



NEIGHBOURHOODS IN WARRINGTON

- delivering action with our communities

FEARNHEAD CROSS YOUTH & COMMUNITY CENTRE ACTIVITY PROGRAMME

DAY	ACTIVITY	DETAILS	TIME	COST	TO BOOK CONTACT
Mon	Fearnhead Tots Time	Fun & play for children aged 0-4 years	9.15am – 11.00am Term Time only	£2.00 per session includes drink and snack for child £1.00 for additional sibling <i>Under 6 months free of charge</i>	Nikki 07583 029 724
	Rhythmic Dance	Juniors age 7 – 11 Seniors age 12+ Adults	4.00pm – 5.00pm 5.00pm – 6.00pm 6.00pm – 7.00pm	Contact Rebecca	Rebecca Spencer 07743 972 268
	Line dance 4 all	Beginner, Improver, Intermediate	7.30pm – 10.00pm	£4 per person	Charlie Bowring 07796 043 441
	Weight Management Programme	9 week course. 30 minutes of gentle exercise to improve mobility, strength and cardiovascular fitness, followed by 30 minutes of Weight management education.	1.00pm – 2.00pm	FREE	Torus Foundation Roy Evans 07485362523
	Mindful Monday	Coming soon	11.00am-12.00pm	Contact Lauren	Lauren Lindsay
	Job Club	Journey First	2.00pm-4.00pm	FREE	No booking necessary – drop in

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Tues	Shape up	Exercise programme – Measured on Week 1 and then again on Week 6.	10.30am – 11.30am Term Time Only	£3 per person	Nikki 07583 029 724 Elaine 01925/818017
	Stretch & Relax	A relaxation class that works on your flexibility and core strength. Each class stretches out your entire body. Suitable for all ages/ fitness levels	11.30am – 12.15pm Term Time Only	£3 per person Attend the Shape Up class as well and get both classes for £5	Nikki 07583 029 724 Elaine 01925/818017
	Community Centre Lead Drop In	An opportunity for people to drop into the centre, have a chat, see what's going on locally	10.00am-11.00am	-	No booking required Drop In
	Get Fit While You Sit	The exercise class involves maracas, drumming or resistance bands and are designed to improve strength, balance, & mobility. Low impact	1.30pm – 2.30pm Every week	£3.50 per person	Elaine 01925/818017
	Walk & Talk	A guided walk for anyone who would like to take part in a short walk each week. The walks are aimed at people who don't feel confident going for a long walk but would like to start at an easy pace with a small supportive group.	10.00am – 11.00am Meet in Reception	FREE	Torus Foundation Roy Evans 07485362523
	Floristry Course		10.00am-12.00pm Weekly	FREE	Warrington & Vale Royal College

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Wed	First Funs	Enjoy a different story each week where you will interact, create, sing and develop your movement skills.	10am – 11am Term Time only	£2.00 per session £1.00 for additional sibling Under 12 months £1	Nikki 07583 029 724
	Rhythmative Dance	Street Dance Minis age 4– 5 “inclusive” dance	4.15pm – 5.00pm 5.15pm – 6.15pm	Contact Rebecca	Rebecca Spencer 07743 972 268
	Retro Games Night	Retro Gaming – mixed age group	7pm – 9pm Last Wednesday of the month		Fearnhead Community Association
	The Wellbeing Brunch Box	A place where you can meet up with friends or make new ones, meet your local community centre lead, access our Wellbeing Service or see what’s on in your local community centre	10.30am-12.30pm Every week	As per menu	No booking necessary – drop in
	Budget Boosting Club	Advice & support to help you find employment and boost your income	9.30am-11.30pm Every week	FREE	No booking necessary – drop in
	Councillor Surgery	An opportunity to meet your local councillor to discuss local issues	2pm-3pm 3 rd of the month	N/A	No booking necessary – drop in

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Thurs	Vortex Dance	Over 50's Low Impact Aerobic Dance	10.00am – 11.00am Every week	£5 per person	Nathan Pritchard 07496511169
	Samba Drumming	Samba Drumming Class – learn the infectious drumming beats of Brazil	11.30am – 2.30pm & 7.00pm- 9pm weekly	£5 per person	Batida rio - Lorna Peers 07949165433
	Creative Craft Club	Craft Club where you can try out different crafts each week	1pm – 3pm weekly	£3.50 per person	Lynn 07970 81823
Fri	Afternoon Tea	Afternoon tea & entertainment	12.30pm-2.30pm Bi-monthly	£5 per person	Elaine 01925/818017
	Skating	Roller skating workshop	4pm – 5pm Weekly		
Sat	Slimming World	Slimming World Meeting & Chat	9am – 1pm weekly	As per Slimming World prices	Anne Marie McCulloch 07590370989
	Victoria Stampers Craft Group	Craft Group	10am-4pm monthly		
Sun	Dancers Den Line Dancing	Line Dancing Class - intermediate	1pm – 3.30pm Weekly	£5 per person	Karen Worgan 077731925