

Dorset Active Leisure Month

On these pages you can look for activities taking place each week across Dorset as part of Dorset Active Leisure Month.

Week 1

Activities taking place from Thursday 1 May to Sunday 4 May

Thursday 1-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 1-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 1-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 1-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 1-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 1-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 1-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 1-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 1-May-08

Martial Arts - Kickboxing

Shaftesbury Lau Gar Kung Fu Kickboxing Club

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

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

Thursday 1-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 1-May-08

Football - Discover Diamonds
Weymouth Diamonds FC
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
17:00 to 19:00
Age suitable: 9 to 14
Ability suitable: All
Shinpads, trainers and suitable clothing required.
01305 816081 /
Cost: Free. Need to book: No

Thursdays 1-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 1-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

alastaircope@thinkpositive.co.uk

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

Thursday 1-May-08

Disabled Sailing - Routine Club Sessions 'Taster Sessions'

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

At Sutton Bingham Res

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

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

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

Cost: Taster session free. Need to book: No

Thursdays 1-May-08

Football - Discover Diamonds
Weymouth Diamonds FC
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
17:00 to 19:00
Age suitable: 9 to 14
Ability suitable: All
Shinpads, trainers and suitable clothing required.
01305 816081 /
Cost: Free. Need to book: No

Friday 2-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 2-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 2-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 2-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 2-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 2-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 2-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

Friday 2-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 2-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 2-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 3-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 3-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 3-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

Sat 3-May-08

- Rockpool Ramble

Dorset Wildlife Trust

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

5PF

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

Sat 03-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 3-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 4-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 4-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 4-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 4-May-08

Sailing -

Mundeford Sailing Club

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

Phone for details to Phone for details

Age suitable: Adults and children welcome

Ability suitable: Phone for details

Phone for details.

01425 672560 /

Cost: FREE. Need to book: Phone for details

Sunday 4-May-08

Swimming -

Seagulls Swimming Club

At Two Riversmeet Leisure Centre

18.00 to

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

www.seagullssc.org.uk

07821 491935 /

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

Sunday 4-May-08

Walk - The Landscape and Wildlife of Lulworth Guided Walk

Lulworth Estate

At Lulworth Heritage Centre, Lulworth Cove, Dorset

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

Sunday 04-May-08

Walk - Dawn at Arne

The Royal Society for the Protection of Birds

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

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

Sun 4-May-08

- Seashore Spotters

Dorset Wildlife Trust

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

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

Sunday 4-May-08

Road Running - RMPAC Silver Jubilee 10K Race

Royal Manor of Portland AC

At Portland United Football Club,

Grove Road,

Portland

10:30 to 11:45 approx

Age suitable: Over 15

Ability suitable: Any Runners/Joggers

Entry forms available on web address or enter on the day £2 extra.

Free t-shirt to all finishers.

www.rmpac.co.uk

01305 760218 /

Cost: £5 Affiliated club Members
£7 non affiliated
plus
£2 on the day. Need to book: No

Sunday 4-May-08

Road Running - RMPAC Silver Jubilee Fun Run
Royal Manor of Portland AC
At Portland United Football Club,
Grove Road,
Portland
10:35 to 11.05 approx
Age suitable: All Ages
Ability suitable: Children/Beginners
Medal to all finishers
Run in connection with 10k Race.
01305 760218 /
Cost: £2 payable on the day. Need to book: No

Sunday 4-May-08

- Singing and Ringing at Radipole Lake on International Dawn Chorus Day
The Royal Society for the Protection of Birds
At RSPB Radipole Lake Visitor Centre, Swannery Car Park, Weymouth DT4 7TZ
5.00 to 8.00
Age suitable: All Ages
Ability suitable: Phone for details
Join us in the reeds to see birds in the hand being ringed and listen to the magic of the dawn chorus all around you. Please wear boots as some of this event will be off the main pathway.
01305 778313 /
Cost: Adults £3 Children £1.50 (half price for members). Need to book: Yes

Sunday 4-May-08

Croquet - Taster' Session

Lym Valley Croquet Club
At Croquet Club Lawn, King George V Playing Field, Uplyme DT7 3UY
10.30 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

Sunday 4-May-08

Walking - Four short leisure walks approx. 4 miles
Mosterton Rambling Club
At Local village walk, meet at Mosterton, Orchard Way DT8 3LT
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

Sunday 4-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