

## Other Activities and Clubs

**Chinley Junior Football Club:** football for more info phone Phil Manford on 01663 750064.

**Chinley Fishes Swimming Lessons** at Peak School. Phone Jenny Law on 01663 750975.

**Buxworth Cricket Club:** Juniors and Seniors: Phone Mark Drabble on 07866 980392

**Mountain Biking Message Board:** A new way to meet up with other keen bikers. Check out the message board on [www.chinleyca.org.uk/activities](http://www.chinleyca.org.uk/activities)

**Tennis:** from Easter the tennis court will be available for hire. Contact our Secretary to book. [secretary@chinleyca.org.uk](mailto:secretary@chinleyca.org.uk)

### Coming Soon.....

**Family Swim:** Peak School. Check [www.chinleyca.org.uk](http://www.chinleyca.org.uk)

**Chinley Community Cinema:** Monthly cinema for all ages. Check out [www.chinleyca.org.uk](http://www.chinleyca.org.uk) we aim to start at the beginning of March.

Some of our activities are supported by

Chinley, Buxworth and Brownside Parish Council



Chinley, Buxworth and Brownside  
Community Association

## Health and Fitness Activities for All

A programme of activities to get you fit and  
healthy in 2009

For information on all activities visit

[www.chinleyca.org.uk](http://www.chinleyca.org.uk)

or phone 01663 751608  
(except where other contacts are shown)

## **Mondays:**

**Relaxation and Wellbeing:** Chinley Community Centre. 10-12.00 am. Tuesday night classes starting in April. £5. Phone Annette on 01663 750323 or email aboden1053@btinternet.com



(walk/jog group), Mondays 7.30 – 8.30 pm.

**Starts 2 Feb** from Chinley Community Centre, Lower Lane. For anyone who wants to improve general health and fitness. Led by qualified Jog Derbyshire leader. **No Charge. No need to book.**

**Water Workout;** Peak School. Coming soon. Phone 01663 751608 for more info, or look at [www.chinleyca.org.uk](http://www.chinleyca.org.uk)

## **Tuesdays:**

**Health Walks;** 1.00 pm starts Chinley Community Centre, Lower Lane. For anyone who wants fairly gentle exercise. Starts Tuesday 21 April. **No Charge. No need to book.**

## Wednesdays:

**Family Dance Classes;** Wednesdays, 5.45– 6.45 pm, starts 4 Feb. Chinley Community Centre, Lower Lane. For adults and children who want to enjoy good music and a range of dance styles from Salsa to streetdance! Mamma Mia and HSM here we come! First six weeks free.

**Hatha Yoga:** 7.30 – 9.00pm, £5 per session. Relax, strengthen and energize the body. Phone Lisa on 01663 741511.

**Netball:** for women and girls over 14. Wednesday nights 7 – 8.30 pm, hard court, Chinley Community Centre £2 adults, £1 students. Run by a qualified coach. Casual session, just turn up on the night.

## **Thursdays:**

**Pilates** 7.30-8.30pm

**Bums and Tums** 8.30-9.30 pm.

Chinley Community Centre: Starts Thurs 5 Feb (term time only). £3.50. Buy a card for six classes (come to either class, doesn't need to be consecutive weeks).

**Over 35's Football;** Casual 5 Aside football. Chinley Community Centre Hard Court. 7.30 – 9.00 pm. £2.

## Saturdays:

**Outdoor Adventure Group:** monthly weekend activity sessions for families. Chinley Community Centre 1.00 pm. 3<sup>rd</sup> Saturday each Month. Feb 21 (walk), March 21 (orienteering), April 18, May 16, June 20.

## **High Peak Running Group:**

Meets railway bridge Green Lane/Buxton Road corner.

[lizstillo@dsl.pipex.com](mailto:lizstillo@dsl.pipex.com)

Monday 7.30 (hilly)

Tuesday, 6.30 (intermediate)

Wednesday 6.30 (beginners)

Thursday 7.30 (intermediate)

Saturday 9.30 am -meets Chinley Community Centre (2 groups- fell run and beginners run)

Sunday approx 8.30/9.00 am. Long slow 8 miles