

Dorset Active Leisure Month

Activities V, W, X, Y and Z

Various

Club Dorset - Juniper Jumpers Club

Brendoncare

At Hope House, Jumpers Road, Christchurch

Tuesday 6-May-08

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

Various

Club Dorset - The Alpha Club

Brendoncare

At Greystones Hall, Waterford Road, Highcliffe, Christchurch

Wednesday 7-May-08

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

Various

Various sports tasters

Sports Festival

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

Saturday 10-May-08

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

Various

Club Dorset - Juniper Jumpers Club
Brendoncare
At Hope House, Jumpers Road, Christchurch
Tuesday 13-May-08
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

Various

Club Dorset - The Alpha Club
Brendoncare
At Greystones Hall, Waterford Road, Highcliffe, Christchurch
Wednesday 14-May-08
Phone for details to Phone for details
Age suitable: Phone for details
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: Phone for details

Various

Club Dorset - Juniper Jumpers Club
Brendoncare
At Hope House, Jumpers Road, Christchurch

Tuesday 20-May-08

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

Various

Club Dorset - The Alpha Club

Brendoncare

At Greystones Hall, Waterford Road, Highcliffe, Christchurch

Wednesday 21-May-08

Phone for details to Phone for details

Age suitable: Phone for details

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: Phone for details

Various

Club Dorset - Juniper Jumpers Club

Brendoncare

At Hope House, Jumpers Road, Christchurch

Tuesday 27-May-08

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

Various

Club Dorset - The Alpha Club

Brendoncare

At Greystones Hall, Waterford Road, Highcliffe, Christchurch

Wednesday 28-May-08

Phone for details to Phone for details

Age suitable: Phone for details

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: Phone for details

Various

Llewelin Court Activities

Llewelin Court Residents Committee

At Llewelin Court, DaCombe Avenue, Upton, Dorset

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details

07950 624023 / wilson.roger8@hotmail.com

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

Various

Health and Recreation at Pilgrim House (HARP)

At Pilgrim House, 1 Hope Street, Weymouth, Dorset DT4 8TU

Phone for details Varied program

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details

www.ageconcern.org.uk

01305 761828 / ageconcernweymouth@btinternet.com

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

Volleyball

Have a go at volleyball

Bridport Volleyball Club

At Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

Tuesdays 6-May-08

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

Volleyball

Have a go at volleyball

Bridport Volleyball Club

At Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

Tuesdays 13-May-08

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

Volleyball

Have a go at volleyball

Bridport Volleyball Club

At Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

Tuesdays 20-May-08

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

Volleyball

Have a go at volleyball

Bridport Volleyball Club

At Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

Tuesdays 27-May-08

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

Volunteering

Work Party / Task

National Trust

At Purbeck Estate Office, Middle Beach, Studland

Sundays Alternate Sundays

10.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Various conservation tasks for e.g. hedgelaying, scrub clearing, drystone walling and coppicing. (SZ 036 828).

01929 450259 / roland.hughes@nationaltrust.org.uk

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

Volunteers

At Christchurch Conservation Service Volunteers
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Opportunities to become involves in active conservation work.
01425 272479 /
Cost: Phone for details. Need to book: Phone for details

Walk

The Landscape and Wildlife of Lulworth Guided Walk
Lulworth Estate
At Lulworth Heritage Centre, Lulworth Cove, Dorset
Sunday 4-May-08
10.30 to 13.30
Age suitable: Phone for details
Ability suitable: Phone for details
Introduction to geology, landforms, wildlife and history, including visit to fossil forest and Bindon Hill.
01929 400155 /
Cost: Adults £3 Children £1.50. Need to book: Phone for details

Walk

Dawn at Arne
The Royal Society for the Protection of Birds
At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ
Sunday 04-May-08
4.30 to 7.00
Age suitable: Phone for details
Ability suitable: Phone for details

An early stroll around Arne listening to lyrical bird song followed by a hearty breakfast. (SY 972 877).

01929 553360 / danielle.peruffo@rspb.org.uk

Cost: Adults - non members £6 members £4 Children £3. Includes breakfast. Need to book: Yes

Walk

Decoys and Ducks on Modern Bog NNR

Natural England

At Meet at Sherford Bridge car park on B3075

Tuesdays 6-May-08

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

Walk

At St Catherine's Hill, From the entrance to Marsh Lane (Dudsmore Farm Golf Course, sign visible from Faimile Road)

Friday 9-May-08

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

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
Sunday 11-May-08
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

Walk

Sponsored Walk for WaterAid

At Phone for details
Sunday 11-May-08
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

Walk

Heathland Amble at Arne
The Royal Society for the Protection of Birds
At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ
Wednesday 21-May-08
10.30 to 12.30
Age suitable: Phone for details
Ability suitable: Phone for details
Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).
01929 553360 / danielle.peruffo@rspb.org.uk
Cost: FREE. Need to book: Phone for details

Walk

Heathland Amble at Arne

The Royal Society for the Protection of Birds

At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ

Wednesday 21-May-08

14.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).

01929 553360 / danielle.peruffo@rspb.org.uk

Cost: FREE. Need to book: Phone for details

Walk

Butterfly Ramble on Hog Cliff NNR

Natural England

At Lay-by on the A37 opposite Hog Cliff NNR

Thursday 22-May-08

14.00 to 16.00

Age suitable:

Ability suitable:

Join us for a stroll on Hog Cliff to look for the rare Marsh Fritillary butterfly amongst the downland flowers. (SY 620 975).

01929 557450 / dorset@naturalengland.org.uk

Cost: . Need to book: Yes

Walk

Nature Trail with Quiz Sheet

At Phone for details

All week 24-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Walk with quiz through the gardens at Corfe Castle Model Village. Prize for the most correct answers at the end of the week.

www.corfecastlemodelvillage.co.uk

01929 481234 /

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

Walk

Rock around the coast'

Coastlink

At Various - call for details

All week 26-May-08

9.30 to Various

Age suitable: Adults

Ability suitable: Phone for details

A week of one day walks along the stunning coast path between Charmouth and Studland.

01929 450461 /

Cost: £4. Need to book: Yes

Walk

Rock around the coast'

Coastlink

At Various - call for details

All week 26-May-08

9.30 to Various

Age suitable: Adults

Ability suitable: Phone for details

A week of one day walks along the stunning coast path between Charmouth and Studland.

01929 450461 /

Cost: £4. Need to book: Yes

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Rock around the coast'

Coastlink

At Various - call for details

All week 26-May-08

9.30 to Various

Age suitable: Adults

Ability suitable:

A week of one day walks along the stunning coast path between Charmouth and Studland.

01929 450461 /

Cost: £4. Need to book: Yes

Walk

At Car park on Stanpit

Wednesday 28-May-08

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

Walk

Birds of bog, heath and fen: Modern bog NNR

Natural England

At Meet at Sherford Bridge car park on B3075

Wednesday 28-May-08

9.30 to 11.00

Age suitable: Phone for details

Ability suitable: Phone for details

A short walk to see and hear the range of birds on this diverse nature reserve. (SY 919 926).

01929 557450 / dorset@naturalengland.org.uk

Cost: Phone for details. Need to book: Yes

Walk

Heathland Amble at Arne

The Royal Society for the Protection of Birds

At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ

Wednesday 28-May-08

10.30 to 12.30

Age suitable: Phone for details

Ability suitable: Phone for details

Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).

01929 553360 / danielle.peruffo@rspb.org.uk

Cost: FREE. Need to book: Phone for details

Walk

Heathland Amble at Arne

The Royal Society for the Protection of Birds

At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ

Wednesday 28-May-08

14.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).

01929 553360 / danielle.peruffo@rspb.org.uk

Cost: FREE. Need to book: Phone for details

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Hub, Brock Way, Verwood

Friday 2-May-08

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

Walking

Rockpool Ramble

Dorset Wildlife Trust

At Meet at pillbox on beach, Marine Centre, Kimmeridge Bay, Wareham, Dorset BH20

5PF

Sat 3-May-08

12.30 to 14.00

Age suitable: Phone for details

Ability suitable: Phone for details

Join us at the best rockpooling site in Dorset. Some events are weather dependant - contact the Marine Centre on the day if in doubt. For shore activities wellies or beach sandals recommended. Sorry, no unaccompanied children. (SY 909 787).

www.coastlink.org/kimmeridge

01929 481044 / kimmeridge@dorsetwildlife.co.uk

Cost: Adult £3 Child £1.50. Need to book: Phone for details

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Saturday 3-May-08

10.00 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

Walking

Seashore Spotters

Dorset Wildlife Trust

At Marine Centre, by slipway, Kimmeridge Bay, Wareham, Dorset BH20 5PF

Sun 4-May-08

13.00 to 14.30

Age suitable: Phone for details

Ability suitable: Phone for details

Join our quest to find all the sea shore species in our 'spotter guides'. Some events are weather dependant - contact the Marine Centre on the day if in doubt. For shore activities wellies or beach sandals recommended. Sorry, no unaccompanied children. (SY 909 787).

www.coastlink.org/kimmeridge

01929 481044 / kimmeridge@dorsetwildlife.co.uk

Cost: £2 per person (includes free spotter guides). Need to book: Phone for details

Walking

Four short leisure walks approx. 4 miles

Mosterton Rambling Club

At Local village walk, meet at Mosterton, Orchard Way DT8 3LT

Sunday 4-May-08

14.00 or 14.30 to 16.00 or 16.30

Age suitable: Adults, children if accompanied

Ability suitable: Normally mobile, any age. No dogs, sorry.

Sturdy walking shoes, weather proof clothes, drink and snack if needed. If in doubt, get in touch.

01308 862497 or 01935 891546 /

Cost: FREE. Need to book: Advisable for people to get in touch

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Sunday 4-May-08

10.00 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

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Monday 5-May-08

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

Walking

Short walk around Avon Heath Country Park

Avon Strollers at Avon Heath

At Avon Heath Country Park

Tuesday 6-May-08

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

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Heritage Centre, Ringwood Road, Verwood

Tuesday 6-May-08

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

Walking

Walking with a group in the countryside

Beaminster Rambling Club

At Beaminster

Tuesdays 6-May-08

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

Walking

Join the Dorchester Strollers for a Bluebell Walk

Dorchester Strollers

At Meet at Athelhampton House car park

Wednesday 7-May-08

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

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Hub, Brock Way, Verwood

Friday 9-May-08

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

Walking

Rough Guide to Durlston

Durlston Country Park

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

sun 11-May

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

Walking

Hardy Annual

Dorset LDWA

At Beaminster Public Hall

Sunday 11-May-08

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

Walking

Short walk around Avon Heath Country Park

Avon Strollers at Avon Heath

At Avon Heath Country Park

Tuesday 13-May-08

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

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Heritage Centre, Ringwood Road, Verwood

Tuesday 13-May-08

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

Walking

Four short leisure walks approx. 4 miles

Mosterton Rambling Club

At Local village walk, meet at Mosterton, Orchard Way DT8 3LT

Wednesday 14-May-08

9.30 to 12.30

Age suitable: Adults, children if accompanied

Ability suitable: Normally mobile, any age. No dogs, sorry.

Sturdy walking shoes, weather proof clothes, drink and snack if needed. If in doubt, get in touch.

01308 862497 or 01935 891546 /

Cost: FREE. Need to book: Advisable for people to get in touch

Walking

Canford Heath Stroll

Moors Valley Country Park and Forest

At Location map sent on booking

Thursday 15-May-08

10.00 to 12.30

Age suitable: Adults

Ability suitable: Phone for details

A 5 mile stroll around this internationally recognised heathland site, which lies between Wimborne and Poole. Learn a little more about this pretty and important area with a local wildlife ranger.

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: £3.50. Need to book: Yes

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Hub, Brock Way, Verwood

Friday 16-May-08

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

Walking

Quarry Tour

At Meet at Quarry Office, Lander's Quarries, Kingston Road, Langton Matravers

Saturday 17-May-08

10.00 to 11.15

Age suitable: Adults and children 8+

Ability suitable: Phone for details

Wellington boots or stout footwear essential. No dogs please. All children to be accompanied.

01929 439205 /

Cost: Adults £3.50, Children (8+ only) £1.20. Need to book: Yes

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Saturday 17-May-08

10.00 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: Adultd £7 Children £3. Need to book: Yes

Walking

Meadows and Orchids

Durlston Country Park

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

sun 18-May

2.30pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Join our local expert Ted Pratt on a wander around some of the best meadows in the country.

www.durlston.co.uk

01929 424443 / info@durlston.co.uk

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

Walking

Discover Old Swanage

At Meet at Swanage Museum & Heritage Centre, The Square.

Sunday 18-May-08

14.30 to 16.30

Age suitable: Phone for details

Ability suitable: Phone for details

A guided, circular walk to discover relics of Old London and the story of Swanage's founding fathers.

01929 427329 /

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

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Sunday 18-May-08

10.00 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

Walking

Short walk around Avon Heath Country Park

Avon Strollers at Avon Heath

At Avon Heath Country Park

Tuesday 20-May-08

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

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Heritage Centre, Ringwood Road, Verwood

Tuesday 20-May-08

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

Walking

Walking with a group in the countryside

Beaminster Rambling Club

At Beaminster

Tuesdays 20-May-08

Phone for details to Phone for details

Age suitable: All

Ability suitable: All

5 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

Walking

Dry stone Walls Walk

At Meet at Acton car park gate by the bus stop

Wednesday 21-May-08

14.30 to 16.30

Age suitable: Phone for details

Ability suitable: Phone for details

A guided walk around Langton Matravers to learn about ancient manorial boundaries walls, later enclosure walls and those recently restored.

01929 423168 /

Cost: Adults £2, children FREE. Need to book: Phone for details

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Hub, Brock Way, Verwood

Friday 23-May-08

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

Walking

Geology and Landscapes at Swanworth

Dorset Important Geological Sites Group

At Meet at the public car park in Worth Matravers

Saturday 24-May-08

14.00 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

A guided walk along footpaths around Worth Matravers and Swanworth looking at the fantastic geology and landscapes.

01305 789643 /

Cost: FREE. Need to book: Phone for details

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Saturday 24-May-08

13.30 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

Walking

Discover Old Swanage

At Meet at Swanage Museum & Heritage Centre, The Square.

Sunday 25-May-08

14.30 to 16.30

Age suitable: Phone for details

Ability suitable: Phone for details

A guided, circular walk to discover relics of Old London and the story of Swanage's founding fathers.

01929 427329 /

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

Walking

Four short leisure walks approx. 4 miles

Mosterton Rambling Club

At Local village walk, meet at Mosterton, Orchard Way DT8 3LT

Sunday 25-May-08

14.00 or 14.30 to 16.00 or 16.30

Age suitable: Adults, children if accompanied

Ability suitable: Normally mobile, any age. No dogs, sorry.
Sturdy walking shoes, weather proof clothes, drink and snack if needed. If in doubt, get in touch.
01308 862497 or 01935 891546 /
Cost: FREE. Need to book: Advisable for people to get in touch

Walking

Fossil Hunting Walk
Charmouth Heritage Coast Centre
At Charmouth Heritage Coast Centre, Lower Sea Lane, Charmouth, Dorset DT6 6LL
Sunday 25-May-08
13.30 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

Walking

Smooth and Slippery Reptile Trail
National Trust
At Starts at the Studkland Visitor Centre, Knoll Beach
Monday 26-May-08
10.30 to 15.00
Age suitable: Phone for details
Ability suitable: Phone for details
Fun for all the family.
01929 450259 /
Cost: Children £1.50. Need to book: Phone for details

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre
At Charmouth Heritage Coast Centre, Lower Sea Lane, Charmouth, Dorset DT6 6LL
Monday 26-May-08
14.00 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

Walking

Short walk around Avon Heath Country Park
Avon Strollers at Avon Heath
At Avon Heath Country Park
Tuesday 27-May-08
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

Walking

East Dorset Health Walks
Moors Valley Country Park and Forest
At The Heritage Centre, Ringwood Road, Verwood
Tuesday 27-May-08
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

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Tuesday 27-May-08

14.30 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

Walking

Nightjars and Creatures of the Twilight - Birdwatching Walk

At Meet at the Forestry Commissions Offices at Cold Harbour

Wednesday 28-May-08

20.30 to 22.00

Age suitable: All ages

Ability suitable: Phone for details

Join the annual hunt for the elusive nightjar at Wareham. Bring a torch.

02380 286840 /

Cost: Adults £4, children £2.50. Need to book: Yes

Walking

Wonderful Woodland Wonder

National Trust
At Meet at Studland Study Centre, Knoll Beach.
Wednesday 28-May-08
14.00 to 15.30
Age suitable: Children
Ability suitable: Phone for details
Phone for details.
01929 450259 /
Cost: £2. Need to book: Yes

Walking

Four short leisure walks approx. 4 miles
Mosterton Rambling Club
At Local village walk, meet at Mosterton, Orchard Way DT8 3LT
Wednesday 28-May-08
9.30 to 12.30
Age suitable: Adults, children if accompanied
Ability suitable: Normally mobile, any age. No dogs, sorry.
Sturdy walking shoes, weather proof clothes, drink and snack if needed. If in doubt, get in touch.
01308 862497 or 01935 891546 /
Cost: FREE. Need to book: Advisable for people to get in touch

Walking

Reptile Walk
Avon Heath Country Park
At Avon Heath Country Park
Friday 30-May-08
10.30 to 11.30
Age suitable: Suitable for older children - all children should bring an adult.
Ability suitable: Phone for details
Join our reptile enthusiast and track down the parks snake's and lizards. Avon Heath is home to all six native reptiles, so weather permitting you stand a good chance of spotting one.
01425 478470 /

Cost: Adults £2.50 Children £1.50. Need to book: Yes

Walking

East Dorset Health Walks

Moors Valley Country Park and Forest

At The Hub, Brock Way, Verwood

Friday 30-May-08

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

Walking

Child Friendly Coastal Walk

East Dorset Ramblers

At Meet at the National Trust car park (no charge), Durnford Drove, Langton Matravers.

Saturday 31-May-08

10.00 to Phone for details

Age suitable: All ages

Ability suitable: Phone for details

Guided walk to Dancing Ledge and along the coastal path to Seacombe. Bring a picnic and fishing nets. Route suitable for large wheeled buggies - help available with stiles.

Dogs welcome. Distance approx. 4.5 miles.

01929 427878 /

Cost: FREE. Need to book: Phone for details

Walking

Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

Saturday 31-May-08

9.30 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

Walking

Ramblers Association Dorset Groups

At Phone for details

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

www.dorset-ramblers.co.uk/walks1.htm

/

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

Walking and cycling

East Dorset Walks and Cycle Rides

Moors Valley Country Park and Forest

At Location maps will be sent out prior to the event.

Various Select weekdays

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

A selection of walks and cycle rides for any level of ability exploring the countryside of East Dorset and Hampshire. Please phone 01425 470721 for a current programme.

www.moors-valley.co.uk

01425 470721 / moorsvalley@eastdorset.gov.uk

Cost: Phone for details. Need to book: Yes

Walks and Activities

At Countryside

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 471780 /

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

Water Exercise

Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

Tuesdays 6-May-08

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

Water Exercise

Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

Thursdays 8-May-08

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

Water Exercise

Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

Tuesdays 13-May-08

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

Water Exercise

Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

Thursdays 15-May-08

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

Water Exercise

Have a go at Aquafit

Aquafit

At Osprey Leisure Centre, Castletown, Portland DT5 1BD

Tuesdays 20-May-08

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

Water Exercise

Have a go at Aquafit
Aquafit
At Osprey Leisure Centre, Castletown, Portland DT5 1BD
Thursdays 22-May-08
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

Water Polo

Water Polo Training
Seagulls Swimming Club
At Two Riversmeet Leisure Centre
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Seagulls Swimming Club offers water polo training and matches for swimmers wishing to take part in the game at all levels.
07725 910077 /
Cost: Ages 8 - 18. Need to book: Phone for details

Water Polo

Water Polo Training
Seagulls Swimming Club
At New Milton Leisure Centre
Phone for details Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Seagulls Swimming Club offers water polo training and matches for swimmers wishing to take part in the game at all levels.

07725 910077 /

Cost: Ages 8 - 18. Need to book: Phone for details

Windsurfing

Free Windsurfing Taster Session

Windtek

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

Saturday 10-May-08

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

Windsurfing

Free Windsurfing Taster Session

Windtek

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

Saturday 10-May-08

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Sunday 11-May-08
10.00 to 11.00
Age suitable: 8 to 80 years
Ability suitable: Beginners
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www.nationalwindsurfingweek.org or
www.windtek.co.uk
01305 787900 / info@windtek.co.uk
Cost: Free. Need to book: Yes

Yoga

Hatha Yoga
At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe
Thursday 1-May-08
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

Yoga

Hatha Yoga
At The Dance Studio, The Grange School, Redvers Road, Christchurch
Thursday 1-May-08
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

Yoga

Yoga Therapy Class

At Holt Village Hall
Friday 2-May-08
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

Yoga

Hatha Yoga
At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe
Tuesday 6-May-08
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

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10 week easy slimming with EFT & yoga.
07847 137613 / gilltaylor1@yahoo.co.uk
Cost: Phone for details. Need to book: Phone for details

Yoga

Hatha Yoga

At The Dance Studio, Highcliffe Comprehensive School, Woodside Gardens, Highcliffe

Tuesday 6-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Thursday 8-May-08

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

Yoga

Hatha Yoga

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

Thursday 8-May-08

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

Yoga

Yoga Therapy Class

At Holt Village Hall

Friday 9-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Tuesday 13-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Tuesday 13-May-08

11.15 to 12.15

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

Yoga

Hatha Yoga

At The Dance Studio, Highcliffe Comprehensive School, Woodside Gardens, Highcliffe

Tuesday 13-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Thursday 15-May-08

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

Yoga

Hatha Yoga

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

Thursday 15-May-08

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

Yoga

Yoga Therapy Class

At Holt Village Hall
Friday 16-May-08
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

Yoga

Hatha Yoga
At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe
Tuesday 20-May-08
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.
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Cost: Phone for details. Need to book: Phone for details

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

Yoga

Hatha Yoga

At The Dance Studio, Highcliffe Comprehensive School, Woodside Gardens, Highcliffe

Tuesday 20-May-08

18.00 to 19.30

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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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Thursday 22-May-08

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

Yoga

Hatha Yoga

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

Thursday 22-May-08

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

Yoga

Yoga Therapy Class

At Holt Village Hall

Friday 23-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Tuesday 27-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Tuesday 27-May-08

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

Yoga

Hatha Yoga

At The Dance Studio, Highcliffe Comprehensive School, Woodside Gardens, Highcliffe

Tuesday 27-May-08

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

Yoga

Hatha Yoga

At Highcliffe Methodist Church Hall, Lymington Road, Highcliffe

Thursday 29-May-08

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

Yoga

Hatha Yoga

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

Thursday 29-May-08

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

Yoga

Yoga Therapy Class

At Holt Village Hall

Friday 30-May-08

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