

# YOUR MOVE COMMUNITY SPORT SESSIONS

Are you looking to get active, improve your health and wellbeing, socialise and make new friends? If so, why not come down to one of our 'Your Move' Community Sports Sessions this autumn. It does not matter what your age or ability level is, we have got a session that is perfect for you. Come along, meet our friendly coaches, socialise and get active with YMCA 'Your Move'. We have also partnered up with 'Y:Women Can' who focus on encouraging women to get into sport, providing even more health sessions to the Fylde Coast.

## Community Sports Sessions Key

Your Move Sessions	For men and women	All sessions are free
Y:Women Can Sessions	For women only	Most sessions are free

## Your C25K

Many people set themselves a goal of being able to run a 5K but are not sure where to start. How about here at our free 'Your C25K'? This simple and fun programme will get you off the couch and running 5K in just 9 weeks.

## Beginners Circuit Training

Circuit training is a great way of exercising your whole body, performing one exercise after another. This 'Beginners Circuit Training' is a perfect way to learn fun and easy exercises which you can perform at your own pace.

## Health Walks

Walking is one of the safest and easiest ways to exercise. Our free 'Health Walks' are a fantastic way to take in the beauty of the Fylde Coast, meet and socialise with new people and get out and get active. You can even bring the dog.

## Aqua Zumba

This session is for everyone looking to make a splash by adding a low-impact aquatic exercise into their routine. With up beat music and fantastic instructors this 'Aqua Zumba' is great for all abilities and ages.

## Indoor Tennis

This quick paced version of tennis which is played on a shorter court to get you moving around and having a giggle at the same time. So no matter what your ability level is, come down and give it a go every Wednesday.

## Rounders

'Rounders' can bring a smile to the face of anyone, even if you've not played in years or never played before, everyone is welcome to this free and popular community session.

## Walking Football

'Walking Football' is a slower paced version of the 'beautiful game'. If you think it might be too easy, we bet you'll find it harder than it may sound.

## Walking Netball

This free community sport session is a great way to get back into netball or a good way to start playing netball for the first time. It is slightly slower than normal netball but just as fun and sometimes as competitive.

## Y:Runners

This running group love nothing more than meeting up, having a giggle and jogging around the Fylde Coast. You do not have to have come through our 'Your C25K' to join our 'Y:Runners', everyone is welcome.

## Ladies Spinning

Join us on a group indoor cycling workout where you are in control. You control the pace and with great music you'll go on a journey of light climbs, sprints and flat riding.

For more information regarding our Community Sessions & Volunteering Opportunities, please contact us.

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Monday	Time	Class	Location	(£)
	11:00 - 12:00	Table tennis/Badminton	YMCA Lytham	
	13:00 - 14:00	Health Walks	Stanah Wyreside Cafe	
	18:30 - 19:30	Y:Women C25K	YMCA St Annes Pool	
	18:30 - 19:30	Y:Women 5K to 10K	YMCA St Annes Pool	
	20:00 - 20:45	Ladies Only Spinning	YMCA St Annes	£2

Tuesday	Time	Class	Location	(£)
	09:30 - 11:30	Health Walk	YMCA Lytham	
	12:00 - 13:00	Health Walk	YMCA St Annes Pool	
	12:00 - 13:00	Outdoor Tennis	Fairhaven Lake Courts	
	13:00 - 14:00	Walking Netball	YMCA Fleetwood	
	13:30 - 14:30	Health Walk	YMCA Fleetwood	
	18:00 - 18:45	Ladies Virtual Spinning	YMCA Lytham	£2
	18:00 - 19:00	Rounders	Fleetwood High School	
	18:00 - 19:00	Walking Football	YMCA Lytham	
	18:30 - 19:00	Beginners Circuit Training	YMCA St Annes Pool	£2

Wednesday	Time	Class	Location	(£)
	07:00 - 07:45	Ladies Spinning	YMCA St Annes	£2
	10:00 - 11:00	Friendly Runners	Park View 4U Café	
	11:00 - 12:00	Indoor Tennis	YMCA St Annes	
	12:30 - 13:15	Aqua Zumba	YMCA St Annes Pool	£2
	12:30 - 13:30	Beginners Racket Sports	YMCA Thornton	
	18:30 - 19:30	Your C25K	Jubilee Gardens Car Park Thornton Cleveleys	

Thursday	Time	Class	Location	(£)
	10:00 - 11:00	Your C25K	YMCA Fleetwood	
	11:00 - 11:30	Health Walk	YMCA Fleetwood	
	13:15 - 14:15	Health Walk	YMCA St Annes	
	18:30 - 19:30	Y:Women 5K to 10K	YMCA Kirkham	

Friday	Time	Class	Location	(£)
	10:00 - 11:00	Y:Women C25K	Lytham Hall	
	10:30 - 11:30	Chair Based Yoga	Kirkham Community Centre	
	11:00 - 12:00	Walking Netball	YMCA Thornton	
	11:00 - 12:00	Health Walk	YMCA St Annes Pool	
	11:30 - 12:30	Y:Women 5K to 10K	Lytham Hall	
	13:15 - 14:15	Walking Netball	YMCA St Annes	
	14:15 - 15:00	Walking Football	YMCA Garstang	
	18:00 - 19:00	Y:Runners	YMCA St Annes Pool	
	18:00 - 19:00	Ladies Spinning	YMCA St Annes	£2
	18:00 - 19:00	Rounders	YMCA Ansdell	£2

Saturday	Time	Class	Location	(£)
	09:00 - 10:30	parkrun®	Lytham Hall	
	13:00 - 14:00	16+ Disability Football	YMCA St Annes	
	14:00 - 16:00	Funpod Foxes Disability Multisport	YMCA St Annes	

Sunday	Time	Class	Location	(£)
	13:00 - 14:00	Back to Hockey	YMCA Ansdell	

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YOU BY



Please note classes are subject to change visit: [www.yourmoveprogramme.co.uk/community-sessions](http://www.yourmoveprogramme.co.uk/community-sessions) to view our up to date timetable