

Dorset Active Leisure Month

Week 3

Activities taking place from Monday 12 May to Sunday 18 May

Monday 12-May-08

Brendoncare - Club Dorset - The Castle Club
Winchester

At St Mark's Church Hall, Hinton Wood Avenue, Highcliffe

14.00 to 16.00

Age suitable: 50+

Ability suitable: Phone for details

Tony Hanson or Janet Cary.

clubdorset@brendoncare.org.uk / www.brendoncare.org.uk

Cost: Phone for details. Need to book: Yes

Mondays 12-May-08

Scottish Country Dance Classes - Taster Session

South Coast Scottish Heritage Association (SCOSHA)

At Beaufort Community Centre, Beaufort Road, Southbourne, Bournemouth BH6 5LB

19.30 to 21.45

Age suitable: All ages

Ability suitable: For the beginner and experienced dancer

Scosha welcomes anyone who has an interest in dancing and would like to learn Scottish Country Dance.

01202 484280 / dance-scosha@hotmail.co.uk

Cost: First introductory evening free. Need to book: No

All week 12-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 12-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 12-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 12-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

Monday 12-May-08

Taekwondo -

Christchurch Taekwondo Club

At Twynham School Gym, Sopers Lane, Christchurch

19.30 to 21.00

Age suitable: Age 11+

Ability suitable: All abilities

No equipment required - just wear loose clothes, trainers/running shoes.

www.dtkd.co.uk

01202 773991 / master@naraine.co.uk

Cost: Free taster session in May. Need to book: Phone for details

Mondays 12-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 12-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

Monday 12-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

Monday 12-May-08

Computer Class - Portland Island Computer Klub

At Jubilee Hall, Easton Square, Portland, Dorset

19.30 to 21.30

Age suitable: 50+

Ability suitable: Phone for details
01305 860652 /
Cost: £3.00. Need to book: Yes

Monday 12-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

Tuesday 12-May-08

Golf - Get Into Golf - Taster session
Weymouth Golf Club
At Links Road, Weymouth DT4 0PF
17.00 to 19.00
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

Monday 12-May-08

Martial Arts - Power Chi Yoga
Power Chi Yoga
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
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

Monday 12-May-08

Art Course - Extension Art Courses for Older People
Bridport Older Peoples Forum
At Chancery House (Age Concern), Bridport
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
01308 424650 /
Cost: £2.50. Need to book: Yes

Monday 12-May-08

Dance Aerobics - Dance - It Taster
Claire Myers Dance - It
At Dorchester Ballet and Dance Club, The Brewery Site, Dorchester
13.00 to 14.00
Age suitable: All Ages
Ability suitable: All abilities, no experience necessary
Trainers or dance shoes.
01305 751984 / clairefmyers@hotmail.com
Cost: FREE. Need to book: No

All week 12-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 12-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 16.00-18.31.

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

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

Cost: FREE. Need to book: Yes

Monday 12-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 12-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 12-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 12-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 12-May-08

Martial Arts - Power Chi Yoga

Power Chi Yoga

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

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

Tuesday 13-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 13-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 13-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 13-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 13-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 13-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 13-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 13-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 13-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 13-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 13-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 13-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 /

Cost: £3.50. Need to book: No

Tuesdays 13-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 13-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

Tuesday 13-May-08

Gymnastics - Toddler and Pre-School gymnastics open session
Dorchester YMCA Gymnastics Club
At Dorchester YMCA, Sawmills Lane, Dorchester DT1 2RZ
13.45 to 14.30
Age suitable: Toddlers and pre-schoolers (1-4 years)
Ability suitable: Ages 1 - 4 years
Clothing - girls - shorts/leggings and a t-shirt. Boys - shorts and t-shirt. No baggy clothes, buckles, jewellery or watches. Bare feet. Long hair should be tied back.
www.dorchester-ymca.co.uk
01305 266467 / dorchester-ymca@btconnect.com
Cost: £1.00 per child. Need to book: No

Tuesdays 13-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 13-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 13-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

Wednesday 14-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 14-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 14-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 14-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 14-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 14-May-08

- Club Dorset - The Alpha Club
Brendoncare
At Greystones Hall, Waterford Road, Highcliffe, Christchurch
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

Wednesday 14-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 14-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 14-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 14-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

Thursday 14-May-08

Golf - Get Into Golf - Taster session

Weymouth Golf Club

At Links Road, Weymouth DT4 0PF

17.00 to 19.00

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

Wednesday 14-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 14-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

Wednesday 14-May-08

Pilates - Matwork - Pilates Taster

Claire Myers Pilates

At St Marys Church Hall, Edward Road, Dorchester

17.00 to 18.00

Age suitable: 12 and up

Ability suitable: All abilities

Wear comfortable exercise clothes, warm socks, no shoes.

01305 751984 / clairefmyers@hotmail.com

Cost: FREE. Need to book: No

Wednesdays 14-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 14-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 14-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 14-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 14-May-08

Walking - Four short leisure walks approx. 4 miles

Mosterton Rambling Club

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

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

Wednesday 14-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 15-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 15-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 15-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 15-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 15-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 15-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 15-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 15-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 15-May-08

Walking - Canford Heath Stroll
Moors Valley Country Park and Forest
At Location map sent on booking
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

Thursday 15-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

Thursdays 15-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 15-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

Thursday 15-May-08

Croquet - Taster' Session

Lym Valley Croquet Club

At Croquet Club Lawn, King George V Playing Field, Uplyme DT7 3UY

14.00 to Phone for details

Age suitable: Adults or children with parent

Ability suitable: Anyone

Please wear flat shoes. Equipment provided.

01297 442181 /

Cost: FREE. Need to book: Yes

Thursdays 15-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

alistaircope@thinkpositive.co.uk

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

Thursday 15-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

Thursday 15-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 16-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 16-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 16-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 16-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 16-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 16-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 16-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 16-May

- Seabird Boat Trip

Durlston Country Park

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

7.15pm to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Relax and enjoy an evening cruise along Purbeck's beautiful World Heritage coast, guided by the Durlston Country Park Rangers. Puffins, Guillemots, Kittiwakes and more.

For more information, and to book, phone (01202) 558550 (cost £12 adults, £5 children).

And every Friday until 4th July.

www.durlston.co.uk

01202 558550 / info@durlston.co.uk

Cost: Adults £12 Children £5. Need to book: Yes

Friday 16-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 16-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 16-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 17-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 17-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 17-May-08

Sailing -

Mudeford Sailing Club

At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.

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 17-May-08

- Quarry Tour

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

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

Saturday 17-May-08

- Rock Climbing at Dancing Ledge

Brenscombe Outdoor Centre

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

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Climbing and abseiling lessons for groups. Every weekend between 17 and 31 May, also during half term week. Minimum group size of 8, maximum 20.

01929 481222 /

Cost: £22.80 per person for a 2.5 hour session. Need to book: Phone for details

Saturday 17-May-08

Lawn Bowls - Bowls Taster

Weymouth & Melcombe Regis Bowls Club

At Weymouth & Melcombe Regis Bowling Club, Commercial Road Weymouth DT4 7DW

10:30 to 16:00

Age suitable: 11 to 111

Ability suitable: Boys, Girls, Men & Ladies of any ability

The club will provide the bowls appropriate footwear and coaching staff. Loose fitting clothing is recommended.

01305 779082 or 01305 760362 /

Cost: Free. Need to book: No

Sat 17-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 17-May-08

Golf - Beginners Golf

Came Down Golf Club

At Came Down Golf Club, Higher Came, Nr Dorchester, Dorset DT2 8NR

12.00 to 13.30

Age suitable: 16+

Ability suitable: Beginners - no experience necessary

Wear trainers/flat soled shoes. All equipment will be provided. Phone Nick to book.

Ideal if you have not played before.

www.camedowngolfclub.co.uk

01305 812670 / nick.rodgers@dsl.pipex.com

Cost: FREE. Need to book: Yes

Saturday 17-May-08

Walking - Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

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

Saturday 17-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 17-May-08

- Kites and fire

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

Come make and fly a kite followed by a bonfire tea, bring pack lunch.

01300 341741 /

Cost: £3. Need to book: Yes

Sunday 18-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

Sundays 18-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 18-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 18-May-08

Rusty Rockers - Roc School for Adults
Coda Music Trust
At Phone for details
10.30 to 16.00
Age suitable: Phone for details
Ability suitable: Phone for details
This is a new one-day workshop for adults who play (or used to play) guitars, drums, keyboards, or who sing and who want to get together with others and explore playing in a band. Drums, keyboards and some amplifiers provided. Please bring your own guitars.
01425 276161 /
Cost: Phone for details. Need to book: Phone for details

Sunday 18-May-08

Sailing -

Mudeford Sailing Club

At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.

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 18-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

sun 18-May

- Meadows and Orchids

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 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

Sunday 18-May-08

- Discover Old Swanage

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

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

Sunday 18-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 18-May-08

Martial Arts - Martial Arts Taster Session

Weymouth Martial Arts Centre

At 10 Gloucester Mews, Weymouth DT4 7DA

12:00 to 14:00

Age suitable: All Ages

Ability suitable: Beginners

Please wear casual comfortable clothing, No Jewellery.

www.worldcombatarts.co.uk

07976 841935 / jackieandmo@hotmail.com

Cost: Free. Need to book: No

Sunday 18-May-08

Running/Jogging - A Taste of Hashing
Hardy's Hash House Harriers
At Spyglass Inn, Overcombe, Weymouth
11.00 to 13.00
Age suitable: All ages
Ability suitable: Walkers/Joggers/Runners
Bring a change of shoes and clothes in case of wet weather.
www.geoffkirby.co.uk/hashtag
01305 787253 / hash@geoffkirby.freeseerve.co.uk
Cost: FREE. Need to book: No

Sunday 18-May-08

- Digital Photography at Lodmoor
The Royal Society for the Protection of Birds
At Meet at the main reserve entrance off the A353 Preston Beach Road, Weymouth,
Dorset
10.00 to 12.00
Age suitable: All Ages
Ability suitable: Phone for details
Local photographer Edward Flatters will be giving his tips and hints on how to get that
perfect picture, bring your camera. Parking is available at the pay & display beach car
park.
01305 778313 /
Cost: Adults £3 Children £1.50 (half price for members). Need to book: Yes

Sunday 18-May-08

Running/Jogging - A Taste of Hashing
Hardy's Hash House Harriers
At Spyglass Inn, Overcombe, Weymouth
11.00 to 13.00
Age suitable: All ages
Ability suitable: Walkers/Joggers/Runners

Bring a change of shoes and clothes in case of wet weather.

www.geoffkirby.co.uk/hasling

01305 787253 / hash@geoffkirby.freeserve.co.uk

Cost: FREE. Need to book: No

Sunday 18-May-08

Walking - Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

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

Sunday 18-May-08

- Golf taster

Highlands End

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

9.00 to 13.00

Age suitable: All

Ability suitable: All

01308 426912-426945 /

Cost: Child goes free when accompanied by paying adult. Need to book: Phone for details