

# CHARLESTOWN & HIGHER BLACKLEY

Last updated: January 2010

**Legend:**

**RED** = Stopped activity.

**BLUE** = New activity

**GREEN** =change to an activity ( ie date/time/venues etc)

No	Activity	Who for	Where	How Often	When	Time	Until	Price	How do I join	Max no per class
91	Tai Chi		St John Bosco Church, Charlestown Road	weekly	Mon	1pm - 2pm	ongoing	FREE	just turn up	
83	Blackley Forest Walks		Meet Victoria Ave Entrance, Blackley Forest 2pm	monthly (2nd Monday each month)	2nd Monday each month	2-3pm	ongoing	FREE	just turn up	
84	Chair Based Exercise		Hudson Court, Sherwell Road, Higher Blackley	weekly	Tues	11-12noon	ongoing	FREE	just turn up	
27	Pamper Sessions		Whitemoss Youth Centre, Charlestown	weekly sessions	Weds	1-3pm	ongoing	FREE	just turn up	
40	Yoga Class		Whitemoss Youth Centre, Charlestown	weekly sessions	Weds	11.30-12.30pm	ongoing	FREE	no need to book just turn up	
97	Beginners Sequence Dancing		St Mark's Church, Charlestown	weekly	Weds	1pm - 2.30 pm	ongoing	FREE	just turn up	
32	Chair Based Exercise		St Mark's Church, Charlestown	weekly	Thurs	10-11am	ongoing	FREE	just turn up	
160	Salsa Sessions		Our Lady's Sports Facility, Chain Road, Higher Blackley	weekly		6pm - 7pm	ongoing	£1	just turn up	
183	Belly Dancing		Higher Blackley Community Centre, Victoria Avenue	weekly	Sat	11.30 am - 12.30 pm	ongoing	£2	just turn up not running August	

For more information on any of these activites contact Elaine Monk At Zest 0161 655 7886