

## **Dorset Active Leisure Month**

Activities M, N and O

### **Martial Arts**

Kickboxing

Shaftesbury Lau Gar Kung Fu Kickboxing Club

At (Memorial Hall) Shaftesbury Upper School, Salisbury Road, Shaftesbury SP7 8ER

Thursday 1-May-08

19.30 to 21.00

Age suitable: 11 years upwards

Ability suitable: All abilities

New students are always asked about any medical conditions which may affect them training. Clothing - tracksuit bottoms and t-shirt.

01747 854187 / bartboxer@hotmail.com

Cost: 1st time £2.00. Need to book: No

### **Martial Arts**

Taster Session

South Dorset Tai Chi

At Scutt Hall, Preston, Weymouth DT3 6BX

Wednesday 7-May-08

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

### **Martial Arts**

Power Chi Yoga

Power Chi Yoga

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

Monday 12-May-08

18:00 to 19:00

Age suitable: 16 +

Ability suitable: Mixed Level

Wear comfortable loose clothing, mats available.

01305 815847 / jo.damen@btinternet.com

Cost: Free. Need to book: No

## **Martial Arts**

Power Chi Yoga

Power Chi Yoga

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

Monday 12-May-08

18:00 to 19:00

Age suitable: 16 +

Ability suitable: Mixed Level

Wear comfortable loose clothing, mats available.

01305 815847 / jo.damen@btinternet.com

Cost: Free. Need to book: No

## **Martial Arts**

Martial Arts Taster Session

Weymouth Martial Arts Centre

At 10 Gloucester Mews, Weymouth DT4 7DA

Sunday 18-May-08

12:00 to 14:00

Age suitable: All Ages

Ability suitable: Beginners

Please wear casual comfortable clothing, No Jewellery.

[www.worldcombatarts.co.uk](http://www.worldcombatarts.co.uk)

07976 841935 / jackieandmo@hotmail.com

Cost: Free. Need to book: No

## **Martial Arts**

Power Chi Yoga  
Power Chi Yoga  
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY  
Monday 19-May-08  
18:00 to 19:00  
Age suitable: 16 +  
Ability suitable: Mixed Level  
Wear comfortable loose clothing, mats available.  
01305 815847 / jo.damen@btinternet.com  
Cost: Free. Need to book: No

## **Martial Arts**

Power Chi Yoga  
Power Chi Yoga  
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY  
Monday 19-May-08  
18:00 to 19:00  
Age suitable: 16 +  
Ability suitable: Mixed Level  
Wear comfortable loose clothing, mats available.  
01305 815847 / jo.damen@btinternet.com  
Cost: Free. Need to book: No

## **Netball**

Peeks Netball Club  
At The Grange School  
Saturday 3-May-08  
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

## **Netball**

Peeks Netball Club  
At The Grange School  
Saturday 10-May-08  
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

## **Netball**

Peeks Netball Club  
At The Grange School  
Saturday 17-May-08  
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

## **Netball**

Peeks Netball Club  
At The Grange School  
Saturday 24-May-08  
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

## **Netball**

Peeks Netball Club  
At The Grange School  
Saturday 31-May-08  
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

## **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  
Saturday 10-May-08  
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](http://www.moors-valley.co.uk)  
01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)  
Cost: Adults £2 Children £1. Need to book: Yes

## **Outdoor activities**

Stargazing  
Durlston Country Park  
At The Visitor Centre, Durlston Country Park, Swanage, Dorset  
Fri 09-May  
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](http://www.durlston.co.uk)

01929 424443 / [info@durlston.co.uk](mailto:info@durlston.co.uk)

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

## **Outdoor activities**

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

Mondays 5-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: Activities from £1. Need to book: No

## **Outdoor activities**

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

Mondays 5-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

Rockpool Ramble

Charmouth Heritage Coast Centre

At Cobb Gate Car Park, Lyme Regis

Monday 5-May-08

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](http://www.charmouth.org)

01297 560772 / [info@charmouth.org](mailto:info@charmouth.org)

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

## **Outdoor activities**

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

Wednesday 7-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 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

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

Mondays 12-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: Activities from £1. Need to book: No

## **Outdoor activities**

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

Mondays 12-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

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

Mondays 19-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: Activities from £1. Need to book: No

## **Outdoor activities**

### 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

Mondays 19-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

### 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

Wednesday 21-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 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

Childrens Pirate Fun

Lulworth Estate

At Phone for details

Sunday 25-May-08

10.30 to 18.00

Age suitable: Phone for details

Ability suitable: Phone for details

Themed activities, including re-enactments, quizzes and face painting.

0845 450 1054 /

Cost: Admission charges apply. Need to book: Phone for details

## **Outdoor activities**

Prints and Plastercasts

Avon Heath Country Park

At Avon Heath Country Park

Monday 26-May-08

11.30 to 12.30

Age suitable: All children should bring an adult

Ability suitable: Phone for details

Can you tell the difference between a fox and a dog print? Discover more about tracking animals and make a plaster cast of an animal print on the park to take home.

01425 478470 /

Cost: £3. Need to book: Yes

## **Outdoor activities**

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

Mondays 26-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: Activities from £1. Need to book: No

## **Outdoor activities**

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

Mondays 26-May-08

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](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

Farmer Palmers Farm Practice Sports Day

At Phone for details  
All week 26-May-08  
Phone for details to Phone for details  
Age suitable: Phone for details  
Ability suitable: Phone for details  
Phone for details.  
www.farmerpalmer.co.uk  
01202 622022 /  
Cost: Phone for details. Need to book: Phone for details

## **Outdoor activities**

Hidden Nature Week on Brownsea  
National Trust  
At Brownsea Island  
All week 26-May-08  
10.30 to 15.30  
Age suitable: Children  
Ability suitable: Phone for details  
Fun trails, activities and walks.  
01202 707744 /  
Cost: Normal ferry and admission charges apply. Need to book: Phone for details

## **Outdoor activities**

Big Bug Hunt on Stoborough Heath NNR  
Natural England  
At Sunnyside car park, Ridge.  
Tuesday 27-May-08  
10.00 to 12.00  
Age suitable: Phone for details  
Ability suitable: Phone for details  
A chance for parents to inspire the kids to 'catch the bug' about the nature around them.  
(SY 938 863).  
01929 557450 / dorset@naturalengland.org.uk

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

## **Outdoor activities**

Family Treasure Trail at Corfe Castle

At Phone for details

Tuesday 27-May-08

10.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

[www.nationaltrust.org.uk/whatson](http://www.nationaltrust.org.uk/whatson)

01929 481294 /

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

## **Outdoor activities**

Raptured by Reptiles

Avon Heath Country Park

At Avon Heath Country Park

Wednesday 28-May-08

11.00 to 15.00

Age suitable: Phone for details

Ability suitable: Phone for details

A fantastic opportunity to get up close to some of the snakes and lizards that live at Avon Heath and find out more about these special creatures with the herpetological

Conservation Trust.

01425 478470 /

Cost: FREE. Need to book: Phone for details

## **Outdoor activities**

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

Wednesday 28-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 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

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

## **Outdoor activities**

Woodland Wisdom Taster Day

Moors Valley Country Park and Forest

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

Wednesday 28-May-08

10.30 to 15.00

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

Ability suitable: Phone for details

Try your hand at a range of different bushcraft skills. There will be workshops on shelter building, fire lighting, tracking and loads more. (SU 106 056).

[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

01425 470721 / [moorsvalley@eastdorset.gov.uk](mailto:moorsvalley@eastdorset.gov.uk)

Cost: £3. Need to book: No

## **Outdoor activities**

Wildlife Activities Day

Lulworth Estate

At Lulworth Heritage Centre, Lulworth Cove, Dorset

Wednesday 29-May-08

11.00 to 15.00

Age suitable: Phone for details

Ability suitable: Phone for details

A day full of childrens activities based in the Heritage Centre and wildlife garden.

01929 400155 /

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

## **Outdoor activities**

Enid Blyton Fun Day

National Trust

At Phone for details

Thursday 29-May-08

11.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

The secret island - fun and games in the castle grounds - the inspiration for Kirrin Castle.

Discount available if arriving by public transport.

01929 481294 /

Cost: Normal admission charges to the castle apply. Need to book: Phone for details

## **Outdoor Bowling**

Open Afternoon

Sherborne Bowling Club

At Sherborne Bowling Club, Culverhayes, Long Street, Sherborne DT9 3NJ

Sunday 11-May-08

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