yeovil, Goldenstones
9.00 to 10.00
Age suitable: All ages
Ability suitable: Beginners
1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry
clothes to sailing sessions.
01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com
Cost: Taster session free. Need to book: No

Saturday 10-May-08

Tennis - Club Open Day
Charmouth Lawn Tennis Club
At Lower Sea Lane, Charmouth DT6 6LH
14.00 to 18.00
Age suitable: All
Ability suitable: All interested in racket sports
Suitable sports wear and suitable training shoes. Spare rackets available.
01297 560251 / p.bonner@fiveacres.freeseve.co.uk
Cost: FREE. Need to book: No

Saturday 10-May-08

Various - Various sports tasters
Sports Festival
At Thomas Hardy Leisure Centre, Coburg Road, Dorchester, Dorset DT1 2HT
12.00 to 16.00
Age suitable: All ages
Ability suitable: All abilities
Various sports on offer. Wear comfortable clothing.
01305 252263 /
Cost: FREE. Need to book: No

Saturday 10-May-08

- Family fun inflatable session
Highlands End
At Highlands End, Eype, Bridport, Dorset DT6 6AR
16.00 to 17.30
Age suitable: All
Ability suitable: All
01308 426912-426945 /
Cost: £2.70 per adult, £1.35 per child. Need to book: Phone for details

Saturday 10-May-08

- Tennis Taster
Highlands End
At Highlands End, Eype, Bridport, Dorset DT6 6AR
9.00 to 13.00
Age suitable: Phone for details
Ability suitable: Phone for details
01308 426912-426945 /
Cost: Half price court hire. Need to book: Yes

Saturday 10-May-08

- An introduction to the wild flowers of Hilfield
Hilfield Project
At The car park at Hilfield Friary, Hilfield, Dorchester, Dorset DT2 7BE
10.30 to 16.00
Age suitable: Phone for details
Ability suitable: Phone for details
Discover the wild flowers growing in the different habitats of this area, bring pack lunch.
01300 341741 /
Cost: Adults £3 Children FREE. Need to book: Yes

Sunday 11-May-08

Cycling - Cyclists Touring Club
Christchurch Cycling Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Rides for the more experienced. 5 - 60 and 70 miles and more.
01203 476404 / johnv@spindles11.fsnet.co.uk
Cost: Phone for details. Need to book: Phone for details

Sunday 11-May-08

Folk Workshops - Bodhran (Irish Drum) Workshop

At Phone for details

11.00 to 12.30

Age suitable: Phone for details

Ability suitable: Phone for details

A workshop for complete beginners - just bring your own bodhran (Irish Drum)!

Techniques covered will include holding the bodhran, holding the tipper (beater) and learning how to play basic rhythms - including reels, jigs and slip jigs!

01425 276161 /

Cost: Phone for details. Need to book: Phone for details

Sunday 11-May-08

Folk Workshops - Guitar for Irish Tunes Workshop

At Phone for details

14.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Explore reels, rhythms and jigs. Those attending should have some familiarity with a few basic chords. (e.g. D, G, A, C, Em, Am) and should bring their own guitars.

01425 276161 /

Cost: Phone for details. Need to book: Phone for details

Sunday 11-May-08

Football -

Twynham Rangers FC

At Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Girls 5/6 aside football tournament at the Grange School.

01202 485492 /

Cost: Phone for details. Need to book: Phone for details

Sundays 11-May-08

Lifesaving -
Boscombe Lifeguards
At Kinson Swimming Baths
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 267632 /
Cost: Phone for details. Need to book: Phone for details

Sunday 11-May-08

Rowing -
Christchurch Rowing Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Free taster session any Sunday by arrangement.
07770 690271/07922 080141 /
Cost: FREE. Need to book: Yes

Sunday 11-May-08

Sailing -
Mundeford Sailing Club
At Mundeford Sailing Club, Fishermans Bank, off Argyle Road, Mundeford.
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sunday 11-May-08

Swimming -
Seagulls Swimming Club
At Two Riversmeet Leisure Centre
18.00 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
www.seagullssc.org.uk
07821 491935 /
Cost: First session FREE in May. Need to book: Phone for details

Sunday 11-May-08

Walk - Introduction to Bird Watching at Arne
The Royal Society for the Protection of Birds
At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ
10.00 to 16.00
Age suitable: Phone for details
Ability suitable: Phone for details
Advice for beginner bird watchers including the chance to practice on birds of woodland,
heath and estuary. Phone for details. (SY 972 877).
01929 553360 / danielle.peruffo@rspb.org.uk
Cost: £12 per person (hot drinks included). Need to book: Yes

Sunday 11-May-08

Walk - Sponsored Walk for WaterAid

At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01929 424684 / Walk4water@aol.com
Cost: Phone for details. Need to book: Phone for details

sun 11-May

- Rough Guide to Durlston
Durlston Country Park
At The Visitor Centre, Durlston Country Park, Swanage, Dorset
2.30pm to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Join a Ranger on a gentle stroll to discover Durlston's wildlife, geology, history and more....
www.durlston.co.uk
01929 424443 / info@durlston.co.uk
Cost: £3. Need to book: Phone for details

Sunday 11-May-08

Boxing - Box It
Portland Amateur Boxing Club
At Portland A B C, East Street, Portland DT5 1NF
11:00 to 12:00
Age suitable: 8 yrs - 80
Ability suitable: All
Insight to Amateur Boxing as a way of keeping fit and releasing frustration.
07732 220362 / vinceealson9@msn.com
Cost: Free. Need to book: No

Sunday 11-May-08

Golf - Get Into Golf - Taster session
Weymouth Golf Club
At Links Road, Weymouth DT4 0PF
10.00 to 12.00
Age suitable: All ages
Ability suitable: All abilities
All sessions carried out by qualified PGA Professional.
www.weymouthgolfclub.co.uk
01305 773997 / weymouthgolfclub@aol.com

Cost: FREE. Need to book: Yes

Sunday 11-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

10.00 to 11.00

Age suitable: 8 to 80 years

Ability suitable: Beginners

Beginners must be able to swim

Booking essential and please bring a pair of shoes that you can get wet, a swimming costume and towel. Wetsuits will be provided.

www.nationalwindsurfingweek.org or

www.windtek.co.uk

01305 787900 / info@windtek.co.uk

Cost: Free. Need to book: Yes

Sunday 11-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

11.00 to 12.00

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01305 787900 / info@windtek.co.uk

Cost: Free. Need to book: Yes

Sunday 11-May-08

Windsurfing - Free Windsurfing Taster Session

Windtek

At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA

15.00 to 16.00

Age suitable: 8 to 80 years

Ability suitable: Beginners

Beginners must be able to swim
Booking essential and please bring a pair of shoes that you can get wet, a swimming
custume and towel. Wetsuits will be provided.
www.nationalwindsurfingweek.org or
www.windtek.co.uk
01305 787900 / info@windtek.co.uk
Cost: Free. Need to book: Yes

Sunday 11-May-08

Windsurfing - Free Windsurfing Taster Session
Windtek
At Weymouth & Portland National Sailing Academy, Osprey Quay, Portland DT5 1SA
16.00 to 17.00
Age suitable: 8 to 80 years
Ability suitable: Beginners
Beginners must be able to swim
Booking essential and please bring a pair of shoes that you can get wet, a swimming
custume and towel. Wetsuits will be provided.
www.nationalwindsurfingweek.org or
www.windtek.co.uk
01305 787900 / info@windtek.co.uk
Cost: Free. Need to book: Yes

Sunday 11-May-08

Outdoor Bowling - Open Afternoon
Sherborne Bowling Club
At Sherborne Bowling Club, Culverhayes, Long Street, Sherborne DT9 3NJ
14.30 to 16.30
Age suitable: All ages welcome
Ability suitable: All abilities
A chance to try the game of bowls. Free tuition and refreshments. Casual dress - bowls
and shoes will be provided.
01935 475800 /
Cost: FREE. Need to book: No

Sunday 11-May-08

Walking - Hardy Annual

Dorset LDWA

At Beaminster Public Hall

08.00/09.00 to 19.00/21.00

Age suitable: Adults

Ability suitable: Phone for details

The route takes in spectacular scenery over some of Dorset's highest hills & Dorset Coast paths, with rewarding views (approx. distance 25-35 miles).

www.ldwa.org.uk/dorset

01305 834674 Evenings and weekends (No calls after 9pm) /

hardy.annual@btinternet.com

Cost: £6. Need to book: Yes

Sunday 11-May-08

- Intro/refresher to Tai Chi

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

10.00 to 12.00

Age suitable: Adults

Ability suitable: All

Tai Chi is a gentle art, focusing on fluid, circular movements that are relaxed and slow in tempo.

01308 426912-426945 /

Cost: £5.00. Need to book: Yes

Sunday 11-May-08

- Intro/refresher to Tai Chi

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

14.00 to 16.00

Age suitable: Adults

Ability suitable: All

Tai Chi is a gentle art, focusing on fluid, circular movements that are relaxed and slow in tempo.

01308 426912-426945 /

Cost: £5.00. Need to book: Yes