

Be Active

PCP Activities and Classes Guide - March 2020

To find out more or book your place please call 01325 321234

Monday

<p>Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)</p>	9.00 - 10.00
<p>Beginners Cycling Enjoy the health benefits of cycling whilst building up cycling and road confidence. Meet new people and support each other. Equipment provided. Organised by Durham County Council and led by trained marshals. Cost: Free</p>	10.00 - 12.00
<p>Dig-in Gardening Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. Cost: Free</p>	10.00 - 12.00
<p>Waterbabies These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. Please call Waterbabies on 016427 11734 to book.</p>	10.30 - 12.30
<p>Parent & Toddler Hydropool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50</p>	15.00 - 16.00
<p>Ladies Only Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)</p>	16:15 - 17:15
<p>Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)</p>	17.15 - 18.15 19.30 - 20.30
<p>Salsa and Latin Dance - Starting Monday 2nd March for 6 weeks Enjoy learning a new style of dance in a fun informal class. Develop skills and increase confidence. This class is suitable for all abilities and is for adults aged 19+. Cost: Free Please call Clare Thompson on 0191 5657270 or email clare@northeastdance.com</p>	18.00 - 18.45
<p>Pilates Guru - Improver Class Enjoy a relaxing and challenging physical exercise to strengthen the mind and body. For prices and booking please contact Ashleigh Mckenna on 07538927076 or visit www.pilatesguru.co.uk</p>	19.00 - 20.00

Tuesday

<p>Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)</p>	9.00 - 10.00
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Tuesday Continued

<p>Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)</p>	<p>14.00 - 15.00 16.15 - 17.15 17.15 - 18.15 18.30 - 19.30</p>
<p>Hula Exercise Hula hoop your way into fitness with our disco-style exercise class! Have a blast with friends while twisting up a sweat! The perfect way to have fun and reduce stress whilst losing weight! Cost: £4.00 per session</p>	<p>17.00 - 17.45</p>
<p>Pilates Guru Enjoy a relaxing and challenging physical exercise to strengthen the mind and body. Beginners - 11.00 or 18.45. Intermediate class - 17.30. For prices and booking please contact Ashleigh Mckenna on 07538927076 or visit www.pilatesguru.co.uk</p>	<p>11.00 - 12.00 17.30 - 18.30 18.45 - 19.45</p>

Wednesday

<p>Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)</p>	<p>9.00 - 10.00</p>
<p>Dancercise Somewhere between an Aerobics workout and a jazz dance class, Dancercise combines dancing and fitness to give you both cardio and toning benefits, all with the enjoyment of dancing to a great song! Spaces are limited, please call to check availability. Cost: £2.50</p>	<p>9.30 - 10.25 10.30 - 11.25 11.30 - 12.25</p>
<p>Parent and Toddler Pool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50</p>	<p>10.00 - 11.00</p>
<p>Intermediate Cycling Enjoy the health benefits of cycling by whilst building up cycle and road confidence. Meet new people and support each other whilst cycling up to 15 miles. Equipment provided. Organised by Durham County Council and led by trained marshals. Cost: Free</p>	<p>10.00 - 12.00</p>
<p>Dig-in Gardening Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. Cost: Free</p>	<p>10.00 - 12.00</p>
<p>Yoga Enjoy a relaxed exercise class to increase flexibility and muscle strength whilst improving energy levels with teacher Karen Conlon. Cost: £6 Call Karen on 07828738093 for further information.</p>	<p>11.00 - 12.00</p>
<p>Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)</p>	<p>12.15 - 13.15 14.15 - 15.15 19.45 - 20.45</p>
<p>Wiggles and Wobbles A movement and play session for 0-4 years with relaxing music and fun varied themes. Term time only. Cost: £4 (£1 extra for extra siblings/children) Call Jill on - 07722 422 445 for further information.</p>	<p>13.45 - 14.30</p>
<p>Waterbabies These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. Please call Waterbabies on 016427 11734 to book.</p>	<p>15.30 - 17.30</p>
<p>Pilates Guru - Pre-Natal (All 3 Trimesters) & Beginners Enjoy a relaxing and challenging physical exercise to strengthen the mind and body. Pre-Natal 17.30 - 18.30. Beginners 18.45 - 19.45. For prices and booking please contact Ashleigh Mckenna on 07538927076 or visit www.pilatesguru.co.uk</p>	<p>17.30 - 18.30 18.45 - 19.45</p>
<p>Tai Chi Steve Wilkinson will take you through a graceful form of exercise used for stress reduction and a variety of other health related problems; promoting serenity through gentle, flowing movements. Cost: £5.00</p>	<p>19.00 - 20.00</p>

Thursday

Ladies Only Hydropool Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	9.00 - 10.00 10.00 - 11.00
Nordic Walking Walking Poles provided. Cost: £3.00	9.30 - 10.30
Health Walk Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. Cost: Free	10.30 - 11.30
Jolly Fit (Chair Aerobics) Get fit in this low impact class using a chair as a prop. Cost: £4.00	11.30 - 12.30
Green Links Offers outdoor activities where people living with Dementia and memory loss (and their carers) can socialise and take part in fun, meaningful activities. Call Laura on 01642 815663 to find out more.	14.00 - 16.00
Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	14.45 - 15.45 15.45 - 16.45 19.15 - 20.15
Back Exercise Classes Delivered by a qualified physiotherapist, designed to benefit people who have back, neck or joint problems. Cost: £5.00 Call Greg Henderson on 07969 096719 to book.	17.00 - 17.50 18.00 - 18.50 19.00 - 19.50 20.00 - 20.50

Friday

Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)	9.00 - 10.00
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For further information: T | 01325 321234

E | enquiries@pcp.uk.net



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Pioneering Care Centre

Carers Way, Newton Aycliffe, County Durham, DL5 4SF

Company limited by guarantee No: 3491237

Registered Charity No. 1067888

Saturday

Waterbabies

These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. **Please call Waterbabies on 016427 11734 to book.**

9.00 - 12.00

Pilates Guru - Beginner Class

Enjoy a relaxing and challenging physical exercise to strengthen the mind and body. **For prices and booking please contact Ashleigh Mckenna on 07538927076 or visit www.pilatesguru.co.uk**

10.00 - 11.00

Intermediate Cycling

For more experienced cyclists, rides can be over 20 miles. Equipment provided. **Cost: Free**

10.00 - 12.00

Mixed Hydropool

Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. **Cost: £6.80 (£4.60 concession)**

12.15 - 13.15

13.15 - 14.15

Starting in April!

Street Dance - Tuesday 14th April

Learn street dance moves in a fun and energetic class with North East Dance. Discover new skills and make new friends! **Cost: FREE.** For ages 5 - 12 years

11.00 - 12.00

CHILDREN'S FREE EASTER ACTIVITIES AT PCP

EASTER CRAFTS

TUESDAY 7TH APRIL & WEDNESDAY 15TH APRIL

13.00 - 15.00

MINDFULNESS - GROWING GURUS

WEDNESDAY 8TH APRIL 2020

10.00 - 11.00

PILATES/YOGA

THURSDAY 9TH APRIL

13.00 - 14.00

STREET DANCE

TUESDAY 14TH APRIL 2020

11.00 - 12.00

GARDENING SESSION

TBC

FOR MORE INFORMATION OR
BOOKING ON ANY ACTIVITY
PLEASE CONTACT PCP ON
01325 321234



Living