

Dorset Active Leisure Month

Activities P, Q and R

Photography

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

Sunday 18-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Friday 2-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Wednesday 7-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Wednesday 7-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Friday 9-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Wednesday 14-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Wednesday 14-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Friday 16-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road
Wednesday 21-May-08
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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Wednesday 21-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Friday 23-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Wednesday 28-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Wednesday 28-May-08

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

Pilates

At Christchurch Sports and Community Hall, Portfield Road

Friday 30-May-08

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

Pilates - Matwork

Pilates Taster

Claire Myers Pilates

At St Marys Church Hall, Edward Road, Dorchester

Wednesday 14-May-08

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

Road Running

RMPAC Silver Jubilee 10K Race
Royal Manor of Portland AC
At Portland United Football Club,
Grove Road,
Portland
Sunday 4-May-08
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

Road Running

RMPAC Silver Jubilee Fun Run
Royal Manor of Portland AC
At Portland United Football Club,
Grove Road,
Portland
Sunday 4-May-08
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

Rowing

Christchurch Rowing Club
At Phone for details
Sunday 4-May-08
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

Rowing

Christchurch Rowing Club
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
Free taster session any Sunday by arrangement.
07770 690271/07922 080141 /
Cost: FREE. Need to book: Yes

Rowing

Christchurch Rowing Club
At Phone for details
Sunday 18-May-08
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

Rowing

Christchurch Rowing Club
At Phone for details
Sunday 25-May-08
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

Rugby

Bournemouth Rugby Club
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
Phone for details.
01202 709209 /
Cost: Phone for details. Need to book: Phone for details

Rugby

East Dorset RFC
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

Phone for details.

/ Slim_groves2@hotmail.com

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

Rugby

New Milton Rugby Club

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

Phone for details.

01425 278639 /

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

Running

Footpath Discovery

Gillingham Trotters

At Gillingham Leisure Centre SP8 4HX

Tuesday 6-May-08

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

Running

Footpath Discovery

Gillingham Trotters

At Gillingham Leisure Centre SP8 4HX

Tuesday 13-May-08

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

Running

Footpath Discovery
Gillingham Trotters
At Gillingham Leisure Centre SP8 4HX
Tuesday 20-May-08
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

Running

An introduction to a local running club training night
Dorset Doodlers
At Sturminster Newton Leisure Centre DT10 1EW
Thursday 22-May-08
19.00 to 20.30
Age suitable: 18+
Ability suitable: Moderate fitness with some experience of jogging/running
Maximum of 5 guests on each night. Bring change of clothes (shower facilities available).
Need typical running attire (please note that if weather permits, running may be cross country).
www.dorsetdoodlers.org/
07836 601218 / j.reilly@dorsetcc.gov.uk
Cost: None. Need to book: Yes

Running

Footpath Discovery
Gillingham Trotters
At Gillingham Leisure Centre SP8 4HX
Tuesday 27-May-08
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

Running

An introduction to a local running club training night
Dorset Doodlers
At Sturminster Newton Leisure Centre DT10 1EW
Thursday 29-May-08
19.00 to 20.30
Age suitable: 18+
Ability suitable: Moderate fitness with some experience of jogging/running
Maximum of 5 guests on each night. Bring change of clothes (shower facilities available).
Need typical running attire (please note that if weather permits, running may be cross country).
www.dorsetdoodlers.org/
07836 601218 / j.reilly@dorsetcc.gov.uk
Cost: None. Need to book: Yes

Running

Christchurch Running Club
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
Phone for details.
01202 404106 /
Cost: Phone for details. Need to book: Phone for details

Running/Jogging

A Taste of Hashing
Hardy's Hash House Harriers
At Spyglass Inn, Overcombe, Weymouth
Sunday 18-May-08
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

Running/Jogging

A Taste of Hashing
Hardy's Hash House Harriers
At Spyglass Inn, Overcombe, Weymouth
Sunday 18-May-08
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

Rusty Rockers

Roc School for Adults
Coda Music Trust

At Phone for details

Sunday 18-May-08

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