

Dorset Active Leisure Month

On these pages you will find activities taking place as part of Dorset Active Leisure Month, that do not have dates.

Sundays Alternate Sundays

Volunteering - Work Party / Task

National Trust

At Purbeck Estate Office, Middle Beach, Studland

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

Phone for details Monthly on Sunday Mornings

Cycling - Cycle Ride

Dorset Cyclist's Network

At Walford Mill Car Park, Wimborne (phone to check)

10.30 to 14.00

Age suitable: All ages

Ability suitable: Phone for details

Gentle ride 2-3 hours on lanes or bridleways. No one gets left behind. (SU 008 006).

www.dcn.org.uk/diary.htm

01202 882721 /

Cost: FREE. Need to book: Phone for details

Phone for details Phone for details

Bowls -

At Bournemouth Indoor Bowling Centre

Phone for details to Phone for details

Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 394439 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Cricket -
Bournemouth Cricket Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 573690 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Cycling - Burton Fields Circular Cycle Ride
Christchurch Cycling Club
At Start Sainsbury's Superstore at Somerford
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Distance of six miles aimed at the new family and reborn cyclist. Confidence and fitness building ride between Somerford and Burton..
01203 476404 / johnv@spindles11.fsnet.co.uk
Cost: FREE. Need to book: Phone for details

Phone for details Phone for details

Fencing -
Espada Fencing Club
At Phone for details
Phone for details to Phone for details

Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07811 238195 /
Cost: First sesison free. Need to book: Phone for details

Phone for details Phone for details

Fitness - Circuits

At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07717 467876 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Football -
Grange AFC
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 875168 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Hockey -
Bournemouth Hockey Club
At Chapel Gate, East Parley, Christchurch.
Phone for details to Phone for details
Age suitable: Phone for details

Ability suitable: Phone for details
Various nights. Free training when season starts..
01202 581933/01202 421141 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Karate -
Shukokai Karate
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07871 038792 /
Cost: First session free. Need to book: Phone for details

Phone for details Phone for details

Lifesaving -
Bournemouth Lifeguard Corps
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Opportunities for adults and children.
07811 007920 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Lifesaving -
Christchurch Lifesaving Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details

Phone for details.

07761 034616 /

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

Phone for details Phone for details

Rugby -

Bournemouth Rugby Club

At 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

Phone for details Phone for details

Rugby -

East Dorset RFC

At 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

Phone for details Phone for details

Rugby -

New Milton Rugby Club

At 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

Phone for details Phone for details

Running -
Christchurch Running Club
At 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

Phone for details Phone for details

Sailing -
Christchurch Sailing Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 483150 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Sailing -
Christchurch Sailing Centre
At Phone for details
Phone for details to Phone for details
Age suitable: Ages 6+
Ability suitable: Phone for details

Free sailing taster session..
01202 471494 /
Cost: FREE. Need to book: Yes

Phone for details Phone for details

Squash -
Bournemouth Sports Squash Club
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 520679 /
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Table Tennis -
Bournemouth Sports Table Tennis Club
At Chapel Gate, East Parley, Christchurch.
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: All abilities
Phone for details.
www.bsttc.cwc.net
01202 768022 / leeston@yahoo.com
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Tennis -
Christchurch Tennis Facility
At Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details

Phone for details.

01202 486309 /

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

Phone for details Phone for details

Volunteers -

At Christchurch Conservation Service Volunteers

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

Phone for details Phone for details

Walking -

Ramblers Association Dorset Groups

At 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

Phone for details Phone for details

Walks and Activities -

At Countryside

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

Phone for details Phone for details

Water Polo - Water Polo Training

Seagulls Swimming Club

At Two Riversmeet Leisure Centre

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

Phone for details Phone for details

Water Polo - Water Polo Training

Seagulls Swimming Club

At New Milton Leisure Centre

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

Phone for details Phone for details

Armchair Exercises - Armchair Exercises at Castleman Court

East Dorset Housing Association

At Castleman Court, Station Road, Westmoors, Ferndown, Dorset BH22 0JY

Phone for details to Phone for details

Age suitable: 50+

Ability suitable: Phone for details
www.edha.co.uk
01202 897290 / castleman.court@edha.co.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

Film Club - Film Club and Critic Group
East Boro Housing Trust
At East Boro Housing Trust, 62 West Borough, Wimborne, Dorset BH21 1QN
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.eastborohousingtrust.org.uk
01202 841780 / info@eastborohousingtrust.org.uk
Cost: Phone for details. Need to book: Phone for details

Varied program Phone for details

Cooking Class - Dorset Food and Health Trust - Anyone For Lunch?
Dorset Food and Health Trust
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,
Wimborne, Christchurch, Blandford, Wimborne St Giles
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.dorsetfoodandhealth.co.uk
01202 849111 / office@dorsetfoodandhealth.co.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

- Llewelin Court Activities
Llewelin Court Residents Committee
At Llewelin Court, DaCombe Avenue, Upton, Dorset
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

Phone for details Phone for details

Computer Class - Age Concern Dorchester Computer Clubs and Classes
Age Concern
At Age Concern Dorchester, Libraries at Corfe Castle, Crossways, Wareham and Wool,
Swanage Evening WI and a club at Emanuel Baptist Church Swanage, home visits, Age
Concern Weymouth
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.ageconcern.org.uk
01305 269444 / wendy@acdorchester.org
Cost: Phone for details. Need to book: Phone for details

Phone for details Phone for details

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01305 269444 / wendy@acdorchester.org
Cost: Phone for details. Need to book: Phone for details

Various Select weekdays

Cycling - Park and Forest Cycle Rides
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 12.00
Age suitable: Phone for details
Ability suitable: Phone for details
Gentle cycle rides for adults wanting to gain more confidence on a bicycle. Approx 6 miles long following trails around the Park and Forest at Moors Valley. (SU 106 056).
www.moors-valley.co.uk
01425 470721 / moorsvalley@eastdorset.gov.uk
Cost: £7 including cycle hire, helmet and refreshments, £5 with own bike. Need to book: Yes

Various Select weekdays

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.
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

Phone for details Varied program

Cooking Class - Dorset Food and Health Trust - Anyone For Lunch?
Dorset Food and Health Trust
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,
Wimborne, Christchurch, Blandford, Wimborne St Giles
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.dorsetfoodandhealth.co.uk
01202 849111 / office@dorsetfoodandhealth.co.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Varied program

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01202 849111 / office@dorsetfoodandhealth.co.uk
Cost: Phone for details. Need to book: Phone for details

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Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.dorsetfoodandhealth.co.uk
01202 849111 / office@dorsetfoodandhealth.co.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Varied program

- Health and Recreation at Pilgrim House (HARP)

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

Phone for details Varied program

Cooking Class - Dorset Food and Health Trust - Anyone For Lunch?
Dorset Food and Health Trust
At Weymouth, Upton, Swanage, Portland, Cerne Abbas, Sherborne, Shaftesbury,
Wimborne, Christchurch, Blandford, Wimborne St Giles
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.dorsetfoodandhealth.co.uk
01202 849111 / office@dorsetfoodandhealth.co.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Various dates

Flexercise - Flexercise for Older People
Magna Housing Association
At Bridport, Lyme Regis, Dorchester
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
01308 428409 / robert.wright@magna.org.uk
Cost: Phone for details. Need to book: Phone for details

Phone for details Various venues on week days

Tai Chi & Chi-Kung -
Bao's Lung Fei Tai Chi Association
At Shaftesbury, Sherborne, Gillingham, Warminster, Yeovil, Kingsdon, Crewkerne and
Langport
Phone for details to Phone for details
Age suitable: All

Ability suitable: All

Tai Chi improves health, vitality, balance, flexibility and helps reduce stress by promoting a sense of calm and well being..

01747 852804 / menbao@hotmail.com

Cost: £5. Need to book: Yes

Phone for details Various venues on week days

Tai Chi & Chi-Kung -

Bao's Lung Fei Tai Chi Association

At Shaftesbury, Sherborne, Gillingham, Warminster, Yeovil, Kingsdon, Crewkerne and Langport

Phone for details to Phone for details

Age suitable: All

Ability suitable: All

Tai Chi improves health, Vitality, balance, flexibility and helps reduce stress by promoting a sense of calm and well being..

01747 852804 / menbao@hotmail.com

Cost: £5. Need to book: Yes