

Free Community Sessions

your move ▶

Monday	Time	Class	Location
	10:00 - 11:00	Couch to 5k	Lowther Gardens Lytham
	13:00 - 14:00	Health Walks	Stanah Wyreside
	16:15 - 17:00	Fit as a family	YMCA Lytham

Tuesday	Time	Class	Location
	09:30 - 10:30	Couch to 5k	YMCA Garstang
	09:30 - 11:00	Health Walks	YMCA Lytham
	12:00 - 13:00	Health Walks	YMCA St Annes Pool
	13:00 - 14:00	Outdoor Tennis	Fairhaven Lake Courts
	13:30 - 14:30	Health Walks	YMCA Fleetwood
	18:15 - 19:00	Family Fun Running	YMCA Lytham

Wednesday	Time	Class	Location
	09:30 - 10:30	Couch to 5k	Fairhaven Lake
	10:00 - 11:30	Bowls*	Freckleton Bowling Club
	11:00 - 12:00	Indoor Tennis	YMCA St Annes
	11:30 - 12:30	Rounders	Park view Cafe
	12:30 - 13:30	Multisport	YMCA Thornton
	13:30 - 14:30	Health Walks	YMCA Fleetwood

Thursday	Time	Class	Location
	09:45 - 11:15	Bowls*	Mythop Bowling Club
	10:30 - 12:00	Bowls*	Recreation Ground Bowling
	12:00 - 13:00	Outdoor Tennis	Fleetwood Memorial Park
	13:15 - 14:15	Health Walks	YMCA St Annes
	14:00 - 15:00	Fit as a family	Park View Café
	18:00 - 18:45	Rounders	YMCA Lytham

Friday	Time	Class	Location
	11:00 - 12:00	Walking Netball	YMCA Thornton
	11:00 - 12:00	Health Walks	YMCA St Annes Pool
	12:00 - 12:45	Family Sports	Park View Cafe
	13:15 - 14:15	Walking Netball	YMCA St Annes
	14:15 - 15:00	Walking Football	YMCA Garstang

Saturday	Time	Class	Location
	9:00 - 10:30	Park Run	Lytham Hall
	13:00 - 14:00	16+ Disability Football	YMCA St Annes

Sunday	Time	Class	Location
	14:00 - 16:00	Funpod Foxes Disability Multisport	YMCA St Annes

Couch to 5k

Many people set themselves a goal of being able to run a 5k, but a lot of new runners aren't sure where to start. How about here at our free Couch to 5k.

Health Walks

Walking is one of the safest and easiest ways to exercise. Our Health Walks are also a great way to take in the beauty of the Fylde Coast.

Fit as a Family

There is no better way to teach your kids the value of exercise. Designed for families to get active and have fun.

Outdoor Tennis

Working on that backhand or forehand return? Or just want to keep active or get into tennis then this is for you.

Family Fun Running

Find out who runs the family with this fun community session for the entire family.

Indoor Tennis

A quick paced version of tennis which is played on a shorter court to get you really moving around.

Rounders

This playground favourite is making its way back to the top! With small teams playing against one another, it can get competitive.

Multisport

A combination of several different sports in a jam packed and exciting one hour session.

Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

Walking Football

Walking Football is a slower paced version of the 'beautiful game'. If you think it might be too easy, we bet you'll find it harder than it may sound.

Park Run

We cannot take credit for this one, but we do love it. Lytham Hall Park Run is a friendly running group who make every runner feel welcome. Seasoned pros and novices are all welcome.

Bowls* (Start on week commencing 1st of May)

Due to popular demand, we are launching bowls into our free Community Session. Please check for start dates located next to each session.

Important information

Please note that the **16+ Disability Football & Funpod Foxes Disability Multisport** are subsidised sessions. For any information about these community sessions, please call our community sport activator.

For more information regarding our Community Sessions & volunteering opportunities, please contact us.

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Please note classes are subject to change visit: www.yourmoveprogramme.co.uk/community-sessions to view our up to date timetable