



COMMUNITY

Session	Venue	Day	Time	Gender	Age Range	Contact details
KukSool – Adults & Kids Martial Arts	Lord Derby Academy	Monday	18:00 – 20:00	Mixed	4+	0151 284 1821 07976510349 <a href="mailto:huytonksw@yahoo.co.uk">huytonksw@yahoo.co.uk</a>
Extra Care Activity Group/Chair Base Exercise	Highclere Community Centre	Monday	10:00 – 12:00	Mixed	55+	Jeannie Embleton 0800 694 0270
KukSool – Kids Martial Arts	Knowsley Leisure & Culture Park	Monday	16:30 – 17:20	Mixed	6 - 10	0151 284 1821 07976510349 <a href="mailto:huytonksw@yahoo.co.uk">huytonksw@yahoo.co.uk</a>
Cardiac Rehab Walk approx 1 mile (45 mins)	Court Hey Park, Huyton, L16 3NA	Monday	11:00 – 12:30	Mixed	16+	<a href="mailto:lesley.barnabas@knowsley.gov.uk">lesley.barnabas@knowsley.gov.uk</a> Phone: 0151 443 2485 Mobile: 07955557251
Pedal Away (Community Cycling)	National Wildflower Centre – Court Hey Park	Tuesday	10:00	Mixed	All (families welcome)	Kevin McCann 07971476520 <a href="mailto:Kevin.mccann@cyclimg.org.uk">Kevin.mccann@cyclimg.org.uk</a>
Karma In the Community – Women’s Circuit class	Mosscroft Community Centre, Longview Dr, Liverpool L36 6EA	Tuesday	17:30	Female	16+	Toni Dodd <a href="mailto:tonidodd@karmacic.co.uk">tonidodd@karmacic.co.uk</a>
'Seated Mindful Yoga : Gentle Exercise'	Coach House Bowring Park L36 4HD	Tuesday	14:30 – 15:30	Mixed	16+	Rachele 07752162493 <a href="mailto:mindfultyogaliverpool@gmail.com">mindfultyogaliverpool@gmail.com</a>
Mindful Yoga (Gentle Exercise)	Coach House Bowring Park L36 4HD	Wednesday	10:00 – 11:00	Mixed	16+	Rachele 07752162493 <a href="mailto:mindfultyogaliverpool@gmail.com">mindfultyogaliverpool@gmail.com</a>
Mindful Yoga (Gentle Exercise)	Coach House Bowring Park L36 4HD	Wednesday	17:00 – 18:00	Mixed	16+	Rachele 07752162493 <a href="mailto:mindfultyogaliverpool@gmail.com">mindfultyogaliverpool@gmail.com</a>
KukSool – Adults & Kids Martial Arts	Lord Derby Academy	Thursday	18:00 – 20:00	Mixed	4+	0151 284 1821 07976510349 <a href="mailto:huytonksw@yahoo.co.uk">huytonksw@yahoo.co.uk</a>

# HUYTON Activity Timetable



KukSool – Kids Martial Arts	Knowsley Leisure & Culture Park	Thursday	16:30 – 17:20	Mixed	6 - 10	0151 284 1821 07976510349 <a href="mailto:huytonksw@yahoo.co.uk">huytonksw@yahoo.co.uk</a>
Nordic Walking	National Wildflower Centre – Court Hey Park	Thursday	10:00 – 11:30	Mixed	All	Annick Laroque <a href="mailto:annick@landlife.org.uk">annick@landlife.org.uk</a> 0151 738 1913
Pedal Away (Community Cycling, Available Apr – Sept)	National Wildflower Centre – Court Hey Park	Thursday	18:00	Mixed	All	Kevin McCann 07971476520 <a href="mailto:Kevin.mccann@cyclimg.org.uk">Kevin.mccann@cyclimg.org.uk</a>  Lou Henderson 07989399725 <a href="mailto:Lou.henderson@cyclimg.org.uk">Lou.henderson@cyclimg.org.uk</a>
Knowsley Older People’s Fun Olympics	Knowsley Leisure & Culture Park	Thursday	13:30 – 15:30	Mixed	50+	Geoffrey Lyon 0151 430 7710 <a href="mailto:geoff.lyon1@virginmedia.com">geoff.lyon1@virginmedia.com</a>
Street Feet - Dance	Lord Derby Academy	Friday	18:00 – 21:00	Mixed	5+	<a href="mailto:Chris.Royle@knowsley.gov.uk">Chris.Royle@knowsley.gov.uk</a> 07500 765 197
Freewheeling cycle training (beginner)	Knowsley Leisure & Culture Park	Friday	10:00 – 12:00	Mixed	All	Jay Jones Tel: 0151 443 3540 <a href="mailto:Jay.Jones@volair.org.uk">Jay.Jones@volair.org.uk</a>
Freewheeling cycle training (Novice/intermediate)	Knowsley Leisure & Culture Park	Friday	10:00 – 12:00	Mixed	All	Jay Jones Tel: 0151 443 3540 <a href="mailto:Jay.Jones@volair.org.uk">Jay.Jones@volair.org.uk</a>
Nordic Walking (Volunteer led)	National Wildflower Centre – Court Hey Park	Saturday	10:00 – 11:30	Mixed	All	Annick Laroque <a href="mailto:annick@landlife.org.uk">annick@landlife.org.uk</a> 0151 738 1913

***Please note that we will do our best to ensure these timetables are up to date, however, it is advised to contact the session before your first session to ensure the details are correct.***

***The publishers accept no responsibility for changes in times, days, contacts for any of the above activities.***



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