

Reactivate



Milton Keynes



# Reactivate MK

Edition 18

March 2015



See inside for activities open to all adults regardless of age, fitness and ability.

# Reactivate MK

Welcome to the 18th Edition of Reactivate MK, here you'll find a whole variety of opportunities for getting active. If you have any questions regarding any of the activities in this booklet please get in touch with the contact person assigned to the activity.

The activities on the first twelve pages of this booklet are funded and/or supported by Reactivate Milton Keynes, a Milton Keynes Council project which aims to inspire adults to be more active. These activities are affordable, organised and fun, all ages, abilities and fitness levels are welcome, so let's give them a go! Any other activities outside of this project are of equal value.

**For further information join us on Facebook, search:  
'Milton-Keynes Sports Development'**

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## Get Into Sport 2015



Try something new...Join in these Return to Sport sessions to learn new skills and be active in a fun environment. Organised or supported by MK Council, these sessions are led by fully qualified coaches and are available to everyone, of all ages and abilities. Come along if you are new to the sport or have tried it in the past and wish to refresh your skills.

Activity	Dates	Location	Course Cost
<b>O2 Touch Rugby</b>	Mondays, 7pm – 8pm Until 23 <sup>rd</sup> March 2015	Radcliffe School Astroturf, Aylesbury Street W, Wolverton. MK12 5BT	£4 per week for non members, £2 per week for MKRUFC member
<b>Women's Football</b>	Wednesdays 8pm – 9pm Until 4 <sup>th</sup> March 2015	Radcliffe School, Wolverton MK12 5BT	£2 per week contact: Claire 07894 067200
<b>Walking Football</b>	Thursdays, 8pm-9pm Weekly	Woughton Leisure Centre Astroturf, Rainbow Drive, MK6 5EJ	1 <sup>st</sup> session free  £3 per session
<b>Indoor Bowls</b>	12 <sup>th</sup> February for 6 weeks Thursdays 10am-12pm	Bletchley Leisure Centre, Princes Way, Bletchley. MK2 2HQ	£20 for 6 weeks, bowls provided
<b>Indoor Cricket</b>	21 <sup>st</sup> February for 6 weeks Saturdays 2.30pm – 4pm	Shenley Brook End School	£20 for 6 weeks or £4 per week
<b>Table Tennis</b>	24 <sup>th</sup> February for 6 weeks Tuesdays 4.15pm – 5.15pm	Woughton Leisure Centre, Rainbow Drive, MK6 5EJ	£1 per week for 16-25s, £4 per week 25+
<b>Wheelchair Rugby</b>	Saturday 28th Feb 1-3pm and Sunday 8th March 1-3pm	Stantonbury Leisure Centre, Stantonbury MK14 6BN	Contact Stantonbury for price and availability
<b>Nordic Walking</b>	Saturdays 7 <sup>th</sup> March 2015 for 4 weeks 9.30am – 10.30am	Car park by canal, opposite the Parks Trust/Cricket Pavilion, Overgate, off H6 Childs Way	£20 for 4 weeks, including Pole hire

**Booking Essential:** please contact: Make a Difference to register your interest on 01908 231312 or email: [info@mad-uk.org](mailto:info@mad-uk.org) .

**Please note that it may be possible to join the course after the start date, please contact us for information.**

For more details, visit: [www.milton-keynes.gov.uk/sportsdevelopment](http://www.milton-keynes.gov.uk/sportsdevelopment)

## Walking for Health – Everyday Activity Health Walks

Supported by MK Council Sports Development Team:

Enjoy MK's parks and open spaces with these FREE, volunteer led, health walks. Meet new people, improve your health and have fun. Walks are between 35 mins (short) and 1hour (long) followed by social refreshments.



Please contact the appropriate walk leader to find out more.

For full details visit: [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Walk Name	Type	Day and Time	Meeting Location	Walk Leader
<b>City</b>	Medium	Mondays, 12noon	outside MKC Civic Office, Silbury Blvd. CMK	Liz Thompson 07899 083770
<b>Shenley</b>	Short, Medium, Long or Fast option	Tuesdays, 10am	Varies: contact leader or see website: <a href="http://www.shenleywalks.co.uk">www.shenley walks.co.uk</a>	Sue Hadfield 07703 647733 info@shenley walks.co.uk
<b>Giffard Park</b>	Medium	Tuesdays, 10.30am	The Giffard Park Pub Car Park, Hainault Avenue	Tony McManus 01908 605176
<b>Whaddon</b>	<b>Roaming:</b> Short, Medium, or Long	Wednesdays, 10.15am	Various: contact or meet at Whaddon Medical Centre, Tweed Dr, Bletchley	Brenda Houghton 01908 373058
<b>Newport Pagnell</b>	Medium	Wednesdays, 3.30pm	outside Lovat Hall, Newport Pagnell	Vicki Clark 01908 253229

## Walking for Health - Health Walks (cont'd)



Walk Name	Type	Day and Time	Location	Walk Leader
<b>Willen</b>	Fast Walk	Thursdays, 10am	Camphill Car Park, Japonica Lane, Willen Park (off V10)	John West 01908 564055
<b>Water Eaton Health Centre</b>	Weekly Medium	Thursdays 10am	Water Eaton HC, Fern Grove, Bletchley. MK2 3HN	Surgery 01908 371318
<b>Lovat Fields</b>	Medium	Thursdays 1.45pm	Main Reception, Lovat fields Retirement Village, Japonica Lane, Brickhill Street, Willen, MK15 9ED	Stan and Christine 01908 309184
<b>Stony Stratford</b>	Short, Medium	Fridays, 10am	Mill Lane, opposite Prospect Road, Stony Stratford	Mary Kendall 01908 260570
<b>Friday</b>	<b>Roaming:</b> Short, Medium, or Long	Fridays, 10.15am	Varies, contact leader or see web: <b>www.friday trotters.org.uk</b>	Jan Elsdon 07540 297837
<b>Saturday Swans</b>	Medium	Saturdays 2pm	David Lloyd, Livingston Drive, Newlands	John Mulligan 07954 625480
<b>Lodge Lake</b>	<b>Roaming:</b> Medium	Alternate Sundays, 10am	Meeting place varies, contact the walk leader for details.	Jyoti Palmer 07729 313600
<b>Wagtail</b>	<b>Roaming:</b> Medium	Sundays, 11am & weekend breaks	Meeting place varies, contact the walk leader for details.	Nigel Wright 07951 540110
<b>Red House Rovers</b>	2 x month Medium	Meet at 2pm	Meeting place varies, please see newsletters on <a href="http://www.redhousesurgery.co.uk">www.redhousesurgery.c o.uk</a>	Liz Thompson 07899 083770

## **Volunteer Walk Leader - Opportunities**



Volunteer walk leaders are essential in expanding and sustaining the programme of health walks. If you are keen to get involved, please contact Vicki on 01908 253229 or [vicki.clark@milton-keynes.gov.uk](mailto:vicki.clark@milton-keynes.gov.uk) for details of up and coming courses.

## **Nordic Walking for 2014**



During Nordic Walking, poles are planted behind you in order to provide support and propel you along. This engages the upper body and makes you feel lighter on your feet, helping you to improve your fitness with less pressure on your joints.

### **Who is it suitable for?**

Nordic Walking is suitable for all ages and ability levels. It is practiced on flat surface routes safe for all. The Nordic walking Instructor will make sure you stay at a pace right for you.

### **Beginner 4 week 'Learn to Nordic Walk' courses:**

Courses are available for beginners to learn the technique of Nordic Walking before joining a weekly social group. These courses are designed for those who have never tried Nordic Walking before and for people to refresh their skills.

Courses are available monthly, contact Sports Development to register your interest in joining a course:

01908 253229 or [vicki.clark@milton-keynes.gov.uk](mailto:vicki.clark@milton-keynes.gov.uk)

## Nordic Walking Groups:

Sociable and free weekly Nordic Walking groups:

You must be a competent Nordic walker and have attended a Beginners Course in order to join these groups. All ages and abilities are welcome.

Key:     *Strollers = Gentle Walk*     *Striders = Walk with purpose*

Dates	Location	Cost	Leader Contact
<b>Tuesday Strollers</b> Every Tuesday, 10am	Meeting place is roaming, please contact the leader for meeting place.	£1 fee to hire poles. (limited numbers available so please contact leader to hire poles)	Fred: 01908 373787
<b>Wednesday Striders</b> Ev Wednesday, 5.45pm			Teresa: 07929 933117
<b>MK Nordic Strollers</b> Every Friday, February – 4.30pm March onwards - 5pm			Jyoti: 07729 313600
<b>MK Nordic Striders</b> Every Saturday, 11am			Tony: 01908 605176 Dave: 07530 979627

## Push n Tone MK



Brilliant workout outdoors with baby, buggy and mum! Come "push" your buggy "n tone" your body!

Mothers need to have their 6 week postnatal GP check before attending.

Cost: Prices vary £1 - £3 (Classes last approximately 1 hour)

Day and Time	Meeting Place	Instructor
Mondays, 11am	Bradville: Rainbows Children Centre, Pepper Hill School, Bradville	Ana: 07531 965868

All classes must be booked in advance, email: [pushntonemk@yahoo.com](mailto:pushntonemk@yahoo.com)

Visit: 'Push n Tone Milton Keynes' on Facebook or [www.pushntonemk.com](http://www.pushntonemk.com)

## **Ping!**



Join us for the Ping! 2015 project launch at Middleton Hall, the centre:mk on 16<sup>th</sup> June 2015. There will be a day of activity and fun from 10am to 8pm in one of Milton Keynes' most prestigious locations. Full details are on our website!!

[www.pingmiltonkeynes.co.uk](http://www.pingmiltonkeynes.co.uk)

Ping! is an innovative street ping pong project, brought to Milton Keynes by Sports Development and Table Tennis England, which provides you with the opportunity to play social table tennis, free of charge. The aim is to encourage as many people as possible to play to bring about a sense of community spirit and get more people playing sport in your local area.

There are a number of free tables across Milton Keynes with equipment provided and regular events to take part in, located in areas such as Olney, Oldbrook, Willen Lake, Caldecotte and the Lakes Estate.

## **Passport to Leisure**

The 'Passport to Leisure' provides discounted access to a variety of leisure facilities and sports clubs in the Milton Keynes area.



For further details of whether you qualify and how to apply for the Passport to Leisure please visit Bletchley Leisure Centre and ask at reception or view the website below:

[www.milton-keynes.gov.uk/leisure-tourism-and-culture/passport-to-leisure](http://www.milton-keynes.gov.uk/leisure-tourism-and-culture/passport-to-leisure)





**WORKPLACE  
CHALLENGE**  
MILTON KEYNES

## **MK Workplace Challenge**

Companies and organisations across Milton Keynes are invited to take part in the 'Workplace Challenge'. The aim of the programme is to promote sport, physical activity and health improvements across the UK's workplaces.

Businesses are being challenged to enter teams into fun competition, current activities lined up are Table Tennis, Athletics, Touch Rugby, Softball and Cricket.

In addition the website has plenty of information regarding opportunities to get involved in other locally organised activities such as Futsal, the MK Festival of running and MK Marathon.

**All information and booking available at:**

[www.workplacechallenge.org.uk/bucksandmk/](http://www.workplacechallenge.org.uk/bucksandmk/)

## **Coach Education Programme**



In partnership, Leap and MK Council Sports Development co-ordinate Safeguarding and First Aid courses designed specifically for those in a sporting environment. Courses take place across the county and can be booked directly, courses include:

- Active Kids for All
- First Aid for Sport (4 hour)
- Emergency First Aid (6hour)
- Safeguarding and Protecting Children

[www.leapwithus.org.uk/for-clubs/training-and-courses/](http://www.leapwithus.org.uk/for-clubs/training-and-courses/)

## Posts in the Park Rugby

Rugby World Cup 2015 Legacy Project

### Summer holiday Rugby



Come and experience fun and interactive rugby sessions at 10 of Milton Keynes' Local Parks:

Campbell Park | Castlethorpe | Great Linford | Monkston | Newport Pagnell | Olney  
Shenley Brook End | Stony Stratford | Two Mile Ash | Woughton

**Cost: FREE**  
**Age Range: 14+**

For Further information please contact Richard Williams on:

Richard.williams@mkdonsset.com or 01908 622875

<http://www.mkdonsset.com/about/news/get-set-for-legacy/>

## O2 Touch Rugby 2015



Pick up a ball for a bit of O2 Touch.....

It's non-contact, there are no scrums, no line-outs, no rucks and no mauls. If you can run a bit and catch a bit then you can play O2 Touch, if you want to get a bit fitter and make new friends then it's perfect.

Regardless of age, gender, ability or experience, O2 Touch can be played by everyone.

**Find out more:**

**[www.pitchero.com/clubs/miltonkeynesrugbyunionfootballclub/](http://www.pitchero.com/clubs/miltonkeynesrugbyunionfootballclub/)**

**Where to play:**

Contact Milton Keynes RUFC  
[Mkrugbyo2touch@gmail.com](mailto:Mkrugbyo2touch@gmail.com)

## **AMKERS: Active Milton Keynes Exercise Referral Scheme**



Active: Milton Keynes Exercise Referral Scheme

Do you need help getting active? AMKERS can help!

AMKERS is a high quality exercise referral scheme offered at a number of leisure centres across Milton Keynes. It aims to help you work towards achieving the recommended 150 minutes of moderate intensity physical activity across the week, with a team of highly trained exercise professionals to support you.

Activities on offer include gym based exercise, swimming, and exercise classes.

### **What is involved?**

The programme lasts for 12 weeks with 2 - 3 one hour sessions per week. Over this period you will be given an initial health assessment, a personal programme tailored to your needs, and a final assessment at the end of the programme, in a friendly and supportive atmosphere. This will aim to give you confidence to exercise independently beyond the 12 weeks.

### **How do I take part?**

If you have been inactive for a long time or have a pre-existing medical condition and are worried about exercising, AMKERS can help.

If you visit your health professional (GP, Practice nurse, health visitor, stop smoking advisor or physiotherapist) they can refer you to the scheme.

Ask your health professional for further information, or contact the scheme administrator on **01908 254241**.

# Woughton Leisure Centre



## Young at Heart (50+)

We have activity sessions for 50+ to keep fit and trim.  
Why not come along and join the fun.

Every Tuesday and Thursday between 1.00pm and 3.30pm

ONLY £3.50

The activities include:

<b>Tuesday</b>	<b>Start</b>	<b>Finish</b>
Gym Session	1:00pm	3:30pm
Pilates (aerobic)	1:00pm	1:45pm
Swimming	2:00pm	3:30pm

<b>Thursday</b>	<b>Start</b>	<b>Finish</b>
Badminton	1:00pm	3:30pm
Table Tennis	1:00pm	3:30pm
Short Tennis	1:00pm	3:30pm
Gym Session	1:00pm	3:30pm
Aerobics	1:00pm	2:00pm
Swimming	2:00pm	3:30pm

When you've exhausted yourself you can relax in our bar area for hot or cold drinks with Complimentary biscuits.

Contact information:

[www.milton-keynes.gov.uk/leisure-tourism-and-culture/woughton-leisure-centre](http://www.milton-keynes.gov.uk/leisure-tourism-and-culture/woughton-leisure-centre)

01908 660392

[Woughtonleisure@milton-keynes.gov.uk](mailto:Woughtonleisure@milton-keynes.gov.uk)

Woughton Leisure Centre, Rainbow Drive, Chaffron Way,  
Milton Keynes. MK6 5EJ

# Physical Activity Directory

The regular activities for adults featured are not funded by Reactivate MK. The information provided is considered to be correct at the time of publication in February 2015.



## Activities for Adults Over 50

These physical activities are ideal for you to: improve your fitness and co-ordination, stay mobile, recover from injury, activate and relax your mind, socialise and meet new friends.

Please contact the appropriate organiser for more details, if necessary.

### **Aerobic Based Classes** (over 50's)

<b>Activity</b>	<b>Day &amp; Time</b>	<b>Location</b>	<b>Cost</b>	<b>Contact</b>
<b>50+ Forever Fit</b> Aerobics	Mondays 10.30am - 11.30am	Shenley LC, Burchard Cr, Shenley Church End	£4 with user card, £5 without	Shenley Leisure Centre 01908 502488
<b>Aqua Aerobics</b> (open to all, suitable for adults 50+)	Tuesdays 9.30 – 10.15am Thursdays, 9.30 – 10.15am 8pm – 8.45pm	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Aqua Zumba</b>	Tuesday 8.15pm – 9pm  Friday, 9am – 9.45am	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Seated Exercise Class</b>	Thursdays 10.30am - 12.30pm (includes a light lunch)	Brooklands Centre, Ousebank St Newport Pagnell	£3 per session	Catherine Hall 01908 614749  brooklands.cent re@btinternet.co. uk

## Aerobic Based Classes over 50's (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Aerobics</b> With Val Fisher	Thursday 1pm – 2pm	Woughton Leisure Centre, Rainbow Drive Chaffron Way	Pay As You Go or Membership available!	Book on 01908 660392
<b>Seated Exercise</b>	Fridays 10am -11.30am	Clifton Court, Olney	Free	Warden 01234 711206
<b>50+ Forever Fit</b> Aerobics	Fridays 10.30am - 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£4 with user card, £5 without	Shenley Leisure Centre 01908 502488
<b>60+ Swim</b>	Contact for times pool available	Stantonbury Leisure Centre, Purbeck, Stantonbury	£1 per session	Stantonbury LC 01908 324466 www. stantonbury.org .uk

## Bowls (over 50's)

Activity	Day & Time	Location	Cost	Contact
<b>Indoor Bowls</b> Friendly Indoor Bowls group for recreational roll ups and games	Mondays 12noon – 2pm  (meet Phil in the Indoor Bowls Rink, Top Floor)	Bletchley Leisure Centre Indoor Bowls Rink, Bletchley	Please check payment costs with group organiser (Phil) on arrival.	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Boccia</b> Seated Bowls	Monday 2.30pm-3.30pm	Radcote Lodge, Two Mile Ash	Free	Sway Gregory 01908 561463
<b>Falaise Bowls Club</b> A friendly, indoor short mat bowls club	Every other Tuesday 1.30pm - 4.30pm	Falaise, Bolbeck Park	Free  (incl. tea and biscuits)	Maggi Richards 01908 679648

## Dance (over 50's)

Activity	Day & Time	Location	Cost	Contact
<b>Zumba Gold with Jane</b> Dance easy to follow moves to the Latin beat. For those new to exercise or active older adults	Mondays 9.45am – 10.30am	Giffard Park Community Centre, Broadway Av, Giffard Park Local Centre,	£4 per class	Julia Berg 07779 339984  exstress@tiscali.co.uk  www.zumba mk.co.uk
<b>Zumba Gold with Julia</b>	Mondays 6.35pm - 7.20pm	Hazeley School, Emperor Drive (car park at end of V2)	£4 per class	Julia Berg 07779 339984,  exstress@tiscali.co.uk
<b>Zumba Gold Toning with Julia</b>	Tuesdays 9.45am – 10.45am	Ridgeway Centre, Dulverton Drive, Furzton	£4 per class  Please book in advance	Julia Berg 07779 339984 exstress@tiscali.co.uk or www.zumba mk.co.uk
<b>Zumba Gold with Julia</b>	Tuesdays, 10.45am – 11.30pm	Ridgeway Centre, Dulverton Dr, Furzton	£4 per class	Julia Berg 07779 339984 exstress@tiscali.co.uk or www.zumba mk.co.uk
<b>Zumba Gold</b>	Wednesdays 2pm	The Olney Centre, High St.Olney, MK46 4EF	£4 per class	Julia Berg 07779 339984, exstress@tiscali.co.uk
<b>Zumba Gold with Julia</b>	Thursdays, 11.30am - 12.15pm	The Old Bath House, Wolverton	£4 per class	Julia Berg 07779 339984, exstress@tiscali.co.uk
<b>FITSTEPS with Nicky</b> Low impact	Thursdays, 6.15pm – 7pm	Russell Street School, Russell St, Stony Stratford,	£4 per class	Julia Berg 07779 339984, www.zumba mk.co.uk
<b>Zumba Gold (60+) with Julia</b>	Fridays 09.45 – 10.30am and 10.45am – 11.30am	Bletchley Youth Club, Derwent Drive, Bletchley	£4 per class	Julia Berg 07779 339984 exstress@tiscali.co.uk

## Pilates, Yoga & Tai Chi (over 50's)

Activity	Day & Time	Location	Cost	Contact
<b>Yofit</b> Maintains fitness and improves breathing and circulation	Mondays 10am – 11am	St Andrews Church, St Andrews Road, Bletchley, MK3 5DR	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Pilates</b>	Mondays 12.15 – 1.15pm Tuesdays 9.30 – 10.15am 11.30–12.30pm Fridays 11.45 -12.45pm & Sun morning	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
<b>Yofit! All ages</b> Improve strength, flexibility & breathing.	Tuesdays 9.30am – 10.30am	York House, Stony Stratford	£5 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Tai Chi</b>	Tuesdays 9:45am – 11am	Brooklands Centre, Ousebank St Newport Pagnell	£4 per session	Catherine Hall 01908 614749 brooklands.centre@btinternet.co.uk or Jenny Wong 07738 200092
<b>Pilates Ladies only</b>  With Val Fisher	Tuesdays 1pm – 2pm	Woughton Leisure Centre, Rainbow Drive Chaffron Way	Pay As You Go or Membership available!	Book on 01908 660392
<b>Yoga Fit</b> 50+ seated / standing exercise	Wednesdays 11am - 12noon	Clifton Court, Olney	£3 per class	Warden 01234 711206
<b>Tai Chi &amp; Qi Gong</b> Gentle exercise to keep fit.	Friday 11.30am – 12.30pm	West Bletchley Community Ctr, Porchester Cl, Bletchley	£4 per session	Elaine Koster 07906 243576 elaine@taichiforall.co.uk



## Sport Based (over 50's)

Activity	Day & Time	Location	Cost	Contact
<b>50+ Multi-Sport</b> (Bowls, Table Tennis, Squash, Racket Ball, Badminton)	Tuesdays and Thursdays 9.30am - 11.30am	Bletchley Leisure Centre, Princes Way, Bletchley	£2.35 per session or £2 for passport to leisure holders	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
<b>Haversham Sailing Club</b> Free sailing taster sessions for 50+	Wednesday afternoons	Haversham Sailing Club, High Street, Haversham	Free initial taster session	mail@havershamsc.co.uk
<b>Friday Over 50's club</b> Sports & Social: Swim, Table Tennis, Short Mat Bowls	Fridays, 3pm - 5pm (term time only)	Stantonbury Campus Leisure Centre, Purbeck, Stantonbury	£2 per session (plus £2 annual membership fee)	Stantonbury LC 01908 324466 or Robin Patching 01908 631458

# All Adults

## Activities for Adults of All Ages

The physical activities listed are ideal for you to improve your fitness, co-ordination, stamina and flexibility or recover from injury, and socialise and meet new friends.

Please contact the appropriate organiser or see their website for more details of the activity listed if necessary.

### **Walking**, (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Brisk Walking for all</b>	For a variety of walking groups in MK see page 4 & 5 of this booklet. These walks are free and volunteer led. Walks are max 1hr & include a social gathering. <a href="http://www.walkingforhealth.org.uk">www.walkingforhealth.org.uk</a>			Contact Walk Leaders on page 4 and 5.
<b>Olney Nordic Walkers</b> (tasters & courses)	Various, contact for more details about the next tasters and courses.	Old Wolverton, Bancroft Park and Emberton Country Park	Tasters: Free, 4 week course: £40 per person	Laura Jones 07818 064487 info@laurasnordicwalking.co.uk <a href="http://www.laurasnordicwalking.co.uk">www.laurasnordicwalking.co.uk</a>
<b>MK Nordic Walking</b>	Various courses	MK Parks	Contact tutor for course details	Kurshida Mirza 07702 894940 Jyoti Palmer 07729 313600

### **Cycling** (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Easy Riders Cycle Rides</b> Ride of 20 to 30 miles, for all	Sundays: All starting at 10am	Various locations, timetable on website or contact Phil	Free	Phil Ashbourn 01908 698063 <a href="http://www.mkctc.org.uk/easyriders">www.mkctc.org.uk/easyriders</a>
<b>MK BMX Racing Club</b> - (BMX Riding & Racing)	Info at: <a href="http://www.mkbmx.com">www.mkbmx.com</a>	Pineham BMX Track, north of Willen Lake on Tongwell Street (V11)	Free	Mike Kitchen 07970 733345 mkbmx@mad4bikes.com
<b>Cycling</b>	For all aspects of cycling in Milton Keynes, including Events, Safety, Advice and Information <a href="http://www.milton-keynes.gov.uk/cycling">www.milton-keynes.gov.uk/cycling</a>			Cycling Officer 01908 254728

# Let's Ride – MK

Find rides at [www.goskyride.com](http://www.goskyride.com)



**Sky Ride Local** rides are guided by friendly British Cycling Ride Leaders along scenic planned routes. Rides are all free and are grouped in levels to suit everyone from beginners to experienced cyclists.

Coming to MK summer 2015.

**Breeze** is British Cycling's national network of bike rides for women. The Breeze network is all about getting more women into riding bikes for fun.



The rides are organised by British Cycling trained volunteer champions and fit around the work and family lives of busy women.

With regular rides in Milton Keynes why not dig out your bike and join the social, friendly, women only bike rides in your local area.



**Ride Social** is a great way to connect with other cyclists in your local area, find a place to ride and enjoy a social bike ride at a level and time that suits you.

So far over 38,000 people have joined the network and hundreds of social bike rides have taken place across the country - everything from pootles around the park to challenging charity bike rides.



## Running (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Redway Runners</b>	Weekly runs organised 6 days a week, check website for up to date information	Meet at David Lloyd, Livingstone Drive, Newlands	Free	www.Redwayrunners.com (see website for next beginner courses)
<b>Running for Improvers</b>	Mondays 6pm – 7pm	Oakgrove Leisure Centre, Oakgrove, MK10 9JQ	Free to Beaumonts members, price vary for others	01908 528852 www.hertsmereleisure.co.uk
<b>Sweatshop Runners</b>	Monday – 6pm 0-5k Wednesday – 6.15pm, social 5k Thursday – 6.30pm, 10k	Sweatshop, Xscape, Milton Keynes MK9 3XS	Free	www.sweatshop.co.uk/stores/milton-keynes
<b>Motivate4 Running – Beginners</b>	Tuesdays 6.15pm – 7.15pm	Oakgrove Leisure Centre, Oakgrove, MK10 9JQ	Free to Beaumonts members, price vary for others	01908 528852 www.hertsmereleisure.co.uk
<b>Running for Improvers</b>	Thursdays 7pm – 8pm	Bletchley Leisure Centre, Princes Way, Bletchley	Free to Beaumonts members, price vary for others	Bletchley LC 01908 377251 www.hertsmereleisure.co.uk
<b>parkrun</b> Free inclusive, weekly, timed 5km run for all ages and abilities.	Saturdays 9am	Willen lake Mini-bowl	Free	Register first and bring along your barcode to get a time on the day <a href="http://www.parkrun.org.uk/register/">http://www.parkrun.org.uk/register/</a>
<b>Motivate4 Running - Beginner</b>	Saturdays 11am – 12noon	Bletchley Leisure Centre, Princes Way, Bletchley	Free to Beaumonts members, price vary for others	Bletchley LC 01908 377251 www.hertsmereleisure.co.uk
<b>Redway Runners</b>	various days and times that change over the year	Check website for details	Free 10 week beginner running course	Full details <a href="http://www.redwayrunners.com/train/beginners/">www.redwayrunners.com/train/beginners/</a>

## Cardiovascular/Toning based classes (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>20.20.20</b>	Mondays 9.30 - 10.30am  Tuesdays 7.30pm-8.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 for members,	Shenley Leisure Centre 01908 502488
<b>Aquanatal</b> NHS class run by midwives - For females over 14 weeks pregnant	Mondays 5.45pm – 6.45pm	Woughton Leisure Centre Pool, Rainbow Drive. Leadenhall	£2 per class  tracy.rea@mkhos pital.nhs.uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301 Please contact before attending
<b>Legs, Bums and Tums</b>	Mondays 5.45pm – 6.30pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 www.milton- keynes.gov.uk/w oughtonleisure
<b>Kettle Bells &amp; Ladders</b>	Mondays 6.15pm – 7pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 for members	Shenley Leisure Centre 01908 502488
<b>Ab Sculpt</b>	Mondays - 6.45pm – 7.15pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 www.milton- keynes.gov.uk/w oughtonleisure
<b>Legs, Bums and Tums</b>	Mondays and Wednesdays 7pm – 8pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 for members	Shenley Leisure Centre 01908 502488
<b>Legs, Bums and Tums X</b>	Mondays 8pm	Cedars School, Bury Street Newport Pagnell MK16 0DT	£5 per class, 10 classes for the price of 8, valid for 3 months	Kelly Whitaker 07715 182398 twitter@fitmilton keynes facebook.com/fi tnessmk www.fitnessmilt onkeynes.com

## Adult Cardiovascular/Toning based classes (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Circuit Training</b>	Mondays 8.15pm-9.30pm  Wednesdays 8.15pm-9.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Aqua Aerobics</b>	Tuesdays 9.30 - 10.30am  Wednesdays 7.15 - 8.00pm  Thursdays 7.30 – 8.30pm	Woughton Leisure Centre Pool, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 <a href="http://www.milton-keynes.gov.uk/woughtonleisure">www.milton-keynes.gov.uk/woughtonleisure</a>
<b>Aqua Aerobics</b>	Tuesdays 9.30 – 10.15am Thursdays, 9.30 – 10.15am 8pm – 8.45pm	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 <a href="http://www.hertsmereleisure.co.uk">www.hertsmereleisure.co.uk</a>
<b>20.20.20</b>	Tuesdays 6pm – 7pm  Thursday 6.30 – 7.30pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 <a href="http://www.milton-keynes.gov.uk/woughtonleisure">www.milton-keynes.gov.uk/woughtonleisure</a>
<b>Bootcamp</b>	Tuesdays 6pm – 7pm	Woughton Leisure Centre Dojo, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 <a href="http://www.milton-keynes.gov.uk/woughtonleisure">www.milton-keynes.gov.uk/woughtonleisure</a>
<b>Cardio/ Weights/Abs</b>  with Val Fisher	Tuesday 7.30pm – 8.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	Pay As You Go or Membership available	Shenley Leisure Centre 01908 502488
<b>Aquanatal</b> NHS class run by midwives - For females over 14 weeks pregnant	Wednesdays 9.30am – 10.30am	Bletchley Leisure Centre	£2 per class  <a href="mailto:tracy.rea@mkhospital.nhs.uk">tracy.rea@mkhospital.nhs.uk</a>	Tracy Rea 07833 482243 or Jill Peet 07917 173301 Please contact before attending

## Adult Cardiovascular/Toning based classes (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Heart Fit</b> (Exercise class for all levels to improve heart health, suitable for cardiac rehab)	Wednesdays 9:45am – 10:45am	Newton Longville Village Hall, Paradise, Newton Longville	£6 per session including tea/coffee after class	Louise Hvass 07784 144110 www.personalisefitness.co.uk
<b>Boxercise</b>	Wednesdays 6pm – 7pm	Woughton Leisure Centre Theatre, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton LC 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
<b>Circuit Training</b>  <b>Adults</b>  All fitness levels welcome	Wednesday 6.30pm-7.30pm  Thursday 10am-11am  Saturday 10am-11am	The Buszy 401 Eldergate Milton Keynes MK9 1LR	£3 per session	Make a Difference  01908 231312  info@thebuszy.com  www.thebuszy.com
<b>Body Conditioning</b>	Wednesdays 6.30pm – 7.15pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392
<b>Fit Step</b>	9.30am – 10.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Boxercise</b>	Thursdays 7pm – 8pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Powerhoop</b>	Thursdays 7.30pm	Hazeley Academy, Hazeley MK8 0PT	6 week course £42 inc hire of hoop (only official Powerhoops can be used)	Julia Berg 07779 339984, exstress@tiscali.co.uk

## Adult Cardiovascular/Toning based classes (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Insanity</b>	Thursdays 8pm – 9pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Aqua Zumba</b>	Friday, 9.00am – 9.45am	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Aquanatal</b> NHS class run by midwives - For females over 14 weeks pregnant	Fridays 1.30pm – 2.30pm	Bletchley Leisure Centre	£2 per class  tracy.rea@ mkhospital.nhs. uk	Tracy Rea 07833 482243 or Jill Peet 07917 173301 Please contact before attending
<b>Kettlebells</b>	Saturdays 9.30pm – 10.30pm	Woughton LC Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392
<b>Kettlebells</b>	Saturdays 8.45am – 9.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 non - members, £5 members	Shenley Leisure Centre 01908 502488
<b>Step</b>	Sundays 10am - 11am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 non - members, £5 members	Shenley Leisure Centre 01908 502488



## Dance (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Royal Scottish Country Dance Society MK</b>	Mondays 8pm – 10pm	Bradwell Village Memorial Hall	£3.50 per class	Jan Jones 07877 153259  jange@verybusy.co.uk
<b>Latin Limber Dance Exercise Class</b>	Tuesdays  10.30am – 11.30am	MK SNAP Walnut Tree	£5 per session	The Jill Foster Dance Centre 07850 441964 jill@jfdc.co.uk
<b>Smart Rockers</b> Rock & Roll lessons, singles & couples welcome	Wednesdays  6pm – 9pm	West Bletchley Community Centre, Porchester Cl, Bletchley	£5 per class	Ann or Wally Smart 01908 365185, wbca3@tiscali.co.uk
<b>Thistle Scottish Dance Club</b> suitable for all ages and abilities	Wednesdays  8pm - 10pm	Shenley Brook End Village Hall, Church End Road	£3 per class	Jan Jones 07877 153259 jange@verybusy.co.uk
<b>Tempo Ballroom and Sequence Club</b>	Wednesdays  8pm -10.15pm	Sycamore Hall Water Eaton Bletchley	£4 non-members per class  £3 members per class	Carol Dyson  01908 238171  caroladyson@hotmail.co.uk

<b>Milton Keynes Dance Centre – Dance for all</b>	Variety of days and times, please see website for details: Disco / Freestyle, Hip Hop, Rock n Roll, Argentine Tango, Ballroom & Latin, Line Dancing	Milton Keynes Dance Centre, Newport Road, New Bradwell <b>www.mkdc.org</b>	Dance Centre 01908 227772/ 07968 302398 info@mkdance.fsnet.co.uk
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<b>Jill Foster Dance Centre - Dance for all</b>	Jill Foster Dance Centre offers a variety of dance classes for beginners and experienced dancers in Ballroom, Latin American, Salsa and Rock n Roll. See website for more details: <b>www.jfdc.co.uk</b>	The Jill Foster Dance Centre 07850 441964 jill@jfdc.co.uk
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## Zumba (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Zumba</b> With Val Fisher	Mondays 10am – 11am	Woughton Leisure Centre, Rainbow Drive Chaffron Way	Pay As You Go or Membership available!	Book on 01908 660392
<b>Zumba</b>	Mondays 6.10pm – 7.10pm	Monkston Park Sports Pavilion, Pimlico Court, Monkston Park	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com
<b>Zumba</b> with Fitness Milton Keynes	Mondays 7pm	Cedars School, Bury Street Newport Pagnell MK16 0DT	£5 per class, 10 classes for the price of 8, valid 3 mnths	Kelly Whitaker 07715 182398 www.fitnessmilton keynes.com twitter@fitmiltonk eynes facebook.com/fitn essmk
<b>Zumba Fitness</b> with Julia (High energy, fast pace)	Mondays 7.30pm – 8.30pm	Hazeley School, Off Tattenhoe Street, Hazeley	£5 per class	Julia Berg 07779339984  exstress@ tiscali.co.uk
<b>Zumba</b>	Mondays 7.30pm - 8.30pm	Broughton Pavilion, 139 Tanfield Lane, Broughton. MK10 9NJ	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com
<b>Zumba</b>	Tuesdays 6.15pm – 7pm  Thursdays 7pm – 7.45pm	Bletchley Leisure Centre, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Zumba Fitness –</b> with Julia (High energy & fast pace)	Tuesdays 6.45pm – 7.45pm	Tickford Park Primary School, Avon Close Newport Pagnell	£5 per class	Julia Berg 07779 339984  exstress@ tiscali.co.uk
<b>Zumba</b>	Tuesdays 7.30pm - 8.30pm	Tattenhoe Sports Pavilion, Holborn Crescent,	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com

## Adult Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Zumba Tone</b>	Wednesdays 9.30am – 10.30am	Shenley LC, Burchard Cr, Shenley Church End	£6 non - members, £5 members	Shenley Leisure Centre 01908 502488
<b>Zumba Fit</b>	Wednesdays 5.45pm – 6.30pm	Woughton Leisure Centre, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392
<b>Zumba</b>	Wednesdays 6pm - 7pm	MK College, Cottesloe Sports Hall (next to Woughton LC)	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com
<b>Zumba Fitness</b> with Nicky (High energy, fast pace)	Wednesdays 6.15pm – 7.15pm	Castlethorpe Village Hall, North St, MK19 7EW	£5 per class	Julia Berg on 07779339984 zumbank@ tiscali.co.uk
<b>Zumba Fitness</b> with Jane (High energy, fast pace)	Wednesdays 7pm – 8pm	Kents Hill Primary School, Birdlip Lane, Kents Hill	£5 per class	Julia Berg 07779339984 zumbank@ tiscali.co.uk
<b>Zumba</b>	Wednesdays 7.30pm - 8.30pm	Knowles Junior School, Queens Way, Bletchley MK2 2HB	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com
<b>Zumba</b>	Wednesdays 8pm – 9pm  Friday 9.30 - 10.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 for members	Shenley Leisure Centre 01908 502488
<b>FITSTEPS – with Nicky</b>	Thursdays 7.15pm – 8.15pm	Russell Street School, Russell St., Stony Stratford	£5 per class	Julia Berg 07779339984 exstress@ tiscali.co.uk
<b>Zumba</b>	Thursdays 7.20 - 8.15pm 8.15 – 9.15pm	Oxley Park Primary School, Oxley Park MK4 4TA	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com

## Adult Zumba (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Zumba</b> with Fitness Milton Keynes	Thursdays 7.45pm	Newport Pagnell Youth Club, Wolverton Rd, Newport Pagnell. MK16 8HX	£5 per class, 10 classes for the price of 8,	Kelly Whitaker 07715 182398 www.fitnessmilton keynes.com twitter@fitmiltonk eynes facebook.com/fitn essmk
<b>Zumba Dance</b>	Fridays 9.30am – 10.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 for members	Shenley Leisure Centre 01908 502488
<b>Zumba</b>	Saturdays 10:15am – 11:15am	Oxley Park Primary School, Oxley Park MK4 4TA	£5 per class	Yasmin 07966 488727  yasmin@zumba. uk.com

## Martial Arts (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Tai Chi &amp; Qi Gong</b>  For Beginners	Monday 9.45am – 11am	Little Brickhill Community Centre, Watling St, MK17 9LZ	£5 per class when paid on a monthly basis, £6 pay as you go	Jenny Wong 07738 200092  www.wellbeingmk. com
<b>Tai Chi &amp; Qi Gong</b>  For Beginners	Mondays 1.45pm – 2.45pm	Forster Institute, Linslade	£5 per class when paid on a monthly basis, £6 pay as you go	Jenny Wong 07738 200092  www.wellbeingmk. com
<b>Tai Chi</b>  For Beginners	Mondays Starting 10 <sup>th</sup> October for 10 weeks	Newton Longville Village Hall	£40 for 10 weeks	Frank Purcell 07599 328299
<b>ECKA Dragons Karate &amp; Kickboxing Club</b> Keep fit, learn to defend & compete in a modern karate & kickboxing club.	Mondays 7pm – 8:30pm  Thursdays 6pm – 7:15pm  Sundays 4pm – 5:30pm  (Adults & Children)	Coronation Hall, Stoke Road, Bletchley, Milton Keynes	Free trial class, subsequent sessions paid monthly  For all aged 6+, families welcome	Geoff Aldridge 07957 143912  geoff@bletchley dragons.co.uk  www.bletchley dragons.co.uk

## Adult Martial Arts (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<p><b>Taekwondo Self Defence Fitness</b></p> <p>Separate adult and Children's Beginner classes All Ages</p>	<p>Mondays 7:30pm - 9.30pm</p>	<p>Medbourne Sports Pavilion, Pascal Drive, MK5 6LS</p>	<p>First Lesson Free. Then £23.50 per month.</p> <p>No joining fee No contract</p>	<p>Phil Thomas (Instructor 6<sup>th</sup> Degree) 01295 750462 07877 971342</p> <p>aptitkd@gmail. com</p> <p>www.blackbeltcentre .co.uk</p>
<p><b>Aikido for All</b></p> <p>Seishin Aikido Club</p>	<p>Mondays and Wednesdays 7.30pm – 9pm</p>	<p>Tattenhoe Pavillion</p>	<p>£25 per month for all classes</p>	<p>Bryan Bateman 01908 506390</p> <p>aikido@seibukan- uk.org</p> <p>www.seibukan- uk.org</p> <p>www.facebook.co m/seibukanaikido uk</p>
<p><b>Judo Kitsune - Gari Judokwai</b></p>	<p>Mondays 8.30pm</p> <p>Wednesdays 8pm</p>	<p>Woughton Leisure Centre, Rainbow Drive. Leadenhall</p>	<p>Contact for cost of session</p>	<p>Gary Faid 01908 611003</p> <p>Steve Raid 07802 892206</p> <p>www.kitsune- gari.com</p>
<p><b>Shenley Jujitsu Club</b></p> <p>Effective self defence for all ages and abilities. Regular beginners- only courses available.</p>	<p>Mondays &amp; Fridays</p> <p>Adults- 8:30-10pm</p>	<p>Shenley Leisure Centre, Burchard Cr, Shenley Church End, MK5 6HF</p>	<p>£4.50 per class.</p> <p>First class free</p>	<p>Geoff Austin 07762 108339</p> <p>sensei@shenley jujitsu.org.uk</p> <p>www.shenley jujitsu.org.uk</p>
<p><b>Tai Chi &amp; Qi Gong</b></p> <p>beginners</p>	<p>Tuesdays  9am-10am</p>	<p>The Brooklands Centre, Ousebank Street , Newport Pagnell</p>	<p>Drop in £4.50</p>	<p>Jenny Wong 07738 200092</p> <p>www.wellbeingmk .com</p>

## Adult Martial Arts (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Tai Chi &amp; Qi Gong</b>  advanced	Tuesdays  10am – 11am	The Brooklands Centre, Ousebank Street , Newport Pagnell	Drop in £4.50	Jenny Wong 07738 200092  www.wellbeingmk.com
<b>Tai Chi &amp; Qi Gong</b>	Tuesdays 11.30am – 1pm	Cranfield Village Hall, 13 Court Rd, Cranfield, MK43 0DR	£7 per class when paid on a monthly basis, £9 pay as you go	Jenny Wong 07738 200092  www.wellbeingmk.com
<b>Taekwondo Self Defence Fitness</b>  Separate adult and Children's Beginner classes	Wednesdays  6.15pm - 9.30pm	Main Gym, Shenley Brook End School, Walbank Grove, MK5 7ZT	First Lesson Free. Then £23.50 per month.  No joining fee No contract	Phil Thomas Instructor 6th Degree 01295 750462 07877 971342 info@apti.biz (or) www.blackbeltcentre.co.uk
<b>Tai Chi &amp; Qi Gong</b>	Wednesdays  8pm-9.30pm	The Brooklands Centre, Ousebank Street , Newport Pagnell	£7 per class when paid on a monthly basis, £9 pay as you go	Jenny Wong 07738 200092  www.wellbeingmk.com
<b>Aikido for All</b>  Seishin Aikido Club	Thursdays 7.30pm – 9pm	Kents Hill Community Centre	£25 per month for all classes	Bryan Bateman 01908 506390  aikido@seibukan-uk.org
<b>Tai Chi &amp; Qi Gong</b>	Thursdays 9.45am - 10.45am	Works for us, 1 <sup>st</sup> floor, Norfolk house west, 433 Silbury Boulevard	£3 drop in	Jenny Wong 07738 200092  www.wellbeingmk.com
<b>Tai Chi</b>  Tai Chi for All	Fridays 11:30am – 12:30pm	West Bletchley Community Centre Porchester Close Bletchley	£5 per session	Elaine Koster 07906 243576 elaine@taichiforall.co.uk www.taichiforall.co.uk

## Adult Martial Arts (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Shinkendo</b> Japanese Samurai Swordsmanship Martial art	Fridays 7.30pm – 8.30pm	Leon School Leisure Centre Fern Grove Bletchley Milton Keynes MK2 3HQ	First session free. £2.50 per session thereafter heading towards monthly subs.	Byron or Scott: 07712 174163  byron.shepherd@ shinkendo.org.uk  scott.hunter@ shinkendo.org.uk
<b>Aikibujutsu</b> Aikido / Aikijutsu Traditional samurai Budo arresting Techniques	Fridays 8.30pm – 9.30pm	Leon School Leisure Centre Fern Grove Bletchley Milton Keynes MK2 3HQ	First session free. £2.50 per session thereafter heading towards monthly subs.	Website: www.shinkendo.or g.uk

## Pilates (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Pilates</b> Beginners (also suitable for 50+)	Mondays 11am – 12.15pm	Little Brickhill Community Centre, Watling St, MK17 9LZ	£5 per class when paid on a monthly basis, £6 pay as go	Jenny Wong 07738 200092 www.wellbeing mk.com
<b>Pilates</b>	<u>Mon:</u> 12.15pm <u>Tue:</u> 9.30am and 11.30am, and 8.15pm <u>Fri:</u> 11.45am <u>Sun:</u> 9am and 11am	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk
<b>Beginners                      Pilates with                      Mindfulness</b>	Mondays 7pm - 8pm	Activity Centre Eaglestone MK6 5BZ	£5 pay-as-you- go	Jenni  01908 267387
<b>Pilates</b>	Tuesdays 1pm – 1.45pm	Woughton Leisure Centre, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392

## Adult Pilates (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Pilates &amp; back care</b> (small groups)	Tuesdays 5pm – 5.45pm and 6pm - 7pm	The Well, Newport Rd, Willen Village	Free Taster session, contact to book	Helen Stephenson 07548 366601 www.helenstephensononline.co.uk
<b>Community Pilates with Mindfulness</b>	Tuesday 6.30pm - 7.45pm	Memorial Hall Woburn Sands MK17 8RH	£5 pay-as-you-go	Jenni  01908 267387
<b>Pilates</b>  With Val Fisher	Tuesdays, 6.30pm – 7.30pm	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Pilates</b>	7.15pm – 8.15pm	Whaddon Village Hall, Stock Lane, Whaddon	£5 block of 7 in advance, £7 pay as you go	Jenny Wong 07738 200092 www.wellbeing mk.com
<b>Community Pilates with Mindfulness</b>	Wednesdays 10am – 11am and 7.30 - 8.30pm	York House London Road Stony Stratford MK11 1JQ	£5 pay-as-you-go	Jenni  01908 267387
<b>Pilates</b>	Wednesdays 10.30am – 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Pilates &amp; back care</b> (small groups)	Wednesdays 6.15pm - 7.15pm	The Well, Newport Rd, Willen Village	Free Taster session, contact to book	Helen Stephenson 07548 366601 www.helenstephensononline.co.uk
<b>Gentle Pilates with Mindfulness</b>	Thursdays 2pm – 3pm and 3.15pm – 4pm	Summerlin Centre, Station Rd, Woburn Sands, MK178SG	£5 for 1hr class,  £4 for 45 mins class	Jenni  01908 267387
<b>Pilates</b>	Sundays 9am – 9.45am and 11am – 12noon	Bletchley Leisure Centre, Princes Way, Bletchley	Price varies with membership, contact for details	Bletchley Leisure Centre 01908 377251 www.hertsmere leisure.co.uk



## Yoga (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Yofit – All</b> Maintains fitness & improves breathing & circulation in fun environment	Mondays 10am – 11am	St Andrews Church, St Andrews Road, Bletchley, MK3 5DR	£4 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Hatha Yoga</b>  Alignment, Flexibility, Strength and Relaxation  Aimed at Beginners – all welcome	Tuesdays 1.30pm - 3pm  (Term time only)	Aspley Guise Village Hall  (Near Wavendon, Woburn and Woburn Sands)	£6.00 for introductory class £7.00 per week (paid as a ½ term block) £9.00 drop-in	Pippa 07787 920025  Pippafenton@yahoo.co.uk
<b>Iyengar Yoga</b>	Tuesdays 5.30pm – 6.40pm	Centrecom, 602 North Row, Central MK MK9 3BJ	£6 Paid blocks in advance or £7 pay as go	Jenny Wong 07738 200092 www.wellbeingmk.com
<b>Yoga for beginners</b> To increase strength and flexibility	Tuesdays 6pm – 7pm	Shenley Brook End, Old Village Hall, Church End Road	£5 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Yoga &amp; Meditation</b>	Tuesdays 7.15pm – 8.45pm	The Well, Newport Rd, Willen Village	Free Taster session, contact to book	Helen Stephenson 07548 366601 www.helenstephenonline.co.uk
<b>Yoga for experienced</b>	Tuesday 7.30pm - 9pm	Shenley Brook End, Old Village Hall, Church End Road.	£6 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Yofit! All ages</b> Improves strength, flexibility, and breathing.	Tuesdays 9.30am – 10.30am	York House, Stony Stratford	£5 per session	Katie James 01908 227072 07816 989067 katiesarahjames@hotmail.co.uk
<b>Iyengar Yoga</b>	Wednesdays 12noon – 1pm	Open University Campus, St Michaels Church, MK7 6AA	£5 per class when paid monthly, £6 pay as you go	Jenny Wong 07738 200092 www.wellbeingmk.com

## Adult Yoga (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Iyengar Yoga</b>	Wednesdays 6.15pm – 7.45pm	The Brooklands Centre, Ousebank St, Newport Pagnell	£8 per class when paid monthly, £10 pay as you go	Jenny Wong 07738 200092 www.wellbeingm k.com
<b>Hatha Yoga</b>  Alignment, Flexibility, Strength and Relaxation Aimed at Beginners – all welcome	Wednesday 7pm to 8.30 pm  (Term-time only)	Husborne Crawley Village Hall  (Near Woburn, Woburn Sands)	£6.00 for introductory class £6.00 per week (paid as a ½ term block) £9.00 drop-in	Pippa 07787 920025  Pippafenton@ya hoo.co.uk
<b>Yoga</b>	Thursdays 6pm – 7pm  Saturdays 10.30am – 11.30am	Shenley Leisure Centre, Burchard Cr, Shenley Church End	£6 per class non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Open Heart Yoga</b> All welcome	Thursdays 6.30pm – 7.45pm	Bath House, Wolverton,	£6 pay as you go or £30 for 6 weeks	Gemma Fox 07415 317599
<b>Yoga</b>	Thursdays 7.30pm – 8.30pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392
<b>Yoga</b>  mixed ability yoga class	Fridays 9.30am – 11am  (term time only)	West Bletchley Community Centre, Bletchley	£6 per class	Lisa Gupta 01908 312107 Lisa.letschill@ gmail.com www.letschill.co.uk
<b>Iyengar Yoga</b>  all abilities	Fridays 12noon - 1pm	St Michaels Church, Open University Campus, MK7 6AA	£5 per class when paid on a monthly basis, £6 pay as go	Jenny Wong 07738 200092 www.wellbeingm k.com
<b>Yoga for Lower Backs</b>  See : www.yogaforbac ks.co.uk	To be confirmed  Starting Autumn 2015	To be confirmed	12 week course + book and relaxation CD £150.00* (*to be confirmed nearer the time)	Pippa 07787 920025  <a href="mailto:Pippafenton@yahoo.co.uk">Pippafenton@ya hoo.co.uk</a>  Limited numbers. Please contact to go on waiting list.

## Sports based – Badminton (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>'No Strings' Badminton</b> beginners group	Monday & Thursday 6.30pm – 7.30pm  Saturdays 10.30am -12.30	Woughton Leisure Centre, Sports Hall	£3 per session  (beginner courses available, contact for details)	Woughton Leisure Centre 01908 660392 www.nostringsbadminton.co.uk
<b>'No Strings' Badminton</b> beginners group	Tuesdays & Thursdays 12.30pm – 2.30pm	National Badminton Centre, Loughton	£3 per session  (please contact centre for no strings offers)	National Badminton Centre - 01908 268400 www.nostringsbadminton.co.uk
<b>'No Strings' Badminton</b> beginners group	Wednesdays 6.30pm – 7.30pm	Stantonbury Leisure Centre, Main Hall	£3 per session  (please contact centre for no strings offers)	Stantonbury Leisure Centre 01908 324466 www.nostringsbadminton.co.uk

## Sports based – Korfball (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>MK Lakers Korfball Club</b> (beginners, intermediate & casual players welcome)	Mondays 7.30pm – 9pm	Walton High, Fyfield Barrow, Milton Keynes	First 2 sessions free then £6 per session	www.mklakers.co.uk  stuff@mklakers.co.uk
<b>MK Lakers Korfball Club</b> (beginners, intermediate & casual players welcome)	Thursday 8pm-9.30pm	Courtside Leisure Centre, MK College, Bletchley	First 2 sessions free then £6 per session	www.mklakers.co.uk  stuff@mklakers.co.uk
<b>MK Bucks Korfball Club</b> (beginners, intermediate & casual players welcome)	Thursday 8pm-9.30pm  (	Courtside Leisure Centre, MK College, Bletchley	First 2 sessions free then £6 per session	www.mkbucks.co.uk

## Sports based – Water Sports (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Milton Keynes Canoe Club</b> All equipment provided	Tuesdays & Fridays 6pm – 8pm from April to October.	Caldecotte Lake South (entrance off Monellan Gr, Caldecotte)	Annual membership from £35.00	Russell Fancourt info@mkcc.co.uk  www.mkcc.co.uk
<b>Milton Keynes Rowing Club</b>  Learn to Row Course for beginners	Monday 6:30 - 8.30pm  Saturday 9:30am	South Caldecotte Lake, Caldecotte	£110 for 8 session course.  Contact to book	Milton Keynes Rowing Club -  mail@mkrowing.org www.mkrowing.org
<b>Milton Keynes Rowing Club</b>  Training for people with experience	Monday and Thursday- 6.30pm-9.30pm  Saturday- 7.15am-11am  Sunday – 7.15am-9.30am	South Caldecotte Lake, Caldecotte	Taster membership for 2 months £50  Contact to inform of your attendance	Milton Keynes Rowing Club -  mail@mkrowing.org www.mkrowing.org
<b>Dragon Boat Racing</b> Secklow Hundred – MK Dragon Boat Team	Thursdays at 6pm  and  Sundays at 10am	Caldecotte North Lake	Three free taster sessions; thereafter £4 per session	Dan Shoesmith dan@secklow.com Glyn Humphries Humpers7@btinternet.com  www.secklow.com
<b>Haversham Sailing Club</b>  Free Open Day for all ages	Saturday 9 <sup>th</sup> May 2015  10am – 4pm	Haversham Sailing Club, High Street, Haversham	Free initial taster session	mail@havershamsc.co.uk

## Adult Sport Based Activities

Activity	Day & Time	Location	Cost	Contact
<b>Cardio Tennis</b> An amazing fitness & tennis workout, no tennis experience required	Tuesdays 7.15pm – 8.15pm	Woughton Leisure Centre Studio, Rainbow Drive. Leadenhall	Membership £20 / month for unlimited use of centre.	Woughton Leisure Centre 01908 660392 www.milton-keynes.gov.uk/woughtonleisure
<b>Boxing</b> MKAABC	Tuesdays and Thursdays 7.15pm – 9pm	Cottesloe Gym, Woughton Campus East, Leadenhall,	£2.50 per session  (nr Woughton Leisure Centre)	Search MKAABoxing Club on facebook  01908 253229
<b>Floor Ball Club -</b> MK Phantoms – fun session	Tuesdays 8pm – 9.30pm  Thursdays- 8:30pm-10pm	Leon Sports School  www.floorballmk.co.uk	First 2 sessions Free then £4 - £5 per week	Mark Sleight 07815 429553 floorballmk@hotmail.co.uk
<b>Indoor Climbing</b>  Sessions available for: <b>Beginners &amp; Improvers</b>	Variety of Days and Times, please contact for more details	Big Rock Climbing Centre, Kingston, MK10 0AG	Have a go: £20 Social: £8.90 Course: Variety  All include instruction & equipment	Big Rock 01908 583128  or book online www.bigrockclimbing.co.uk
<b>Stony Stratford Tennis Club</b>	Foundation-Wednesday 7pm-8pm  Intermediate-Wednesday 8pm-9pm	Ostlers Lane Stony Stratford	£7.00 for members £8.75 for non members Per Hour	To book online or download a form, www.tennisworks.net/stony/coaching
<b>Back to Netball</b>	Thursdays 7pm – 8pm	Oakgrove Leisure Centre, MK10 9JQ	£3 per session	Oakgrove Leisure Centre, 01908 528852 www.hertsmereleisure.co.uk
<b>Squash &amp; Racketball</b>	Thursdays 7.30pm – 9pm  Sundays 6.45 – 8.15pm	Shenley LC, Burchard Cr, Shenley Church End	Thursday: £4 Sunday: £2.50  per session	Shenley Leisure Centre 01908 502488

## Adult Sport Based Activities (Cont'd)

Activity	Day & Time	Location	Cost	Contact
<b>Cardio Tennis</b>	Thursdays 8pm – 9pm	Shenley LC, Burchard Cr, Shenley Church End	£6 per class non members, £5 members	Shenley Leisure Centre 01908 502488
<b>Back to Netball</b>	Thursdays 8.30pm – 9.30pm	Bletchley Leisure Centre, Princes Way, Bletchley	£3.50 per session	Bletchley leisure centre 01908 377251 www.hertsmereleisure.co.uk
<b>Waterpolo</b>	Thursdays 8.30pm – 10pm	Stantonbury Leisure Centre	£3.60 per session	Stantonbury Leisure Centre, 01908 324466 Leisurecentre@santonbury.org.uk
<b>Softball</b>	MK Baseball & softball Club aim to provide a well-organised, safe and enjoyable Baseball and/or Softball experience for all of our members and supporters. Weekly sessions are run, along with organised teams to enter local and regional competitions. See the current programme at <a href="http://www.miltonkeynesbaseball.co.uk">www.miltonkeynesbaseball.co.uk</a>			
<b>Hockey</b>	MK Hockey Club welcomes all beginners and those who have played before to Woughton on the Green Sports Pavilion. See training times on <a href="http://www.mkhockey.co.uk">www.mkhockey.co.uk</a>			
<b>Lacrosse</b>	MK Lacrosse Club welcomes beginners and experienced players, male and female, to join them at Woughton Leisure Centre. For training details contact the club on: <a href="mailto:miltonkeynes.lacrosse@gmail.com">miltonkeynes.lacrosse@gmail.com</a>			
<b>Rugby Initiative</b>	O2 Touch is here, offering beginner pay and play sessions and a summer League competition. To find out where to join in, visit: <a href="http://www.rfu.com/o2touch">www.rfu.com/o2touch</a> or MKRUFC website			
<b>Tennis Initiatives</b>	Search for a place to play Tennis with <b>allplay Tennis</b> or Bounce to the beat with <b>Cardio Tennis</b> . For details visit: <a href="http://www.lta.org.uk/allplaytennis">www.lta.org.uk/allplaytennis</a>  For an easier game, using a slower ball, adults can try <b>Tennis Xpress</b> . For details visit: <a href="http://www.tennisplayandstay.com/tennis-xpress">www.tennisplayandstay.com/tennis-xpress</a>		<a href="http://www.facebook.com/BucksLTA">www.facebook.com/BucksLTA</a>  <a href="http://www.twitter.com/tennisinmk">www.twitter.com/tennisinmk</a>  <a href="mailto:nina.bridge@lta.org.uk">nina.bridge@lta.org.uk</a>	

## Adult Sport Based Activities (Cont'd)

<b>Volleyball</b>	MK City Volleyball Club provide expert coaches to teach you volleyball at Woughton Leisure Centre. Details on: <a href="http://www.mkcityvolleyball.co.uk">www.mkcityvolleyball.co.uk</a>
<b>Wolverton Tennis Club</b>	Adults play as much as you like for £10 a month! Junior & senior coaching offered. Seniors, Rusty & Squeaky coaching for beginners upwards, non members welcome first lesson free. Tennis express, subject to interest also offered. For more information contact our head coach, Peter Tolaini 07740004548 or email <a href="mailto:peter.tolaini@btinternet.com">peter.tolaini@btinternet.com</a>

## Other activities (All ages)

Activity	Day & Time	Location	Cost	Contact
<b>Canal Practical Tasks Group</b> Keep fit, learn new skills and help restore the Buckingham Canal	Alternate Thursdays and second Sunday of every month,  10am - 3pm	Sites vary please call Athina for more details	Free  (Tools and equipment provided free)	Athina Beckett 01908 661217  <a href="mailto:athinabec@aol.com">athinabec@aol.com</a>
<b>Functional Rehabilitation from Neurological Injury</b> eg Stroke, Parkinson's, MS, MSA	Thursdays  1.30pm – 2.30pm	The Shenley Wood Retirement Village, Chalkdell Drive Shenley Wood, Milton Keynes	Contact provider for details	Shirley Worth  01908 413000
<b>Milton Keynes Green Gym</b> improve your physical fitness and mental well-being by taking part in nature conservation activities, improving your strength and stamina, reducing stress and boosting your confidence.	Various, depending on current projects	Sites vary.  Please contact for more information.	Free  Tools, gloves, training and refreshments provided.	<a href="http://www.Miltonkeynesgreengym.co.uk">www.Miltonkeynesgreengym.co.uk</a>  or find us on Facebook

## Table Tennis

Play for free through the Ping! project, [www.pingmiltonkeynes.co.uk](http://www.pingmiltonkeynes.co.uk) or at one of the following clubs:

Club	Session
<p><b>Greenleys Table Tennis Club</b></p> <p>Greenleys Junior School, Marron Lane, Wolverton</p> <p>Contact: Stephen Baggaley - Telephone: 07815 123225</p> <p>Email: <a href="mailto:baggaley1@hotmail.com">baggaley1@hotmail.com</a></p>	Monday's 20.30 – 22.00
	Open Night
	Tuesday's 18.00 – 19.00
	Coaching for Adults & Children Wednesday's 18.00 – 19.00
<p><b>Mursley Table Tennis Club</b></p> <p>Venue: Mursley Village Hall, Main Street, Mursley, MK17 0RT</p> <p>Contact: David Bartlett – Telephone 01296 720177</p>	Tuesday's 10.00-11.00
	Thursday's 19.30-21.30
<p><b>Stantonbury Campus Leisure Centre Table Tennis Club</b></p> <p>Venue: Stantonbury Campus Leisure Centre, Milton Keynes</p> <p>Contact: Stephen Baggaley - Telephone: 07815 123225</p> <p>Email: <a href="mailto:baggaley1@hotmail.com">baggaley1@hotmail.com</a></p>	Friday's 19.00 – 20.00 Under 18's –  Coaching & Recreational Play
	Friday's 20.00 – 21.00 Adults –  Coaching & Recreational Play
<p><b>Kingston Table Tennis Centre</b></p> <p>Venue: Kingston District Centre, Milton Keynes</p> <p>Contact: Keith Thompson</p> <p>Telephone: 01908 282156</p>	Monday's, Wednesday's & Friday's 09.30 -11.30 Open Sessions
	Friday's 19.00 – 22.00 Open Session
	Saturday's 09.30 – 12.00 Open Session
	Sunday's 19.00 -22.00 Open Session



# Disability Sports

## Activities for All Adults with Disabilities

These physical activities listed are ideal for adults of all ages with any disability or special need. They encourage mobility whilst having fun.

Please contact the appropriate organiser or centre listed for specific requirements or if you have any questions regarding the activity.

Activity	Day & Time	Location	Cost	Contact
<b>Make a Difference</b>  <b>Activemate sports programme</b>	Monday to Saturday, various times	Across Milton Keynes	Please contact for more details	Jade Lambert 01908 231312  www.mad-uk.org
<b>Disability Swimming</b> floatation aids are available including sling or chair hoist	Mondays 3.30 – 4.30pm  Fridays 3.30 – 4.30pm	Middleton Pool, Tickford Street Newport Pagnell	£12 annual membership plus £2.15 each week (carers free)	Pool: 01908 610477 or Jacky Starkey: 01908 639358
<b>Funky Dance</b> for adults with a disability	Mondays 4.15pm – 5pm	Bletchley Leisure Centre, Bletchley	£3 per week	Bletchley Leisure Centre 01908 377251 www.hertsmereleisure.co.uk
<b>Winslow Dons</b> football for adults with learning difficulties	Mondays 4.30pm - 5.30pm	Astroturf at the Winslow Centre	£2 per session	Karl White 01908 622938 07595 280612 karl.white@mkdonsset.com
<b>Line Dancing</b> open to all adults with a learning disability	Wednesdays, 12.15pm 1.15pm (Term Time only)	Milton Keynes Dance Centre, New Bradwell	£3.50 per session	01908 227772 mail@mkdance.fsnet.co.uk

## Activities for All Adults with Disabilities (cont'd)

<b>Disability Badminton</b>	Wednesdays 1pm – 3pm	Bletchley Leisure Centre, Princes Way, Bletchley	£2 per hour Call to inform of attendance	Karl White 01908 622938 karl.white@mkdonsset.com
<b>MS Swim Club</b>	Thursdays 11am – 12noon	Sir Herbert Leon Academy, Water Eaton	£2 per session (carer attends for free)	Marie Collins 01908 315373
<b>MK Dons Wheelchair Football</b>	Thursdays 6.30pm – 7.30pm Saturday's 10am-11am	Bletchley Leisure Centre	£4 per session	Karl White 01908 622938 07595 280612 karl.white@mkdonsset.com
<b>MK Dons Disability Football</b> football training for adults with learning / physical disability	Variety of Days and Times available, please contact for more details	MK Dons Academy Dome, Woughton on the Green	£2 per hour	Karl White 01908 622938 07595 280612 karl.white@mkdonsset.com
<b>Disability Snowsport</b>	Monthly, contact for more details	Milton Keynes Xscape, SNOzone, CMK	Please contact for more details	Angus MacKay 07810 486273 dsukmkslopeorganiser@hotmail.co.uk
<b>Disability Water-based Activities and Climbing</b>	Various, please contact for more details	Caldecotte Xperience, MK	Please contact for more details	01908 232042 caldecotte@action4youth.org

## Other Opportunities

### The Parks Trust

The Parks Trust organise a number of different activities and events to take place in the MK parks. Some of these activities include:

- Bark in the Park – bring your four legged friend along on walks
- Discover – A series of short education courses for adults
- Easy Riders – A series of bike rides
- Orienteering – learn how to use a map
- Parks and Run – Fun runs for all ages
- Ranger Ramble – Evening walks
- Ride Out – Pony club
- Women's Walking Network – Walking group
- Working for Wildlife – Conservation activity

For the latest up to date event schedule visit: [www.theparkstrust.com](http://www.theparkstrust.com)

Email: [events@theparkstrust.com](mailto:events@theparkstrust.com) or Call: 01908 233600

### Coaching / Training Opportunities



Would you like to inspire the next generation of sport participants? Leap offer many training and development opportunities for coaching development, safeguarding and protecting children, and disability awareness.

Find out more about the courses available and develop your knowledge, experience and skills, visit:

[www.leapwithus.org.uk](http://www.leapwithus.org.uk)

Or contact the coaching development manager on:  
01296 585580 or [bfisher@leapwithus.org.uk](mailto:bfisher@leapwithus.org.uk)

## **MK Leisure Centres Contacts**

Bletchley Leisure Centre	01908 377251	<a href="http://www.hertsmereleisure.co.uk">www.hertsmereleisure.co.uk</a>
Courtside Sports & Fitness Facility	01908 688200	<a href="http://www.mkcollege.ac.uk/enterprise/courtside-sports-facility/">www.mkcollege.ac.uk/enterprise/courtside-sports-facility/</a>
Leon Leisure Centre	01908 624725	<a href="http://www.leon-school.org">www.leon-school.org</a>
Middleton Pool	01908 610477	<a href="http://www.placesforpeopleleisure.org/centres/middleton-pool-and-fitness-centre/">www.placesforpeopleleisure.org/centres/middleton-pool-and-fitness-centre/</a>
Oakgrove Leisure Centre	01908 528852	<a href="http://www.hertsmereleisure.co.uk">www.hertsmereleisure.co.uk</a>
Shenley Leisure Centre	01908 502488	<a href="http://www.shenleyleisure.org.uk">www.shenleyleisure.org.uk</a>
Stantonbury Leisure Centre	01908 324466	<a href="http://www.stantonburyleisure.co.uk">www.stantonburyleisure.co.uk</a>
Tattenhoe Pavilion	01908 749038	<a href="http://www.hertsmereleisure.co.uk">www.hertsmereleisure.co.uk</a>
Windmill Hill Golf Centre	01908 631113	<a href="http://www.windmillhill4golf.co.uk">www.windmillhill4golf.co.uk</a>
Wolverton Pool and Fitness Centre (NEW)	01908 227752	<a href="http://www.wolvertonpool.com">www.wolvertonpool.com</a>
Woughton Leisure Centre	01908 660392	<a href="http://www.milton-keynes.gov.uk/woughtonleisure">www.milton-keynes.gov.uk/woughtonleisure</a>
Woughton on the Green Pavilion Centre	01908 665337	<a href="http://www.milton-keynes.gov.uk/leisure-facilities">www.milton-keynes.gov.uk/leisure-facilities</a>

For other leisure facility information please visit:  
**[www.milton-keynes.gov.uk/leisure-tourism-and-culture](http://www.milton-keynes.gov.uk/leisure-tourism-and-culture)**

For other sports clubs and activity classes please visit:  
**[www.leapwithus.org.uk](http://www.leapwithus.org.uk)**

For other walks offered by partners go to:  
**[www.ramblers.org.uk](http://www.ramblers.org.uk)**

**Milton Keynes Council**

Sports Development  
Saxon Court  
502 Avebury Boulevard  
Milton Keynes  
MK9 3HS

**Further information**

Vicki Clark  
01908 253229  
vicki.clark@milton-keynes.gov.uk

Milton Keynes Council Leisure  
Services  
01908 253154

**To add your activity to the next booklet please contact Sports  
Development using the details listed above.**

**Download Booklet at: [www.milton-keynes.gov.uk/sportsdevelopment](http://www.milton-keynes.gov.uk/sportsdevelopment)**

