

Adult Sports Courses & FREE Tasters

IN HUNTINGDONSHIRE

FROM **APRIL** TO **SEPTEMBER** 2015



Sport & Active Lifestyles
Huntingdonshire District Council
Pathfinder House
St Mary's Street
Huntingdon
Cambridgeshire
PE29 3TN

For further information or if your club would like
to offer alternative sessions please contact the
Sport & Active Lifestyles Team on 01480 387098

 [facebook.com/DASHsport](https://www.facebook.com/DASHsport)

 twitter.com/DASHsport





Sports Festival in the Park

Sunday 26th July, 11am to 2pm
at Hinchingbrooke Country Park, Huntingdon

**free of
charge**



The Sports Festival in the Park, part of Huntingdonshire's Sport England funded DASH project will help to kick off an active summer. With a packed afternoon of fun activities provided by sports clubs and organisations from across the district aimed at all ages and abilities there will surely be something for individuals, families and friends to have a go at.

About the Adult Sports Tasters and Courses

DASH, which stands for Delivering Activity and Sport in Huntingdonshire, is a National Lottery Funded project from Sport England managed by the Sport and Active Lifestyles Team at Huntingdonshire District Council.

The 3 year project will run through to November 2016. DASH Phase II is a follow on from the original DASH project and aims to get more people from Huntingdonshire participating in more sport. The project has something for everyone, whether it is just a taster event, informal opportunities or more regular participation. The project will work with a variety of sports clubs to give participants the chance to try or return to sport. So have a look and join in on your way to creating a sporting habit for life.

BOOKING INFORMATION: All activities must be booked in advance. Some of our taster sessions and courses come with a charge and this must be paid for at the time of booking. There are limited spaces for each activity so you are advised to book early to guarantee your place.

BOOK BY PHONE: Telephone One Leisure on **01480 388500** to book and pay for your chosen activities. Payment can be made by debit and credit card (there is no surcharge for payments by card). Phone bookings can be made weekdays from 8.30am to 8.00pm and weekends from 8.30am to 6.30pm.

BOOK IN PERSON: Visit reception at your local One Leisure site to book and pay for your chosen activities. Payment can be made by cash, debit or credit card (there is no surcharge for payments made by card). We do not accept payments by cheque.

MEDICAL FORMS: If time allows you will receive a Pre Activity Questionnaire by post prior to your activity. Please give this to the Sports & Active Lifestyles Team member at your first activity.

OUTDOOR ACTIVITIES: For your safety on outdoor activities please wear appropriate clothing and bring a drink. For all water sports activities it is advised you bring spare clothing, footwear and a towel. Outdoor activities run subject to weather conditions.

CANCELLATIONS & REFUNDS: 48 hours notice is required for cancellation to all sports tasters and courses. We will give as much notice as possible if any session is cancelled due to unforeseen circumstances. A full refund will be given if we cancel a course due to insufficient numbers or for unforeseen circumstances.

Adult Sports Tasters

These Sports Tasters are FREE one-off sessions ranging from 1 to 2 hours in duration giving the participant an introduction into the activity with all equipment provided. It's a great opportunity to experience the sport with no commitment. Sports taster sessions are available on a first come, first served basis so booking is essential.

Aikido

VENUE: One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU

Mondays on 13th April, 27th April and 18th May
8.00pm to 9.00pm FREE OF CHARGE

If you want to try a new sport which is different to other martial arts, then these Aikido taster sessions are for you. You will experience this relatively modern martial art in a welcoming environment, where all abilities will be catered for. Benefits of Aikido include controlled relaxation, flexibility and endurance with less emphasis on strength. All sessions are delivered by qualified coaches from St Ives Aiki Dojo. Please ensure you are wearing suitable clothing.

i For more information about the club visit www.stives-aiki-dojou.org.uk

Ballroom Dancing

VENUE: Jubilee Hall, School Lane, Eaton Socon, St Neots PE19 8GW

Thursdays on 16th April, 30th April and 14th May
7.00pm to 8.00pm FREE OF CHARGE

VENUE: One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU

Sunday 17th May
12.15pm to 1.15pm FREE OF CHARGE

VENUE: One Leisure St Neots, Barford Road, Eynesbury, St Neots PE19 2SA

Sunday 14th June
11.30am to 12.30pm FREE OF CHARGE

In these dance tasters you will learn the skill of ballroom dancing in a fun and friendly environment with instructors from Dance Action. Rather than sitting and watching the dancing, why not get up off the sofa and try ballroom dancing for yourself? Walk in and dance out!

i For more information about the club visit www.annie-lady-of-the-dance.webs.com

Cycling

VENUE: Hinchingsbrooke Country Park, Brampton Road, Huntingdon PE29 6DB

Tuesdays on 23rd June, 7th July, 21st July and 4th August
10.00am to 11.00am FREE OF CHARGE

These taster sessions are ideal for anyone wishing to get back on their bike in a small, fun and friendly group to gain or regain confidence cycling on roads. There are many people out there that may not have cycled in many years or have lost confidence on busy roads and would love some training and advice to give them the confidence to start riding regularly again. Come and give it a go and enjoy the freedom that riding a bike can give you. Please bring your own bike to these sessions.

i For more information about the club visit www.lovebiking.co.uk





Dragon Boating

VENUE: Cambridgeshire Royals Dragon Boat Club,
Coneygear Park, St Neots PE19 2UL

Thursdays on 21st May, 18th June and 23rd July
7.15pm to 8.30pm FREE OF CHARGE

Do you want to get involved in a sport that is different, exciting, action packed but with a great social side too? If so, then dragon boating could be the sport for you. You don't necessarily have to be fit or strong and absolutely no experience is necessary. All abilities are welcome and all safety equipment and paddles are provided.

i For more information about the club visit
www.cambridgeshireroyals.co.uk

Fencing

VENUE: One Leisure St Neots, Barford Road,
Eynesbury, St Neots PE19 2SA

Thursdays on 2nd July, 23rd July, 13th August
and 27th August
7.30pm to 9.00pm FREE OF CHARGE

Come and learn the skills of fencing with the help of experienced qualified coaches. No experience is necessary and all equipment is provided. You will need to wear tracksuit trousers or loose/stretch jeans and trainers. Fencing is a fun, non competitive action packed sport for all ages.

i For more information about the club visit
www.huntsfencingclub.co.uk

Golf

VENUE: Ramsey Golf Club, 4 Abbey Terrace,
Ramsey PE26 1DD

Wednesday 8th April and Saturday 11th April
2.00pm to 3.00pm FREE OF CHARGE

Sunday 12th April
10.00am to 11.00am FREE OF CHARGE

If you are looking to get into golf then these free taster sessions are for you! The sessions will allow you to try golf in a fun environment and are run by professional coaches at Ramsey Golf Club. All abilities welcome and golf clubs are provided if you do not have your own.

i For more information about the club visit
www.ramseyclub.co.uk

Gymnastics for Women

VENUE: Huntingdon Gymnastics Club, Mayfield Road,
Huntingdon PE29 1UL

Mondays on 20th April, 27th April, 11th May and 18th May
9.30am to 10.30am FREE OF CHARGE

Gymnastics is a safe, fun and challenging sport in a state of the art facility for people of all ages and abilities. Providing participation across nine different disciplines, gymnastics has something for everyone. It's a wonderful way to improve your fitness, strength, balance and flexibility. You will need to wear comfortable, loose fitting clothing.

i For more information about the club visit
www.huntingdon-gymnastics.org

“ These taster sessions are a wonderful introduction to new activities and be able to try something before committing to the courses. ”



RightStart

Exercise classes for older adults and those requiring additional support to exercise

Are you looking for a way to be more active and feel healthier but unsure where to start? Then try the RightStart classes.

RightStart 1 (Chair-based Exercise)
Huntingdon

RightStart 2 (Chair & Strength Exercise)
Brampton, Ramsey and St Ives

RightStart 3 (Strength & Balance Exercise)
Huntingdon, St Ives, St Neots and Yaxley

RightStart 5 (Aerobic/Circuit Type Exercise)
Huntingdon, Ramsey, Sawtry, St Ives, St Neots and Warboys

RightStart Outdoor (Outdoor Gym Equipment)
Huntingdon

For more information about the RightStart classes please contact the Sports Development Officer on **01480 387047** or email activelifestyles@huntingdonshire.gov.uk

Indoor Climbing

VENUE: Grafham Water Centre, Perry, Huntingdon
PE28 0GW

Thursdays on 9th April, 30th April and 21st May
6.00pm to 7.30pm **FREE OF CHARGE**

If you are looking for a fun and challenging sport to try, climbing is the one for you! These tasters will allow you to learn the skills of climbing in a safe environment and are run by qualified coaches at Grafham Water Centre. Climbing is a great way of improving upper body strength and is suitable to all abilities. Please ensure you are wearing suitable footwear and clothing.

i For more information about the club visit www.grafham-water-centre.co.uk

Indoor Target Shooting

VENUE: Alconbury Airfield, Alconbury Weald Entrance,
Alconbury PE28 4WX

Saturdays on 18th April and 16th May
1.00pm to 2.00pm **FREE OF CHARGE**

Mondays on 1st June, 15th June and 29th June
7.00pm to 8.00pm **FREE OF CHARGE**

These taster sessions introduce beginners to the sport of target shooting. During the sessions you will learn all the safe handling and correct use of target guns. All abilities welcome and equipment will be provided.

i For more information about the club visit www.soke-tsc.co.uk



Judo

VENUE: One Leisure St Ives Indoor, Westwood Road,
St Ives PE27 6WU

Mondays on 11th May, 18th May and 1st June
6.30pm to 8.00pm FREE OF CHARGE

Want to try a new sport? If so, these Judo taster sessions are for you! Experience a modern martial art, combat and Olympic sport in a fun and safe environment, which is great for all round fitness. Sessions are delivered by qualified coaches from Kanazawa Judo Club and suitable for beginners or those who have experienced Judo before. Please ensure you are wearing suitable clothing.

i For more information about the club visit
www.kanazawajudo.com

Outdoor Lawn Bowls

VENUE: Ramsey Bowls Club, 4 Abbey Terrace,
Ramsey PE26 1DD

Saturdays on 9th May, 16th May, 23rd May and 30th May
10.00am to 12.00pm FREE OF CHARGE

The object of the game is to get your bowls closest to the 'Jack'. Sessions are delivered by coaches at Ramsey Bowls Club. A great social game for all the family. All equipment is provided but flat shoes are required.

i For more information about the club visit
www.ramseyclub.co.uk

Paddleboarding

VENUE: Grafham Water Centre, Perry, Huntingdon
PE28 0GW

Wednesdays on 20th May, 3rd June and 17th June
6.00pm to 7.30pm FREE OF CHARGE

Stand-up paddleboarding is great fun and is an excellent way of improving your agility and fitness. The sessions are led by qualified instructors from Grafham Water Centre. You must be prepared to get wet so bringing spare clothes and footwear is advised. Wetsuits are available and all equipment is provided.

i For more information about the club visit
www.grafham-water-centre.co.uk



Social Sequence

VENUE: Jubilee Hall, School Lane, Eaton Socon,
St Neots PE19 8GW

Thursday 23rd April
7.00pm to 8.00pm FREE OF CHARGE

Love 'Strictly Come Dancing' but think Ballroom is too difficult? Social sequence is fun and very easy. You will be able to walk into the class and 'Dance Action' will teach you to dance out.

i For more information about the club visit
www.annie-lady-of-the-dance.webs.com

Squash

VENUE: One Leisure St Ives Outdoor, California Road,
St Ives PE27 6SJ

Saturdays on 18th April, 2nd May, 1st August
and 15th August
10.00am to 11.00am FREE OF CHARGE

If you are looking for a great way to get fit, meet new people and have fun, squash could be the sport for you! It's a high intensity, fast paced racquet sport where you will compete against your opponent to score as many points as possible. These free taster sessions are for all abilities. You will learn the basic rules and skills needed to get you started. All equipment is provided.

i For more information about the club visit
www.stivo-squash.co.uk

Trampolining

VENUE: Unit 8 Cirrus Court, Glebe Road,
Huntingdon PE29 7DL

Fridays on 17th April, 1st May, 15th May and 5th June
8.00pm to 9.00pm **FREE OF CHARGE**

Come and try our trampolining taster sessions at Rotations Trampoline Club. Learn a variety of different moves and techniques whilst improving balance and co-ordination. The sessions are suitable for beginners or intermediate participants led by qualified coaches. Please ensure you are wearing socks and comfortable loose clothing.

i For more information about the club visit
www.rotationstrampoline.webs.com

Windsurfing

VENUE: Grafham Water Centre, Perry, Huntingdon
PE28 0GW

Wednesdays on 27th May, 10th June and 24th June
6.00pm to 7.30pm **FREE OF CHARGE**

Never tried windsurfing before? If you are looking for a fun and challenging sport to try, this sport is the one for you! The instructors will keep technical jargon to a minimum and help you master the basics in a friendly, informal setting. These sessions are suitable for adults of any ability with Grafham Water Centre providing an ideal location with sheltered water close to the shore and wide stretches of open reservoir for the more experienced.

i For more information about the club visit
www.grafham-water-centre.co.uk



Complete a short survey to help us to help you

National CFE Evaluation: DASH Phase II

CFE Research has designed a short online registration survey to find out about the people taking part in our project. This will measure your levels of sport participation before joining and explore your motivations for taking part.

The survey is short and will only take **5 minutes** to complete and all participants will be entered into a **prize draw**.

To complete the survey either use the QR code below or visit www.huntingdonshire.gov.uk/DASH to find the survey link.



Adult Sports Courses

Our sports courses offer a wide range of activities, so there's never been a better time to get up, sign up and try something new! The Lottery Funded inclusive courses are open to anyone aged 16 and above. They are run in partnership with National Governing Bodies and Sports Club Coaches offering a variety of progressive sessions suitable for any ability.

Aikido

VENUE: One Leisure St Ives Indoor, Westwood Road, St Ives PE27 6WU

Mondays on 1st June, 8th June, 15th June and 22nd June
8.00pm to 9.00pm £12.00 for 4 week course

If you want to take your interest in Aikido to the next level, then sign up for our Aikido course! In each sessions you will learn and experience different aspects of Aikido, whilst improving your fitness, controlled relaxation, flexibility and endurance. Please ensure you are wearing suitable clothing.

i For more information about the club visit www.stives-aiki-dojo.org.uk

Ballroom Dancing

VENUE: Jubilee Hall, School Lane, Eaton Socon, St Neots PE19 8GW

Thursdays on 18th June, 25th June, 2nd July, 9th July and 16th July
7.00pm to 8.00pm £15.00 for 5 week course

You have seen the dancing on the television, so now why not try it for yourself? If you liked the tasters why not take it a step further with Dance Action. You will learn the Waltz, Foxtrot and even the Cha Cha Cha. All lessons will be fun with steps that are easy to learn. All welcome even if you have two left feet!

i For more information about the club visit www.annie-lady-of-the-dance.webs.com

Golf

VENUE: Ramsey Golf Club, 4 Abbey Terrace, Ramsey PE26 1DD

Wednesdays on 22nd April, 6th May, 20th May, 3rd June, 17th June and 1st July
2.00pm to 3.00pm £18.00 for 6 week course

Saturdays on 25th April, 9th May, 23rd May, 6th June, 20th June and 4th July
11.00am to 12.00pm £18.00 for 6 week course

Drive, chip and putt your way to success with this golf course. Each week will go through different areas of golf such as driving, iron play, chipping and putting. The course will be delivered by professional coaches at Ramsey Golf Club. All abilities welcome and golf clubs are provided if you do not have your own.

i For more information about the club visit www.ramseyclub.co.uk

Gymnastics for Women

VENUE: Huntingdon Gymnastics Club, Mayfield Road, Huntingdon PE29 1UL

Mondays on 1st June, 8th June, 15th June, 22nd June, 29th June, 6th July, 13th July and 20th July
9.30am to 10.30am £24.00 for 8 week course

If you want to take your interest in gymnastics to the next level, then sign up for our gymnastics course! In each session you will learn and experience different aspects of gymnastics whilst improving your fitness, strength, balance and flexibility. You will need to wear comfortable, loose fitting clothing.

i For more information about the club visit www.huntingdon-gymnastics.org

“ A really enjoyable adult sports session where I now intend to participate in the activity further. ”



Kayaking

VENUE: Grafham Water Centre, Perry, Huntingdon
PE28 0GW

Sundays on 16th August, 23rd August, 30th August
and 6th September
10.00am to 12.00pm £24.00 for 4 week course

Kayaking is fun and is great for improving upper body strength and core fitness. Sessions are taken by instructors from Grafham Water Centre. You must be prepared to get wet so bringing spare clothing and footwear is advised. Wetsuits are available and all equipment is provided.

i For more information about the club visit
www.grafham-water-centre.co.uk

Judo

VENUE: One Leisure St Ives Indoor, Westwood Road,
St Ives PE27 6WU

Mondays on 8th June, 15th June, 22nd June
and 29th June
6.30pm to 8.00pm £18.00 for 4 week course

If you enjoyed the Judo tasters then take the next step! The sessions are suitable for beginners and anyone who wants to get back into the sport. Each week you will learn something new and most importantly each session will be fun! Please ensure you are wearing suitable clothing.

i For more information about the club visit
www.kanazawajudo.com

Sailing

VENUE: Paxton Lakes Sailing Club, High Street,
Little Paxton, St Neots, PE19 6EY

Wednesdays on 5th August, 12th August, 26th August,
2nd September, 9th September and 16th September
6.00pm to 8.00pm £36.00 for 6 week course

This course is aimed at both beginners and intermediate sailors where you will learn the basics on land before setting sail out on the lake. You must feel comfortable in the water. All safety equipment is provided. Please bring a change of clothes and footwear as you may get wet. Session length is subject to light conditions and weather. Participants are able to book onto as many or as few sessions as they like, but regular attendees will be able to work towards sailing competency tests.

i For more information about the club visit
www.paxtonlakes.org.uk

Trampolining

VENUE: Unit 8 Cirrus Court, Glebe Road,
Huntingdon PE29 7DL

Fridays on 26th June, 3rd July, 10th July
and 17th July
8.00pm to 9.00pm £12.00 for 4 week course

If you enjoyed the trampolining taster sessions at Rotations Trampoline Club, why not try out this trampolining course where you will learn even more moves and techniques whilst continuing to improve your balance and co-ordination. The sessions are suitable for beginners or intermediate participants and led by qualified coaches. Please ensure you are wearing socks and comfortable loose clothing.

i For more information about the club visit
www.rotationstrampoline.webs.com

Wakeboarding and Water Skiing

VENUE: South Lakes, Paxton Pits Nature Reserve,
Little Paxton, St Neots PE19 6EY

Tuesdays on 12th May, 16th June, 14th July
and 18th August

6.00pm to 7.00pm £5.00 per session
7.00pm to 8.00pm £5.00 per session

Why not give wakeboarding or water skiing a try? These are the fastest growing water sports in the country. Wakeboarding and water skiing are surface water sports where an individual is pulled behind or alongside a motor boat. Beginners will learn the basics on land before getting on the water. We will have you gliding across the water in no time! You must feel comfortable in the water and all safety equipment is provided. Please bring a towel, change of clothes and spare footwear as you will get wet. Sessions are delivered by coaches at South Lake Ski School.

i For more information about the club visit
www.southlake.co.uk

Windsurfing

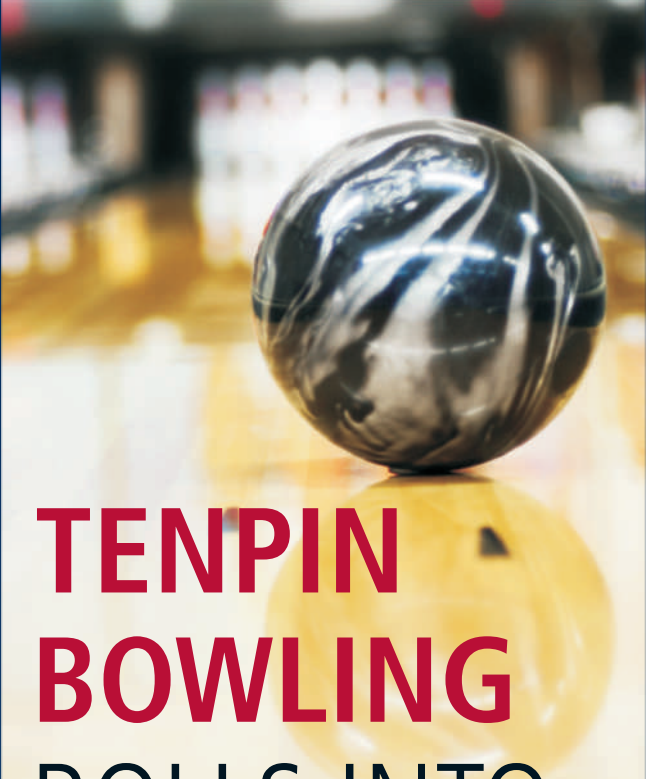
VENUE: Grafham Water Centre, Perry, Huntingdon
PE28 0GW

Wednesdays on 8th July, 15th July, 22nd July
and 29th July

6.00pm to 8.00pm £24.00 for 4 week course

Did you enjoy the windsurfing taster sessions? In that case, this short course will be perfect for you! The instructors will again keep technical jargon to a minimum and help you master the basics in a friendly, informal setting. These sessions are suitable for adults of any ability, with Grafham Water Centre providing an ideal location, with sheltered water close to the shore and wide stretches of open reservoir for the more experienced.

i For more information about the club visit
www.grafham-water-centre.co.uk




TENPIN BOWLING ROLLS INTO ST IVES

Basement Lanes is the new tenpin bowling venue with five lanes available to hire. We have redefined the bowling experience by creating a comfortable environment that can be enjoyed whether you are socialising with family or friends.

Lanes can be booked up to 21 days in advance and party packages can be booked up to 3 months in advance.

One Leisure St Ives, Westwood Road,
St Ives, Cambridgeshire PE27 6WU
Tel: **01480 388500**

www.basementlanes.co.uk



**BASEMENT
LANES**