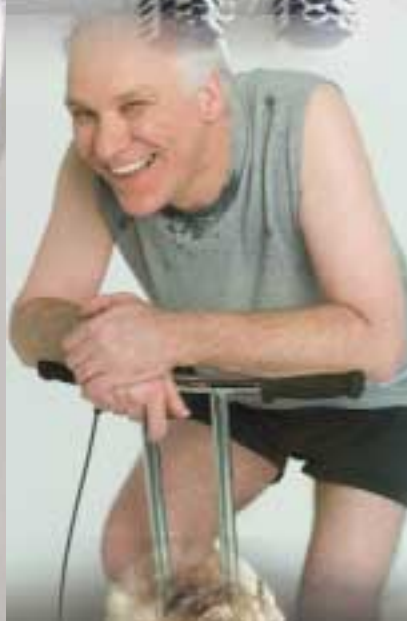


**“I am over 55”
“Where can I go
to do exercise in
South Sefton?”**




ACTIVE
SEFTON



**Beechpark Initiative
Beechpark Community
Resource Centre,
4 Beechway, Maghull**

VARIOUS COURSES

**For more details contact:
Jeanette May – Tel: 0151 531 7700**

**Blundellsands Methodist Church
Mersey Road, Crosby**

KEEP-FIT FOR LADIES
Monday 10.30 – 11.30am
Price per session: £2.50

**For more details contact:
Caroline Wainwright
Tel: 0151 931 1802**

**Bootle Leisure Centre
Washington Parade, Bootle
Tel: 0151 330 3301**

OVER 50'S AQUA- FIT
(INCLUDES SWIM SESSION)
Friday 9.30am to 10am
Price per session: £3.10 or £1.80 with
Leisure Passport

GENTLE EXERCISE CLASS
Tuesday 10.30am to 11.30am
Price per session: £4 or £2 with Leisure
Passport

NIFTY-FIFTY'S
Wednesday 1pm – 4pm
Price per session: £2.50

Crosby Leisure Centre
Mariners Road, Crosby
Tel: 0151 932 9080

AEROBICS

Monday to Thursday, 9.30am to 10.30am
Price per session: £2.60

OVER 50'S BADMINTON

Tuesday 1pm to 4pm or
Thursday 2pm to 4pm
Price per session: £2.00

PILATES

Monday 8.15pm to 9.15pm
Tuesday 5.15pm to 6.15pm
Price per session: £2.80

YOGA

Tuesday 8pm to 9pm
Thursday 7.30 to 8.30pm
Price per session: £2.80

LEGS, BUMS AND TUMS

Sunday 11am to 11.45am
Price per session: £2.80

OVER 50'S SWIM

Tuesday 3pm to 4pm
Thursday 2.30pm to 4pm
Price per session: £2.85
or £1.50 with Leisure Passport

SWIMMING LESSONS

Wednesday 8.30am
Price per lesson: £3.25 –
necessary to book in advance.





Crosby United Reform Church Eshe Road, Crosby

LINE DANCING

Tuesday 1.15pm to 3.00pm

Price per session: £2.50

LINE DANCING BEGINNERS CLASS

Thursday 8.30 – 10pm

Price per session: £3.00

For more details contact:

Nicia Williams – Tel: 0151 476 9852



TAI CHI

Wednesday 7.30pm to 9.30pm

Price per session: £5

For more details contact:

Mr Streames – Tel: 01257 462594

KEEP FIT FOR OVER 50'S

Friday 10am to 11am

Price per session: £3.00

For more details contact:

Lindsay Raywood Tel: 0151 931 2154



Cycle Back to Health

**10 WEEK STRUCTURED AND SUPPORTED
CYCLING PROGRAMME, WITH
EQUIPMENT PROVIDED.**

Days and times vary. Price: Free

For more details contact:

Brian Nener – Tel: 0151 934 4680

Deyes Lane High School
Deyes Lane, Maghull

YOGA, BADMINTON
BALLROOM DANCING

For more details contact:
0845 006 6236

Every Step Counts Walk Programme

GENTLE WALKS WITH WALK LEADERS
THROUGHOUT THE BOROUGH.

Days and times vary.
Price per walk: Free

For more details contact:
Stephanie Boote – Tel: 0151 934 2824

Finlay Court
Peterborough Drive, Netherton

CHAIR-BASED EXERCISES
Tuesday 10.30am – 12.15pm
Price per session: Free

Waiting list – must contact Marie Rice
Tel: 0151 291 8027 before attending

Harrington Centre
Harrington Road, Formby

KEEP-FIT FOR LADIES
Thursday 8pm – 9pm
Price per session: £3.00

Waiting list – must contact Marie Rice
Tel: 0151 291 8027 before attending





Litherland Sports Park
Boundary Road
Litherland
Tel: 0151 288 6288

AEROBICS

Monday 10am to 11am

Wednesday 7.30pm to 8.30pm

TUMS AND BUMS

Monday 12.15pm to 12.50pm

Tuesday 10am to 11am

Thursday 7.30 to 8.30pm

BEGINNERS STEP

Tuesday 12.15pm to 12.50pm

Friday 9.15 to 10am

PILATES

Thursday 12.15pm to 12.50pm

YOGA-FIT CLASS

Friday 5.30 – 6.30pm

**Price per session for all above
classes: £4 or £2 with
Leisure Passport**

YOGA

Monday and Thursday 6.30pm to 7.30pm

Price per session: £3.00

May Logan Centre
294 Knowsley Road, Bootle

CHAIR-BASED EXERCISES

Wednesday 1.30pm to 3.30pm

Waiting list – must contact:

Marie Rice

Tel: 0151 291 8010 before attending

IMPACT

Friday 1.30pm to 3.30pm

Referral from Aintree Hospital

Contact: Carol Mitchell

Tel: 0151 286 8721

Moor Lane Methodist Church Hall
Moor Lane, Thornton

Lindsay Raywood Keep Fit

Lindsay Raywood

Tel: 0151 931 2154

50+ WOMENS'

Tuesday 10am to 11am

Price per session: £3.00

50+ MENS'

Thursday 10am to 11am

Price per session: £3.00





Netherton Activity Centre Glovers Lane, Netherton

OVER 50'S GENTLE AEROBICS

Monday 11am to 12noon

Price per session: £2.10

BALLROOM DANCING

Monday 1.30pm – 2.30pm

Price per session: £4.00

For more details contact:

Tel: 0151 525 5106



ACTIVE SEFTON REFERRAL SESSIONS

Monday 12noon to 1pm

Tuesday 11am to 12noon

Wednesday 2pm to 3pm

Thursday 11am to 12noon

Friday 1pm to 2pm

Price per session: £1.00 by referral only

For more details contact:

ASRS – Tel: 0151 934 2352

or 0151 284 8541

**Netherton Arts Centre
Glovers Lane, Netherton**

LINE DANCING

Thursday 1.15pm to 3.00pm

Price per session: £2.50

**For more details contact:
Nicia Williams – Tel: 0151 476 9852**

**Netherton Feelgood Factory
Glovers Lane, Netherton
Tel: 0151 291 8026**

LINE DANCING

Monday 10am – 11am

Price per session: £2.00

YOGA

Tuesday 10am – 11.30am

Thursday 6.30pm – 8.00pm

Price per session: £2.00

50+ AEROBICS

Wednesday 10am – 10.45am

Wednesday 10.45am – 11.30am

Price per session: £2.00

TAI-CHI

Wednesday 2pm – 3pm

Price per session: £2.00

RELAXATION

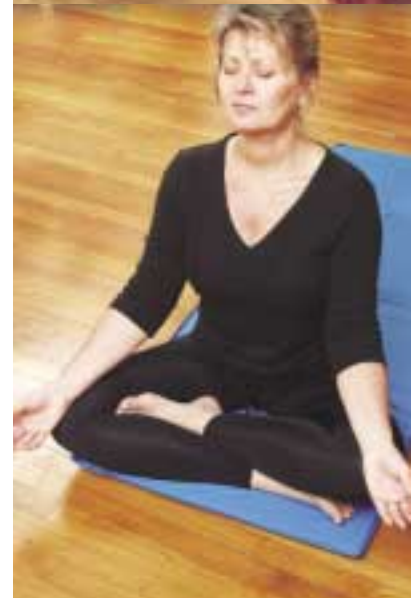
Monday 2pm – 3pm

Price per session: £2.00

SHAPE-UP

Thursday 7.30pm – 8pm

Price per session: £2.00





Swan Centre
253 Knowsley Road, Bootle

VARIOUS ACTIVITIES

For more details contact:
Tel: 0151 933 3292



Victoria Ladies Bowling Club
Moorside Park, Crosby

CROWN GREEN BOWLING
Monday 1.30pm

Membership available
For more details contact:
Tel: 0151 924 9460

United Reformed Church Hall,
Crosby

Lindsay Raywood Keep Fit
Lindsay Raywood
Tel: 0151 931 2154

50+ MENS'/LADIES KEEP FIT
Friday 10.00-11.00 am



Waterloo Tennis Club
Park Road, Waterloo

SOCIAL TENNIS

Saturday & Sunday from midday
onwards

Membership available
For more details contact:
Tel: 0151 949 0570

WRVS Sefton Centre
253 Knowsley Road
Bootle

VARIOUS ACTIVITIES

For further details contact:
Gill Taylor - Tel: 0151 933 7278





Compiled by
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September 2007

All information correct at time of printing