

Dorset Active Leisure Month

Week 4

Activities taking place from Monday 19 May to Sunday 25 May 2008

Monday 19-May-08

Brendoncare - Club Dorset - The Castle Club
Winchester

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

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

/

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

Mondays 19-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 19-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 19-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 19-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 19-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 19-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 19-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 19-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 19-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 19-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 19-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

Monday 19-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 19-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

All week 19-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 mebership types).

www.stosports.co.uk

01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Monday 19-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 16.00-18.32.

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

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

Cost: FREE. Need to book: Yes

Monday 19-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 19-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 19-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 19-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 19-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 20-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 20-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 20-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 20-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 20-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 20-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 20-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 20-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 20-May-08

Badminton - Taster
Sturminster Newton Over 50's Badminton Club
At Sturminster Newton Leisure Centre DT10 1EW
11.00 to 12.00
Age suitable: Over 50's
Ability suitable: Active men and women
01258 471463 /

Cost: Free. Need to book: Phone for details

Tuesday 20-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 20-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 20-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 20-May-08

Harmony Singing - Find Your Voice!

Island Voices

At St Johns Church Hall, Ventnor Road, Foruneswell, Portland DT5 1JE

19:30 to 21:30

Age suitable: 15 yrs - 85

Ability suitable: No experience needed

Sing a song on Portland and find your Island voice, Have fun, Make Friends, Great exercise whatever is your choice!

01305 860461 / joanna@jomorland.fq.co.uk

Cost: Free. Need to book: No

Tuesdays 20-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 20-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

Tuesday 20-May-08

Dance - Beginners Tap
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
18.45 to 19.45
Age suitable: Adults
Ability suitable: All
Wear comfortable clothing and trainers or soft shoes.
www.dancedorchester.org
07967 893383 / info@dancedorchester.org
Cost: FREE. Need to book: No

Tue 20-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

Tuesdays 20-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 20-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 20-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

Tuesdays 20-May-08

Walking - Walking with a group in the countryside

Beaminster Rambling Club

At Beaminster

Phone for details to Phone for details

Age suitable: All

Ability suitable: All

5 mile lead country walks on alternate Tuesday mornings in a group of a dozen or so people. Full details from the secretary.

01308 861470 / jmarkham27@btinternet.com

Cost: £4.00 annual subscription. Need to book: No

Wednesday 21-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 21-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 21-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 21-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 21-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 21-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 21-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 21-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 21-May-08

Cycling - Purbeck Freewheelers
Dorset Cyclists Network
At Meet at Purbeck Sports Centre, Wareham.

18.30 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
A guided cycle ride around Purbeck for all cyclists, between 15 and 18 miles.
01929 554550 /
Cost: FREE. Need to book: Phone for details

Wednesday 21-May-08

Walk - Heathland Amble at Arne
The Royal Society for the Protection of Birds
At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ
10.30 to 12.30
Age suitable: Phone for details
Ability suitable: Phone for details
Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).
01929 553360 / danielle.peruffo@rspb.org.uk
Cost: FREE. Need to book: Phone for details

Wednesday 21-May-08

Walk - Heathland Amble at Arne
The Royal Society for the Protection of Birds
At Arne Nature Reserve car park, Arne, Wareham, Dorset BH20 5BJ
14.00 to 16.00
Age suitable: Phone for details
Ability suitable: Phone for details
Weekly guided walks looking for heathland wildlife from spiders to birds, dragonflies to reptiles. (SY 972 877).
01929 553360 / danielle.peruffo@rspb.org.uk
Cost: FREE. Need to book: Phone for details

Wednesday 21-May-08

- Dry stone Walls Walk

At Meet at Acton car park gate by the bus stop

14.30 to 16.30

Age suitable: Phone for details

Ability suitable: Phone for details

A guided walk around Langton Matravers to learn about ancient manorial boundaries walls, later enclosure walls and those recently restored.

01929 423168 /

Cost: Adults £2, children FREE. Need to book: Phone for details

Wednesday 21-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 21-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

Wednesday 21-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 21-May-08

Dance - Dance Mobility

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

10.00 to 11.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Wednesday 21-May-08

Dance - Tap

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

11.00 to 12.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Wednesday 21-May-08

Judo - Judo Taster Session
Dorchester Judo Club
At Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ
18.00 to 19.00
Age suitable: Junior - 5 years+
Ability suitable: All
Long sleeves and trousers. Contact for further details.
07939 214504 /
Cost: FREE. Need to book: Phone for details

Wednesday 21-May-08

Judo - Judo Taster Session
Dorchester Judo Club
At Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ
19.00 to 20.00
Age suitable: Seniors - 15+
Ability suitable: All
Long sleeves and trousers. Contact for further details.
07939 214504 /
Cost: FREE. Need to book: Phone for details

Wednesday 21-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

Wednesdays 21-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 21-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 21-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 21-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 21-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 22-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 22-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 22-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 22-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 22-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 22-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 22-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 22-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 22-May-08

Running - An introduction to a local running club training night
Dorset Doodlers
At Sturminster Newton Leisure Centre DT10 1EW
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

Thursday 22-May-08

Tennis - Tennis for free
Marnhull Tennis Club
At Marnhull Recreation Ground, by Village Hall, Burton Street
19.00 to 21.00
Age suitable: Adults
Ability suitable: Anyone
01258 820946 /

Cost: FREE. Need to book: No

Thursday 22-May-08

- Win Green, Nr Tollard Royal
Moors Valley Country Park and Forest
At Location map sent on booking
10.00 to 14.30

Age suitable: Adults

Ability suitable: Phone for details

If conditions are good we'll get some of the best views for miles. However views like that mean hills and Win Green is definitely a big one. So be prepared for some leg work!

Approximately 15-20 miles; for regular riders wanting more adventure.

www.moors-valley.co.uk

01425 470721 / moorsvallet@eastdorset.gov.uk

Cost: £12 includes bike hire, helmet and lunch £9 with own bike. Need to book: Yes

Thursday 22-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 22-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 22-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

Thursdays 22-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
alisticope@thinkpositive.co.uk
Cost: Free - all you need is a bicycle! Need to book: No - just turn up

Thursday 22-May-08

Dance - Jazz
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

19.00 to 20.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Thursday 22-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 22-May-08

Indoor Short Mat Bowls - Open Evening

Thornford Short Mat Bowling Club

At Thornford Village Hall, Pound Road, Thornford, Sherborne, Dorset DT9 6QB

19.30 to 21.30

Age suitable: All ages

Ability suitable: Come and try it event

Equipment will be supplied.

01935 872008 /

Cost: FREE. Need to book: No

Thursday 22-May-08

Walk - Butterfly Ramble on Hog Cliff NNR

Natural England

At Lay-by on the A37 opposite Hog Cliff NNR

14.00 to 16.00

Age suitable:

Ability suitable:

Join us for a stroll on Hog Cliff to look for the rare Marsh Fritillary butterfly amongst the downland flowers. (SY 620 975).

01929 557450 / dorset@naturalengland.org.uk

Cost: Need to book: Yes

Thursday 22-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 23-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 23-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 23-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 23-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 23-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 23-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 23-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 23-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 23-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 23-May-08

Dance - Jazz

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

10.00 to 11.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Friday 23-May-08

Dance - Tap

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

11.00 to 12.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Friday 23-May-08

Dance - Ballet

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

12.30 to 13.30

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Friday 23-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 23-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 24-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 24-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 24-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

All week 24-May-08

- Spring Watch Treasure Trail

Avon Heath Country Park

At Avon Heath Country Park

11.00 to 15.00

Age suitable: Phone for details

Ability suitable: Phone for details

You don't need to be Bill Oddy to work out the spring time clues hidden around the heath.

Find out more about animals using the park and solve the riddles in pursuit of your chocolate prize.

01425 478470 /

Cost: £2.50. Need to book: Phone for details

All week 24-May-08

Walk - Nature Trail with Quiz Sheet

At Phone for details

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Walk with quiz through the gardens at Corfe Castle Model Village. Prize for the most correct answers at the end of the week.

www.corfecastlemodelvillage.co.uk

01929 481234 /

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

Saturday 24-May-08

- Poole Bird Boats - Purbeck Coast
The Royal Society for the Protection of Birds
At
18.30 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Booking essential.
01929 462383 /
Cost: Phone for details. Need to book: Yes

Saturday 24-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 24-May-08

- Geology and Landscapes at Swanworth
Dorset Important Geological Sites Group
At Meet at the public car park in Worth Matravers
14.00 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details

A guided walk along footpaths around Worth Matravers and Swanworth looking at the fantastic geology and landscapes.

01305 789643 /

Cost: FREE. Need to book: Phone for details

Saturday 24-May-08

- Binocular and telescope demo day at Radipole Lake

The Royal Society for the Protection of Birds

At RSPB Radipole Lake Visitor Centre, Swannery Car Park, Weymouth DT4 7TZ

10.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

A fantastic opportunity to get free expert advice and try out a wide range of binoculars and telescopes. Arrive any time between 10.00 and 16.00.

01305 778313 /

Cost: FREE. Need to book: Phone for details

Saturday 24-May-08

Clay Pigeon Shooting - Have a go at clay shooting

Southern Counties Shooting

At Wardons Hill, Dorchester DT2 9PW

9.00 to 16.00

Age suitable: 12 years and above

Ability suitable: All

www.southern-counties.com

01935 83625 / scshooting@aol.com

Cost: £10 for 25 clays. Need to book: Yes

Sat 24-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 24-May-08

Gymnastics - Acro - Gymnastics Taster Day

Gryphon West Gym Club - Gryphon Leisure Centre Gymnastics

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

13.00 to 16.00

Age suitable: 5-20 years

Ability suitable: Beginners to experienced

Clothes suitable for gymnastics, bring a drink.

www.gryphonwest.org.uk

01935 429602 / thefivebells@tiscali.co.uk

Cost: FREE. Need to book: Phone for details

Saturday 24-May-08

Walking - Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

13.30 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 24-May-08

- Rockpool Ramble

Charmouth Heritage Coast Centre

At Cobb Gate Car Park, Lyme Regis
14.00 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
01297 560772 / info@charmouth.org
Cost: Adults £3.50 Children £2.50. Need to book: Yes

Sunday 25-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 25-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 25-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 25-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 25-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

Sunday 25-May-08

- Butterflies and Spring Flowers

Avon Heath Country Park
At Avon Heath Country Park

11.30 to 12.30

Age suitable: Adults and children 8+(with an adult)

Ability suitable: Phone for details

The flowery meadows near the centre are some of the best spots on the park for spring flowers and butterflies. Join expert Ian Cross and see what's on the wing.

01425 478470 /

Cost: £2.50. Need to book: Yes

Sunday 25-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 25-May-08

- Purbeck Freewheelers

Dorset Cyclists Network

At Meet at Purbeck Sports Centre, Wareham.

10.30 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Guided cycle rides for the experienced cyclist, between 28 and 40 miles, with a stop at a pub for lunch.

01929 554550 /

Cost: FREE. Need to book: Phone for details

Sunday 25-May-08

- Childrens Pirate Fun
Lulworth Estate
At Phone for details
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

Sunday 25-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 25-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 25-May-08

Walking - Fossil Hunting Walk

Charmouth Heritage Coast Centre

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

13.30 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