

“I am over 55”

**“Where can I go
to do exercise in
Southport & Formby?”**



ACTIVE
SEFTON



AGE CONCERN CLASSES

**For further details
of the following classes contact:
Age Concern – Tel: 01704 542993**

Temperance Hall Shellfield/Kirkham Road, Southport

CHAIR-BASED EXERCISES

Wednesday 10.30am to 11.30am

Price per session: £2.00

TAI CHI

Thursday 10am to 11am

Price per session: £2.00

St Phillip and St Paul's Church Scarisbrick New Road, Southport

CHAIR-BASED EXERCISE/TAI CHI

Wednesday 2pm – 3pm

Price per session: £2.00

Temperance Hall London Street, Southport

TAI CHI

Monday 1.30pm – 2.30pm

Price per session: £2.00

**Ainsdale & Woodvale Community
Centre Meadow Lane, Woodvale**

CHAIR-BASED EXERCISE CLASSES

Tuesday 2.30pm to 3.30pm

Price per session: £1.50

For more details contact:

Ainsdale & Woodvale

Community Centre

Tel: 01704 573084

Alan's Tea Dance

Lord Street West United Reform

Church Hall,

Lord Street, Southport

BALLROOM, LATIN & SEQUENCE

DANCING

Monday 2pm – 4pm

Price per session: £2.00 (inc
refreshments)

For more details contact:

Alan Gelling – Tel: 01704 211345

Alan Samuels Tai-Chi

Victoria Hall, Timms Lane, Freshfield

TAI CHI

Friday 10am to 11.15am

Price per session: £3.50

For more details contact:

Alan Samuels – Tel: 01704 228581





Botanic Gardens Bowling Club Bankfield Lane, Southport

CROWN GREEN BOWLS

Price per session: £2.40 (under 60s) &
£1.90 (over 60s)

Season tickets & Membership available

For more details contact:

Roy Wignall – Tel: 01704 224169

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

**Dunes Leisure Centre The Esplanade,
Southport. Tel: 01704 537160**

YOUNG AT HEART EXERCISE SESSIONS

Tuesday and Thursday – 10am to 1pm
Aerobics – 10.00 to 10.45 followed by
Badminton, Swimming, Gym, Table
Tennis or Carpet bowls.

Price per session: £4 or £2 with a
Leisure Passport

LADIES ONLY GENTLE AEROBICS

Monday, Wednesday and Friday 10am-11am

Price per session: £4 or £2 with a
Leisure Passport

AQUA-AEROBICS

Monday 12 noon to 1pm & 8pm to 9pm

Wednesday 8pm to 9pm

Price per session: £4 or £2 with a
Leisure Passport

LADIES ONLY SWIM

Monday 7pm to 8pm

Price per session: £3.10 or £1.00 with
a Leisure Passport

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





**Formby Swimming Pool
Elbow Lane, Formby**

**For more details of classes contact:
01704 879366**

**Formby Ravens Fencing Club
Ravenmeols Community Centre
Park Road, Formby**

FENCING

Monday 8.45pm to 9.45pm

Price per session: £2.50

**For more details contact:
Joan Shavaksha – Tel: 01704 566297**



**Greenbank Judo Club
United Reform Church, Grosvenor
Road, Southport**

JUDO

Wednesday 8pm to 9pm

Price per session: £3.00

**For more details contact:
Suzanne Jenner – Tel: 01704 560536**

**Hillside Lawn Tennis Club
Recreation Ground, Liverpool Road,
Ainsdale**

TENNIS – TURN UP AND MIX IN SESSIONS
Sunday 3pm to 5pm & Wednesday 7pm
until dusk.

Price per session: £2.00

Membership available

**For more details contact:
Rob Hemmings – Tel: 01704 573210**

**Hipshaw School of Dance
For further details of the following
classes contact: David Hipshaw
Tel: 01704 573137**

**St Jerome's Church Hall,
Greenloons Drive, Formby**

BALLROOM, LATIN & SALSA

Tuesday & Thursday

Beginners: 7.30pm to 8.30pm

Intermediate/Advanced: 8.30pm - 10.00pm

Price per session: £4.00

**Ainsdale Methodist Church,
666 Liverpool Road, Ainsdale**

SEQUENCE & OLD TIME DANCE

Wednesday 1.30pm to 4.00pm

Price per session: £3.00





**Holy Trinity Church Club
Rosemary Lane, Formby**

TABLE TENNIS
SNOOKER
CROWN GREEN BOWLS
TENNIS
Membership available

**For more details contact:
Brian Young - Tel: 01704 878866**

**Maureen Jeffrey School of Dance
Temperance Hall, London St,
Southport**

ADULT TAP CLASSES
Wednesday 7.30 – 8.15pm
Price per session: £3.50

**For more details contact:
Maureen Jeffrey – Tel: 01704 871681**

**Meols U3A
Emmanuel Church Hall,
Cambridge Road, Southport**

KEEP-FIT
Friday 10.15am to 11.15am
Price per session: £2.50

**For more details contact:
Jennifer Mawdesly
Tel: 01704213200**

**Range High School
Stapleton Road, Formby**

SEFTON LEISURE CLASSES IN:
YOGA AND BELLY-DANCING

**For more details contact:
Tel: 0845 006 6236**

**Shogun World Martial Arts
Association
26b Bridge Street, Southport**

JU-JITSU

Monday & Tuesday 7.45pm to 8.45pm

Saturday 11.45am to 1pm

Price per session: £5.00

**For more details contact:
Garry Phillips – Tel: 0151 289 5919**

**Southbank Lawn Tennis Club
Rookery Sports Ground, Roe Lane,
Southport**

RUSTY RACKETS

Wednesday 7pm to 8pm

Price per session: £3.50

**For more details contact:
Jenny O'Donnell – Tel: 0151 287 1575**





**Southport & Birkdale Croquet Club
Victoria Park, Rotten Row, Southport**

CROQUET

7 days a week – Sun-up until Sun-down
Membership available

**For more details: Call at the Club
(Victoria Park entrance opposite
Beach Road)**

**Southport & Formby DGH
Town Lane, Southport, PR8 6PN**

**GYM SESSION – LIGHT EXERCISE
IN A GROUP.**

Monday 10am to 11am

Wednesday 10.30am to 11.30am

Friday 10am to 11am

Price per session: £2

WATER EXERCISE IN THE POOL

Monday 11.45am to 12.45pm

Tuesday 7pm to 8pm

Wednesday 1.30pm to 2.30pm

Thursday 1.30pm to 2.30pm

& 2.30pm to 3.30pm

Friday 1.30pm to 2.30pm

Saturday 12.30pm to 1.30pm

Price per session: £3

For more details contact:

Russ Perkins

Tel: 01704 547471 ext 4059



**Southport & Formby
Special Athletes Sports Hall,
Southport College,
Mornington Road, Southport**

VARIOUS ACTIVITIES
(BOCCIA, KURLING, ROUNDERS,
KWIK-CRICKET)

Sunday 10am to 12 noon

Price per session: £1.00

**For more details contact:
Chris Ratcliffe – Tel: 07779 241906**

**Southport Cycling Club
Clubhouse, Victoria Park,
Rotten Row, Southport**

CLUB MEETING:
Monday 8pm to 10pm

**For more details contact:
Ken Beck – Tel: 01704 228968**

**Southport Flat Green Bowling Club
Kings Gardens, The Promenade,
Southport**

FLAT GREEN BOWLING
Public green open all day any day from
mid April until 30 September
Price: £2.00 per hour
Club membership and tuition available
if required.

**For more details contact:
Mrs Moore – Tel: 01704 229707 or
01704 501388 (Club)**





**Stanley High School
Fleetwood Road, Southport**

LEISURE CLASSES IN:
BELLY DANCING, YOGA AND TAI-CHI

**For more details contact:
Tel: 0845 006 6236**

**Tai-Chi Classes, Victoria Leisure,
The Promenade, Southport**

TAI-CHI
Wednesday 7.15pm to 8.15pm
Price per session: £4.00

**For more details contact:
Chris Edwards – Tel: 07966 327207**

**YMCA
81 Hoghton Street, Southport
Tel: 01704 538317**

See courses on page opposite

ADULT MEMBERS PROGRAMME

The squash, racket-ball, badminton, table-tennis, football and climbing facilities are available at all YMCA open times, subject to room availability.

Day	Time	Class Details	Usual Instructor	Location
Mon	10.00 am - 11.00 am 1.30 pm - 2.30 pm 5.00 pm - 6.00 pm 6.30 pm - 7.30 pm 7.00 pm - 8.00 pm 7.00 pm - 8.00 pm 8.00 pm - 9.00 pm	Social Cycling Group A 'Tea Dance' 16+ Aerobics Pilates 16+ Circuit Training Recreational Skating Aerobics + Tone	Dave Bottomley Lyndsey Burns Hayley Bradshaw Kathryn Julia Stephenson Rachael Disley Julia Stephenson	Out & About Studio 1 Ainsdale Studio 1 Sports Hall Preston Arena Sports Hall
Tue	10.00 am - 11.30 am 10.30 am - 11.30 am 12.15 pm - 12.45 pm 6.00 pm - 7.00 pm 6.30 pm - 8.00 pm 7.00 pm - 8.30 pm 8.00 pm - 10.00 pm 8.30 pm - 10.00 pm	Yoga Fit for Life Lunchtime Aerobics Legs, Bums & Tums Climbing Karate Musical Theatre (17+) Adult Skating (18+)	Sandie Shuster Karen Hall Karen Hall Karen Hall Jane Jackson Alan Hughes Katy Hibbert Team YMCA	Squash Court Squash Court Studio 1 Studio 1 Climbing Wall Sports Hall Studio 1 Sports Hall
Wed	9.50 am - 11.30 am 12.00 pm - 1.00 pm 5.00 pm - 6.00 pm 7.00 pm - 8.00 pm 7.00 pm - 8.30 pm 7.00 pm - 8.00 pm	Social Walking Group Tai Chi for Arthritis Aerobics Power Body Yoga Climbing Club Night	Karen Hall Ben Severs Hayley Bradshaw Julia Stephenson Joan Slack Jenny Tweedy	Out & About Studio 1 Ainsdale Sports Hall Studio 1 Climbing Wall
Thur	10.00 am - 12.00 pm 10.30 am - 11.30 am 12.45pm - 1.15pm 6.30 pm - 7.00 pm 6.45 pm - 8.15 pm 8.15 pm - 9.15 pm 8.30 pm - 9.30 pm	Yoga Fit for Life Lunchtime Aerobics Abs Blast 16+ Karate Circuit Training Chi Kung	Joan Slack Karen Hall Karen Hall Karen Hall Alan Hughes Julia Stephenson Steven Williams	Squash Court Sports Hall Studio 1 Studio 1 Sports Hall Sports Hall Squash Court
Fri	10.00 am - 10.45 am 5.45 pm - 7.15 pm 6.00 pm - 7.00 pm	Aqua Aerobics Family Skating Cardio Kick	Carol Smith Team YMCA Paul McNevin	Tarleton Sports Hall Sports Hall
Sat	10.00 am - 12.00 pm 12.00 pm - 7.00 pm	Family Skating Badminton/Soccer (**)	Team YMCA Booking required	Sports Hall Sports Hall
Sun	10.30 am - 11.30 am 1.30 pm - 7.00 pm	Family Circuit (5+) Badminton / Soccer (**)	Karen Hall Booking required	Sports Hall Sports Hall

(**) = subject to availability (X) = not included in all inclusive m/ship. ** Bookings only.

* 2 hours by arrangement

MULTI-GYM INSTRUCTORS (BOOK IN ADVANCE):

Karen Hall: (13's-16's gym) Tues – Fri 4pm -5.30pm or (Adult Gym) by arrangement.

Dennis Blundell: (Adult Gym) Tue & Thur 6pm - 8pm

Andy Jones: (Adult Gym) Mon 6pm - 8pm Sat (13's-16's & Adult gym) 10am-11am/11am-12pm.



Zest for Life

For more details of the following classes please contact:

Bernie Coates Tel: 01704 564520

Ainsdale Methodist Church Hall, 688 Liverpool Road, Southport

OVER 55'S EXERCISE CLASS

Wednesday 10am to 11am

Price per session: £3.00

Sacred Heart Church Hall, 483 Liverpool Road, Southport

OVER 55'S EXERCISE CLASS

Monday 10am to 11am

Price per session: £3.00

TAI CHI

Thursday 11.30am to 12.30pm

Price per session: £3.00

Emmanuel Church Hall, Emmanuel Road, Southport

OVER 55'S EXERCISE CLASS

Friday 10.15am to 11.15am

Price per session: £3.00

Zest for Life (Continued)

**St Patrick's Church Hall,
Marshside Road, Southport**

OVER 55'S EXERCISE CLASS

Tuesday 11.30am to 12.30pm

Price per session: £3.00

TAI CHI

Friday 11.30am to 12.30pm

Price per session: £3.00

**Anchor Court,
Saxon Road, Southport**

CHAIR-BASED EXERCISES

Thursday 2pm to 3pm

Price per session: £2.00





Compiled by
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