



**ACTIVITY AND SPORT SUGGESTIONS
LIVERPOOL CITY REGION
WEEK 1: 8TH JAN TO 14TH JAN**

Mon 8th Jan	<p>Golf taster session (indoor) @ Woolton Golf Centre - free - 5.30pm to 6.30pm - learn about the game and have a go at hitting the ball. No equipment necessary and open to complete beginners. Call Dave on 0151 486 1298</p> <p>Run/walk session at Croxteth Hall Park - £2.00 - every Monday from 6.00pm to 7.00pm</p> <p>Back to Netball @ Toxteth Firefit - £3.50 - every Monday from 6.00pm to 7.00pm</p> <p>Couch to 5K beginners running group @ Halton Athletics Track, Widnes - free - every Monday from 6pm to 7pm. Call Sports Development on 0151 511 8282</p> <p>Couch to 5k beginners running group @ Litherland Sports Park - free - every Monday from 6pm to 7.00pm</p> <p>Couch to 5k beginners running group @ Sutton Leisure Centre (St Helens) - every Mon and Weds 6pm to 7pm and Sat 9.15am to 10am - attend as many sessions as you like for just £10 across 10 weeks - book via https://www.eventbrite.co.uk/e/st-helens-new-year-couch-to-5k-tickets-41043021783</p> <p>Madrunners beginner's running & fitness group @ Langtree Park (St Helens) - £3.00 - every Monday at 6.30pm</p> <p>Indoor softball @ Hawthorn School (Bootle) - first session free - every Monday from 7pm to 9pm - for more info visit https://www.facebook.com/SeftonSoftball</p> <p>Cardio Tennis (A fitness class to music, based around tennis drills) @ Prenton Lawn Tennis Club - first session free - every</p>
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	Monday from 7.30pm to 8.30pm
Tue 9th Jan	<p>No Strings Badminton - pay and play, all standards welcome @ Activity for All (Maguire Avenue, Bootle) - £3 - every Tuesday from 5.30pm to 7.30pm</p> <p>Back to Netball @ Anfield Sport & Community Centre - £3 - every Tuesday at 6pm to 7pm</p> <p>Back to Netball @ Leasowe Leisure Centre - £4.00 - every Tuesday from 6pm to 7pm</p> <p>Family Badminton session at Broadway Badminton (St Helens) - everyone welcome and all equipment provided - £2.50 per adult, £2 per child or £7 for a family of four - every Tuesday from 6pm to 7pm</p> <p>Moorside Park Running Club (Crosby) - choose from four distances (ranging from 1 mile to 6 miles) and run at your own pace - £2 for an annual membership - every Tuesday from 6.30pm</p> <p>Back to Netball @ Croxteth Lifestyles - £3.50 - every Tuesday from 8pm to 9pm</p> <p>Victorious Secrets Netball @ the Prescott School - £4 - every Tuesday from 8pm to 9pm. Suitable for all abilities</p>
Wed 10th Jan	<p>'Dads and Lads (aged 10-18)' football sessions at Sutton Leisure Centre (St Helens) - free - every Wednesday 5pm to 6pm</p> <p>Couch to 5K beginners running group @ Halton Athletics Track, Widnes - free - every Wednesday from 6pm to 7pm. Call Sports Development on 0151 511 8282</p> <p>Couch to 5k beginners running group @ Litherland Sports Park - free - every Wednesday from 6pm to 7.00pm</p> <p>Indoor cycling @ Mill Dam Park (Kirkby) with Pedal Away - bikes and helmets available. Free - every Wednesday from 6pm</p> <p>Couch to 5k beginners running group @ Sutton Leisure Centre (St Helens) - every Mon and Weds 6pm to 7pm and Sat 9.15am to 10am - attend as many sessions as you like for just £10 across 10 weeks - book via https://www.eventbrite.co.uk/e/st-helens-new-year-couch-to-5k-tickets-41043021783</p> <p>Running group, all standards welcome @ the Oval (Wirral) - £3.00 - every Wednesday from 6.15pm</p> <p>Get into Golf beginner's course @ Liverpool Golf Centre - £5 per</p>

	<p>session - 6.30pm to 7.30pm</p> <p>Mindful Yoga @ Swanside Community Centre - £4 - every Wednesday at 7.00pm</p> <p>Back to Netball @ Holy Family Catholic High School (Thornton, Sefton) - £3.50 - every Wednesday from 7pm to 8pm</p>
Thu 11th Jan	<p>Netball Now @ the Oval (Wirral) - £3.60 - every Thursday from 7pm to 8pm</p> <p>FL-exercise (exercise, move, dance) @ All Hallows Church Hall (Allerton) - first class free - every Thursday from 7pm to 8pm - contact janevduff@gmail.com for info</p> <p>Walking Netball @ Leasowe Leisure Centre - £3.60 - every Thursday from 7pm to 8pm</p> <p>Metafit @ Swanside Community Centre - £4 - every Thursday at 7.00pm</p> <p>Back to Hockey @ Formby Hockey Club - every Thursday from 7pm to 8pm - call Marc on 07742073343 for info</p> <p>Back to Netball @ King David High School (Childwall) - £3.50 - every Thursday 7pm to 8pm</p> <p>Men's basketball @ St Edward's College (West Derby) - beginners welcome and no equipment required - £3 - every Thursday from 8pm to 9pm</p> <p>Netball Now @ the Heath School (Runcorn) - £4 - every Thursday from 8pm to 9pm</p>
Fri 12th Jan	<p>Hockey 4 Fun @ Wyncote Sports Grounds - £1 - every Friday from 4.30pm to 6pm - contact jean.darnold@free-internet.co.uk for info</p> <p>Metafit @ Swanside Community Centre - £4 - every Friday at 5.30pm</p>
Sat 13th Jan	<p>parkrun events take place every Saturday morning at 9am in 8 Merseyside locations - open to everyone, no matter how long it takes to run, jog or walk the 5k distance - visit www.parkrun.org.uk for further info</p> <p>Sunlight Women's 20 mile ride - free - setting off from Nets Café (Neston) from 9am</p> <p>Couch to 5k beginners running group @ Sutton Leisure Centre (St Helens) - every Mon and Weds 6pm to 7pm and Sat 9.15am</p>

to 10am - attend as many sessions as you like for just £10 across 10 weeks - book via <https://www.eventbrite.co.uk/e/st-helens-new-year-couch-to-5k-tickets-41043021783>

Kettlercise @ Frank Myler Pavilion (Widnes) - £4 - every Saturday from 9am to 9.50am. Call Paula Parle 0151 511 8550

'Mums and Daughters (aged 10-18)' Bootcamp session at Peter Street Community Centre (St Helens) - free - every Saturday 9am to 10am

Metafit @ Swanside Community Centre - £4 - every Saturday at 9.45am

Girls/womens basketball @ Archbishop Beck Sports College - beginners welcome and no equipment required - £3 - every Saturday from 10am to 12pm

Nordic Walking (meet at Riverside Bowl Café, New Brighton at 11.30am to 12.30pm) - free - instruction and equipment provided, wear suitable outdoor clothing and boots. Booking required - call 07795108025

Competitive dad's tennis coaching. A 90 minute session that combines technical advice with a competitive edge @ Prenton Lawn Tennis Club, Wirral - first session free - every Saturday from 11am to 12.30pm

Cardio Tennis - tennis based fitness class designed to burn calories that is played to music, any standard and complete beginners welcome - £3.50 - Sefton Park tennis courts, every Saturday from 12.30pm to 1.30pm

Sun 14th Jan

Tennis for Free coaching sessions for adults and juniors at Sefton Park (Liverpool) - free - every Sunday 10am to 12pm - [book your place](#)

Liverpool - Albert Dock and the Wirral Wanderer - 31 Mile Bike Ride - free - meet at Pier Head Ferry Terminal at 9.45am

5 a side football pay and play - come and play with a group of friends for £3.50 each - no booking required, just turn up and play @ Prescott Soccer Centre from 12pm to 1pm

Back to Netball @ Sandymoor School (Runcorn) - £4.00 - every Sunday from 6pm to 7.30pm