

Adult Sports Courses & FREE Tasters

IN HUNTINGDONSHIRE

FROM **APRIL** TO **OCTOBER** 2016



www.huntingdonshire.gov.uk/DASH



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.



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 One Leisure 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 and paid for in advance. Courses must be paid for in full at the time of booking and prior to the first session starting. 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 One Leisure 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 of activities to receive a refund. 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.

American Football

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

Sundays on 9th and 16th October
10.00am to 1.00pm FREE OF CHARGE

Ever wanted to try a new sport? Then these American Football taster sessions are for you! One of the fastest growing sports in the country American Football is fun, action packed and great for all round fitness. The sessions are taken by qualified coaches from Ouse Valley Eagles American Football Club and are suitable for both beginners and those that have played the game before. All equipment is provided.


 For more information about the club visit www.oveagles.com

Ballroom Dancing

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

Thursdays on 12th May and 19th June
7.00pm to 8.00pm FREE OF CHARGE

These ballroom dancing tasters will run 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!

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

Basketball

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

Fridays on 15th April, 22nd April and 29th April
6.00pm to 7.00pm FREE OF CHARGE

Have you ever fancied playing Basketball? Basketball is a fast-paced, action packed game for all abilities. The sessions are delivered by certified Basketball coaches and will focus on different techniques at each session, such as shooting, passing and dribbling. All ages and abilities and welcome. Please ensure you are wearing suitable clothing. All equipment is provided.

Cycling (Closed Road)

VENUE: Alconbury Weald, Alconbury Airfield, 137 North Gate, Alconbury PE28 4WX

Tuesdays on 17th May, 7th June and 5th July
7.00pm to 8.30pm 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. If you have not cycled in years or have lost confidence on busy roads and would love some training and advice, come and give it a go and enjoy the freedom that riding a bike can give you. Bikes are not provided.

 For more information about the club visit www.lovecycling.co.uk

Cycling (Guided Ride)

VENUE: Hemingford Pavilion, Hemingford Grey PE28 9BX

Thursdays on 19th May, 9th June and 7th July
10.00am to 12.00pm FREE OF CHARGE

These taster sessions are ideal for anyone wishing to gain more confidence riding on roads and in small groups. These sessions will cater for participants of any age and ability in a fun and friendly environment. Each session will be 10 to 15 miles and finish at the Café in Hemingford Grey. Come and give it a go and enjoy the freedom that riding a bike can give you. Bikes are not provided.

 For more information about the club visit www.lovecycling.co.uk



Dragon Boating

VENUE: St Neots Dragon Boat Team, The Priory,
St Neots PE19 2PZ

Wednesdays on 4th May, 1st June, 6th July, 17th August
and 21st September
6.30pm to 8.00pm **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 - 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.stneotsdbt.co.uk

Fencing

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

Thursdays on 16th June, 30th June, 11th August
and 25th August
7.30pm to 9.00pm **FREE OF CHARGE**

Learn the skills of fencing with the help of qualified coaches. No experience is necessary and all equipment is provided. Fencing is a fun, non-competitive social sport. Please wear tracksuit trousers or loose/stretch jeans and trainers.

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

Golf

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

Sundays on 3rd April and 18th September
10.00am to 11.00am **FREE OF CHARGE**

Wednesdays on 6th April and 14th September
1.00pm to 2.00pm **FREE OF CHARGE**

If you are looking to get into golf then these free tasters 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.

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

VENUE: John Letters Golf Academy,
Hemingford Abbots Golf Complex,
Cambridge Road, Huntingdon PE28 9HQ

Tuesdays on 7th June and 2nd August
7.00pm to 8.00pm **FREE OF CHARGE**

Saturday 17th September
1.30pm to 2.30pm **FREE OF CHARGE**

If you are looking to get into golf then these free tasters sessions are for you! The sessions will allow you to try golf in a fun environment and are run by professional coaches at John Letters Golf Academy. All abilities welcome and golf clubs are provided.

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

“ It was great to try a new activity and find out about a club that I didn't even know existed. An excellent experience all round. ”

Gymnastics for Women

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

Mondays on 11th April, 18th April, 25th April, 9th May,
12th September and 19th September
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 (16+) 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

Indoor Bowls

VENUE: Huntingdon Indoor Bowls Club, St Peter's Road,
Huntingdon PE29 7DA

Saturday 27th August
10.00am to 12.00pm FREE OF CHARGE

The object of the game is to get your bowls closest to the 'Jack'. This session is delivered by qualified coaches at Huntingdon Indoor Bowls Club. All equipment is provided and please wear flat shoes.

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

Indoor Climbing

VENUE: Grafham Water Centre, Perry PE28 0GW

Thursdays on 28th April, 26th May and 23rd June
6.00pm to 7.30pm FREE OF CHARGE

Climbing is a fun and challenging sport. These tasters allow you to learn the skills of climbing in a safe environment and are run by qualified coaches at Grafham Water Centre. Climbing is great for improving upper body strength and is suitable for 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

Karate

VENUE: Brampton Memorial Centre, Thrapston Road,
Brampton PE28 4TB

Fridays on 8th April, 15th April, 22nd April and 29th April
6.30pm to 7.30pm FREE OF CHARGE

Shotokan Karate makes equal use of hands and feet in defence and counter-attack. It's a whole body training system that improves fitness and reaction as well as providing an understanding of self-defence. Sessions are delivered by qualified instructors. Please wear suitable clothing such as tracksuit bottoms and a t-shirt.

i For more information about the club visit
www.stneots-karate.co.uk

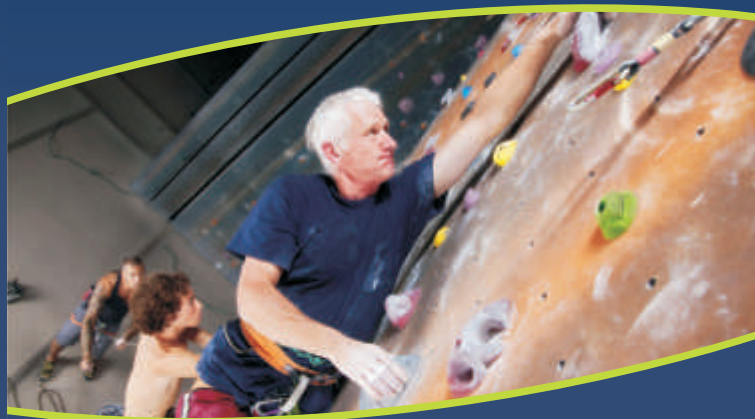
Kayaking

VENUE: Grafham Water Centre, Perry PE28 0GW

Sundays on 12th June, 10th July and 7th August
10.00am to 12.00pm FREE OF CHARGE

Kayaking is fun and is great for improving upper body strength and core fitness. Sessions are taken by qualified 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





Netball

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

Wednesdays on 20th April, 11th May, 1st June, 27th July
and 14th September
7.00pm to 8.00pm **FREE OF CHARGE**

These Netball taster sessions will help you to get back into a sport you once loved or just to give something new a try. Sessions are delivered by certified coaches at Huntingdon Hawks Netball club. All abilities and ages are welcome. Please wear suitable clothing.

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

Nordic Walking

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

Fridays on 27th May and 24th June
12.00pm to 1.00pm **FREE OF CHARGE**

These taster sessions will introduce you to Nordic Walking, which is an enhancement of ordinary walking but using poles. So if you want to give this activity a go in a fun and welcoming environment, whilst improving your overall fitness why not come along? Please ensure you are wearing suitable clothing and footwear. All abilities are welcome and poles are provided.

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

Outdoor Lawn Bowls

VENUE: St Ives Bowls Club, The Holmes, Priory Road,
St Ives PE27 5BB

Saturdays on 7th May, 14th May, 21st May and 28th May
10.30am 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 St Ives Bowls Club. All equipment is provided but flat shoes are required.

For more information about the club visit
www.stivesbowlsclub.blogspot.co.uk

VENUE: Fenstanton Bowls Club, West End Road,
Fenstanton PE28 9HT

Thursdays on 12th May, 19th May, 26th May and 2nd June
10.15am to 11.15am **FREE OF CHARGE**

The object of the game is to get your bowls closest to the 'Jack'. Sessions are delivered by coaches at Fenstanton Bowls Club. All equipment is provided but flat shoes are required.

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

Paddleboarding

VENUE: Grafham Water Centre, Perry PE28 0GW

Wednesdays on 18th May, 8th June and 22nd June
6.00pm to 7.30pm **FREE OF CHARGE**

Stand-up Paddle boarding is great fun and is an excellent way of improving your balance and fitness. The sessions are led by qualified instructors from Grafham Water Centre. You must be comfortable in the water and 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

Scuba Diving

VENUE: One Leisure Huntingdon, St Peter's Road,
Huntingdon PE29 7DA

Mondays on 4th April, 25th July and 24th October
8.00pm to 9.00pm £5.00 per session

VENUE: One Leisure Ramsey, Abbey Road,
Ramsey PE26 1DP

Tuesdays on 26th April and 12th July
8.00pm to 9.00pm £5.00 per session

VENUE: One Leisure Sawtry, Green End Road,
Sawtry PE28 5UY

Wednesdays on 10th August and 24th August
8.00pm to 7.00pm £5.00 per session

Have you ever wanted to try Scuba Diving? These taster sessions will give you your first underwater adventure in the confines of a swimming pool, with a fully qualified PADI professional. All abilities are welcome and all equipment is provided. You must be comfortable in the water and prepared to get wet so please wear appropriate clothing and bring a change of clothes.

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

Trampoline

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

Fridays on 22nd April, 20th May, 10th June, 16th September
and 14th October
8.00pm to 9.00pm FREE OF CHARGE

Come and try our Trampoline 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 lead 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 & Water Skiing

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

Tuesdays on 10th May, 31st May, 21st June and 12th July
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? The fastest growing water sports in the country, wakeboarding and water skiing are a surface water sport 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 footwear as you will get wet. Taster sessions are delivered by coaches at South Lake Ski School.

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



Walking Football

VENUE: One Leisure Sawtry, Green End Road,
Sawtry PE28 5UY

Mondays on 11th April, 18th April, 25th April and 9th May
1.30pm to 2.30pm FREE OF CHARGE

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

Wednesdays on 13th April, 20th April, 27th April and 4th May
12.00pm to 1.00pm FREE OF CHARGE

Walking Football is a modified version of the beautiful game for all ages and abilities. The key difference is that there is no running or slide tackling.

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

Windsurfing

VENUE: Grafham Water Centre, Perry PE28 0GW

Wednesdays on 25th May, 15th June and 29th 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. All equipment is provided.

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



Sports Festival in the Park

Sunday 24th 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.

Adult Sports Courses

Golf

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

Wednesdays on 4th May, 11th May, 18th May
and 25th May

1.00pm to 2.00pm £12.00 for 4 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

VENUE: John Letters Golf Academy,
Hemingford Abbots Golf Complex,
Cambridge Road, Huntingdon PE28 9HQ

Tuesdays on 14th June, 21st June, 28th June
and 5th July

7.00pm to 8.00pm £12.00 for 4 week course

Tuesdays on 9th August, 16th August, 23rd August
and 30th August

7.00pm to 8.00pm £12.00 for 4 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 John Letters Golf Academy. All abilities welcome and golf clubs are provided if you do not have your own.

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



Gymnastics for Women

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

Mondays on 16th May, 23rd May, 6th June, 13th June,
20th June, 27th June, 4th July, 11th July and 18th July

9.30am to 10.30am £27.00 for 9 week course

Mondays on 26th September, 3rd October, 10th October
and 17th October

9.30am to 10.30am £12.00 for 4 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

“ This was a great experience of something I have never done before. Thank you! ”

Indoor Bowls

VENUE: Huntingdon Indoor Bowls Club, St Peter's Road, Huntingdon PE29 7DA

Saturdays on 3rd September, 10th September, 17th September and 24th September

10.00am to 12.00pm £24.00 for 4 week course

If you enjoyed the taster sessions why not book onto our course? The object of the game is the same, with the coaches helping you to master the basics at each session. Sessions are delivered by qualified coaches at Huntingdon Indoor Bowls Club. All equipment is provided and flat shoes are required.

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

Kayaking

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

Sundays on 14th August, 21st August, 28th August and 4th 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 qualified 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

Indoor Climbing

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

Thursdays on 7th July, 14th July, 21st July, 28th July and 4th August

6.00pm to 7.30pm £22.50 for 5 week course

Climb your way to success! Climbing is fun and great for improving upper body strength. Sessions are taken by qualified instructors at Grafham Water Centre. You must wear suitable footwear and clothing. All equipment is provided. You will receive a NICAS level 1 qualification on completion of the course.

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

Netball

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

Wednesdays on 3rd August, 10th August, 17th August and 24th August

7.00pm to 8.00pm £12.00 for 4 week course

This Netball course will allow you to take your interest to the next level! The sessions will still be friendly and fun but each session will focus on a different aspect of the sport. The sessions are delivered by certified coaches at Huntingdon Hawks Netball club. All abilities and ages are welcome. Please ensure you are wearing suitable clothing.

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



Trampolineing

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

Fridays on 17th June, 24th June, 1st July and 8th July
8.00pm to 9.00pm £12.00 for 4 week course

If you enjoyed the taster sessions at Rotations Trampoline Club, why not try out this trampolineing 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

Windsurfing

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

Wednesdays on 13th July, 20th July, 27nd July
and 3rd August
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 continue to 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

Walking Football

VENUE: One Leisure Huntingdon, St Peter's Road,
Huntingdon PE29 7DA

Every Monday from 13th April to 20th July
(excluding 30th May) then restarts from 7th September
6.00pm to 7.00pm £3.00 per session

Every Friday from 15th April to 15th July
(excluding 3rd June) then restarts from 9th September
12.00pm to 1.00pm £3.00 per session

VENUE: One Leisure Sawtry, Green End Road,
Sawtry PE28 5UY

Every Wednesday from 16th May to 18th July
(excluding 1st June)
1.30pm to 2.30pm £3.00 per session

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

Every Wednesday from 11th May to 20th July
(excluding 1st June)
12.00pm to 1.00pm £3.00 per session

Walking Football is a modified version of the beautiful game for all ages and abilities. The key difference is that there is no running or slide tackling.

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





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 and St Neots

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

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

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




TENPIN BOWLING ROLLS INTO ST IVES

Basement Lanes at One Leisure St Ives has five tenpin bowling 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.oneleisure.net



BASEMENT LANES