



Timetable of Activities in Barnsley

BOPPA

Barnsley Older People
Physical Activity Alliance



Barnsley Older People Physical Activity Alliance

Timetable of Physical Activity Opportunities for Older People (age 50+) in the Barnsley Area

What's inside?

- Barnsley Borough Map covering the 6 main areas
- 20 pages of activities and classes split into areas
- Additional activities outside of the Barnsley area
- Online classes
- Contact details for each provider included
- Key to help you select the best exercise intensity level

Need some help or advice? Just call Age UK Barnsley on 01226 776 820




The Barnsley Older People Physical Activity Alliance is an alliance of independent activity providers that are each responsible for the delivery of their activities/services.

Information was correct at time of print, January 2023



CENTRAL AREA

MONDAY	MONDAY	MONDAY	MONDAY	TUESDAY	TUESDAY
<p>Aqua Aerobics ■■</p> <p>Time: 9.15am-10am Venue: Barnsley Metrodome</p> <p>Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomenquiries@bpl.org.uk</p>	<p>Pilates (Rehab and Mobility) ■</p> <p>Time: 12 noon Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	<p>Tai Chi (Beginners)</p> <p>Time: 4pm Venue: St Thomas' Community Centre, Gawber</p> <p>A form of movement and meditation. There is low cardiovascular exertion and no high impact movement which makes it suitable for any age or level of fitness. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply do leave a message and you will be contacted.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Pilates ■</p> <p>Time: 6pm-7.30pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Book through the website: www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com.</p>	<p>Allotment/Gardening ■</p> <p>Time: 10am-12noon Venue: Swanee Road Allotments</p> <p>Reds in the Community, working with Caring for Kendray and Kendray Hospital, open up the allotment on Swanee Road, Kendray. Participants can support the development of our patch on the allotment and take pride in the work that is taking place.</p> <p>Provider: Reds in the Community / Caring for Kendray / Kendray Hospital</p> <p>Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk gavin.frost@barnsleyfc.co.uk</p>	<p>Boxing and Fitness (Boxercise)</p> <p>Time: 5pm-6pm Venue: Jonny's Gym</p> <p>Keep active and improve your physical and mental health</p> <p>Provider: Jonny's Gym Tel: 07808 793936 Start date: n/a Ends: n/a Booking essential: Yes Contact Jonny on 07808 793936 for more details.</p>
<p>Multisports ■</p> <p>Time: 10am-11am Venue: Lavender Court</p> <p>Light multisports activity where participants may complete exercises from their own armchairs and work up a sweat. Lavender Court is open up to the public, so non-residents can attend.</p> <p>Provider: Reds in the Community</p> <p>Start date: n/a Ends: n/a Booking essential: Yes gareth.cooke@barnsleyfc.co.uk</p>	<p>Walking Football ■■</p> <p>Time: 12noon-1pm Venue: Oakwell (Indoor Academy Centre)</p> <p>The Walking Football session gives people the opportunity to rediscover the joys of playing football and the basic elements of a match accessible to them by slowing the game down to a walking pace. The sessions are structured and delivered by qualified instructors who are experienced in delivering these activities.</p> <p>Provider: Reds in the Community</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Tai Chi (Advanced)</p> <p>Time: 5.10pm Venue: St Thomas' Community Centre, Gawber</p> <p>A form of movement and meditation. There is low cardiovascular exertion and no high impact movement which makes it suitable for any age or level of fitness. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply do leave a message and you will be contacted.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Aqua Aerobics ■■</p> <p>Time: 6.30pm-7.30pm Venue: Barnsley Metrodome</p> <p>Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomenquiries@bpl.org.uk</p>	<p>Get Fit ■</p> <p>Time: 10.30am-11.30am Venue: Worsbrough Common Community Centre</p> <p>Social exercise class to meet the needs of the participants who attend with light chair based exercises prescribed and completed at participants' own pace.</p> <p>Provider: Reds in the Community</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk</p>	<p>Pilates ■</p> <p>Time: 6pm-7pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley S70 6HL</p> <p>Booking through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Provider: Mind, Body and Spirit Barnsley Ltd Tel: 07769 996438 info@mind-bodyandspirit.com Start date: n/a Ends: n/a Booking essential: Yes</p>
<p>Hatha Yoga ■</p> <p>Time: 10.30am-11.30am Venue: Mind, Body & Spirit, 110 Dodworth Road, Barnsley S70 6HL</p> <p>Combining mudra, pranayama, meditation and asana. You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Provider: Mind, Body & Spirit Barnsley Ltd</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	<p>Sporting Memories ■</p> <p>Time: 2pm-3.30pm Venue: Lavender Court</p> <p>At our Sporting Memories sessions, people come together to talk about and remember all things sports. The sessions provide social and physical activities as well.</p> <p>Provider: Reds in the Community</p> <p>Start date: n/a Ends: n/a Booking essential: Yes gareth.cooke@barnsleyfc.co.uk gavin.frost@barnsleyfc.co.uk</p>	<p>Yogalates ■■</p> <p>Time: 6pm-7pm Venue: Barnsley Metrodome</p> <p>Yogalates is a core-focused class that pulls from the ancient asanas of yoga as well as the core centred movement of Pilates.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomenquiries@bpl.org.uk</p>	<p>Hatha Yoga ■■</p> <p>Time: 7.30pm-8.45pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Combining mudra, pranayama, meditation and asana. Book through the website www.mind-bodyandspirit.com. Classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid/Sport England approved solution.</p> <p>Provider: Mind, Body and Spirit Barnsley Ltd. Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 966438 info@body-mindandspirit.com</p>	<p>Mindfulness Meditation and Yoga ■</p> <p>Time: 7.30pm-8.45pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Combining mudra, pranayama, meditation and light yoga asana.</p> <p>You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	

CENTRAL AREA (cont)

TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY
<p>Reds Connect Exercise Class ■■</p> <p>Time: 8pm-9pm Venue: Oakwell (Indoor Academy Centre)</p> <p>Don't worry if you haven't exercised in a while, our staff tailor activities to support individual goals and fitness levels, allowing you to develop at your own pace. Sessions allows participants to engage in physical activity in a safe and relaxed environment and participants are encouraged to connect and socialise. Activities include Circuits, Boxercise, Zumba and much more.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Over 65's Yoga and Pilates ■</p> <p>Time: 10.30am-11.30am Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Focussing on building a healthy heart and bones with wellbeing through yoga and physio-based Pilates.</p> <p>Book through the website at www.mind-bodyandspirit.com. Classes £6 in advance. You will receive a health questionnaire to complete and email back or bring to your first class. All equipment is sanitised with a Covid/Sport England approved solution.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	<p>Falls Management Exercise (FaME) Class FP</p> <p>Time: 12:00 Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Exercise focusing on balance, strength, flexibility and endurance.</p> <p>Booking essential: Yes Contact: Mind, Body and Spirit on 07769 996438 or at info@mind-bodyandspirit.com.</p>	<p>Aqua Jog ■■</p> <p>Time: 6.45-7.30pm Venue: Barnsley Metrodome</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomeenquiries@bpl.org.uk</p>	<p>Aqua Aerobics ■■</p> <p>Time: 9.15-10am Venue: Barnsley Metrodome</p> <p>Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226730060 metrodomeenquiries@bpl.org.uk</p>	<p>50+ Aerobics ■■</p> <p>Time: 10.30-11.30am Venue: Barnsley Metrodome</p> <p>Get ready to have a giggle while you wiggle and connect with other like-minded people! A gentle yet exciting aerobic class set to your favourite music to get you moving and singing along... you won't even know you are working out!</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomeenquiries@bpl.org.uk</p>
<p>Aqua Jog ■■</p> <p>Time: 9.15am-10.15am Venue: Barnsley Metrodome</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomeenquiries@bpl.org.uk</p>	<p>Rockin' Chairobics ■</p> <p>Time: 11.30am-12.15pm Venue: Maltsa Court</p> <p>Chair based exercise class comprising of exercise to music and some resistance work. Activity takes place in a communal room at Maltsa Court and is open for anyone from the area to attend.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk jillian.ingman@barnsleyfc.co.uk</p>	<p>Sporting Memories ■</p> <p>Time: 2-3.30pm Venue: Oakwell (Academy Indoor Centre)</p> <p>At our Sporting Memories sessions, people aged over 50 come together to talk about and remember all things sports. The sessions provide social and physical activities as well.</p> <p>Provider: Reds in the Community Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Yoga ■</p> <p>Time: 6.45-8.15pm Venue: Barnsley Metrodome</p> <p>Make time for you - create a balance between the body and the mind, promoting health & wellbeing and improve your breathing. A great way to relax, unwind and give self-care.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226730060 metrodomeenquiries@bpl.org.uk</p>	<p>Walking Cricket ■</p> <p>Time: 10am Venue: Shaw Lane Sports Club</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew. Leave a message if no reply and you will be contacted. £3 per session.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07512 206285</p>	<p>Yoga ■</p> <p>Time: 11.45am-12.45pm Venue: Barnsley Metrodome</p> <p>Make some time for you by creating a balance between the body and the mind, promoting health and wellbeing and improving your breathing patterns. A great way to relax, unwind and give yourself some self-care.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomeenquiries@bpl.org.uk</p>
<p>Healthy Bones Falls Management Exercise (FaME) Class FP</p> <p>Time: 10.30am-12.30am Venue: Barnsley Baptist Church</p> <p>A fun way to keep active, and improve your general wellbeing.</p> <p>First six sessions are free. £3 per session thereafter.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07895 380615</p>	<p>Walking Football ■</p> <p>Time: 12noon-1pm Venue: Oakwell (Indoor Academy Centre)</p> <p>The Walking Football session gives people the opportunity to rediscover the joys of playing football and the basic elements of a match accessible to them by slowing the game down to a walking pace. The sessions are structured and delivered by qualified instructors who are experienced in delivering these activities.</p> <p>Provider: Reds in the Community Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Pilates ■</p> <p>Time: 6-7pm Venue: Mind, Body & Spirit, 110 Dodworth Road</p> <p>Health questionnaire to complete (email back or bring to your first class). Equipment provided is sanitised with Covid/Sport England approved solution. Classes £6, book in advance through the website www.mind-bodyandspirit.com.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	<p>Women's Walking Football ■</p> <p>Time: 7pm-8pm Venue: Shaw Lane Sports Club</p> <p>Walking football gives you the chance to rediscover the joys of playing football and the basic elements of a match, accessible by slowing the game down to a walking pace. Sessions are structured and delivered by qualified, experienced instructors.</p> <p>Provider: Reds in the Community Session cost: £1 Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk; Freya.littlewood@barnsleyfc.co.uk</p>	<p>Crown Green Bowling ■</p> <p>Time: 10.30-11.30am Venue: Bowling Club, Shaw Lane</p> <p>New 50+ bowling group for Central Area residents in Barnsley.</p> <p>Provider: Age UK Barnsley & Barnsley Bowling Club Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 776820</p>	<p>Pilates (Rehab and Mobility) ■</p> <p>Time: 12noon Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Provider: Mind, Body and Spirit Barnsley Ltd Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>
<p>Boxing and Fitness (Boxercise)</p> <p>Time: 11.30am-12.30pm Venue: Jonny's Gym</p> <p>Keep active and improve your physical and mental health.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Contact Jonny on 07808 793936 for more details.</p>	<p>Team Talk ■</p> <p>Time: 6-7.30pm Venue: Oakwell (Academy Indoor Centre)</p> <p>Team Talk promotes mental wellbeing. Coaches facilitate social and conversational topics. You can also participate in a choice of activities including pool, table tennis, table football and more.</p> <p>Provider: Reds in the Community Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Hatha Yoga ■</p> <p>Time: 7.30-8.45pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley S70 6HL</p> <p>Flowing and static postures combined with Bandha, breathing practices, Hasta Mudras, finishing with blissful relaxation. You can book through the website www.mind-bodyandspirit.com.</p> <p>Tel: 07769 996438 info@mind-bodyandspirit.com</p>			

CENTRAL AREA (cont)

THURSDAY	THURSDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY	VARIOUS DAYS
<p>Sporting Memories ■</p> <p>Time: 1pm-2.30pm Venue: Ward Green Church</p> <p>At our Sporting Memories sessions, people come together to talk about and remember all things sports. The sessions provide social and physical activities.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk gavin.frost@barnsleyfc.co.uk</p>	<p>Team Talk ■</p> <p>Time: 5.30pm-7.30pm Venue: Worsbrough Miners' Welfare</p> <p>Team Talk is designed to support mental wellbeing. Coaches will facilitate social and conversational topics, whilst giving participants the choice of taking part in a number of activities such as pool, table tennis, table football and more.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk gavin.frost@barnsleyfc.co.uk</p>	<p>Yoga Traditions and Paths ■</p> <p>Time: 7.30-8.45pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Combining mudra, pranayama with asana, all styles of yoga kundalini, Yin, Yang, Iyengar, Ayurveda and more.</p> <p>You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Provider: Mind, Body and Spirit Barnsley Ltd Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	<p>Aqua Circuits ■■</p> <p>Time: 9.15am-10am Venue: Barnsley Metrodome</p> <p>Aqua circuits is the aquatic equivalent to gym-based circuits. Using weights and specialised floats moving between stations to tone specific muscle groups.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 730060 metrodomeenquiries@bpl.org.uk</p>	<p>Outdoor Exercise Circuits</p> <p>Day: Saturday / Time: 8am Venue: Dearne Valley Park</p> <p>Exercise circuits utilising equipment and body weight exercises.</p> <p>Visit ExMilFitness Facebook for information or call Lee.</p> <p>Provider: ExMil Fitness Tel: 07794 172553 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Gardening ■</p> <p>Day: Various Time: Various Venue: Age UK Barnsley Allotment, Eldon Street North/Old Mill Lane</p> <p>An opportunity to get involved in flowers and produce gardening at Age UK Barnsley's allotment.</p> <p>Further information: Contact Age UK Barnsley on 01226 776820.</p> <p>Provider: Age UK Barnsley Tel: 01226 776820 Start date: n/a Ends: n/a Booking essential: Yes</p>
<p>Social/Activity Drop in for Older People ■</p> <p>Time: 1pm-3pm Venue: Shaw Lane Sports Club</p> <p>Board games, Bingo, Boccia, chat and tea/coffee. Good company, fun and laughter.</p> <p>Provider: Shaw Lane Sports Club Start date: n/a Ends: n/a Booking essential: Yes Tel: 07341 265319</p>	<p>Yogalates ■■</p> <p>Time: 6pm-7pm Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>A fusion of yoga and pilates with equipment.</p> <p>You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Provider: Mind, Body and Spirit Barnsley Ltd Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>		<p>Walking Football</p> <p>Time: 10am (Except for third Friday of the month when the time is 11am) Venue: Dodworth Miners' Welfare</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply do leave a message and you will be contacted.</p> <p>Provider: Barnsley U3A Tel: 07512 206258 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Allotment/Gardening ■</p> <p>Day: Saturday / Time: 10am-12pm Venue: Swanee Road Allotments</p> <p>Participants can support the development of our patch on the Swanee Road allotment and take pride in the work that is taking place.</p> <p>Provider: Reds in the Community / Caring for Kendray / Kendray Hospital Start date: n/a Ends: n/a Booking essential: Yes Gareth.cooke@barnsleyfc.co.uk gavin.frost@barnsleyfc.co.uk</p>	<p>Crown Green Bowling ■</p> <p>Day: Mon to Fri Time: 10am-12noon Venue: Ardsley Bowling Club</p> <p>Groups play between 10 am and 12.00 noon at Ardsley Bowling Club (Monday to Friday). Due to new regulations from the BCGBA body, bowlers at any bu3a organised group have to be associate or casual bowlers of that club if not already full members.</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512206285. If there is no reply do leave a message and you will be contacted.</p> <p>Please note that the Tuesday morning is currently fully booked.</p> <p>Provider: Barnsley U3A Start date: Mar Ends: Oct Booking essential: Yes</p>
<p>Healthy Bones Falls Management Exercise (FaME) Class ■■ FP</p> <p>Time: 3pm-4pm Venue: Shaw Lane Sports Club</p> <p>Gentle exercise at your own pace. A fun way to keep active and improve your general wellbeing. Includes Falls Management, balance, strength.</p> <p>To book, call Bronia at Healthy Bones on 07895 380615, or Fiona Hall, Shaw Lane Foundation 07341 265319. Cost £2.00 includes free entry to Social Drop in 1-3pm.</p> <p>Provider: Healthy Bones & Shaw Lane Sports Club Start date: 08/09/22 Ends: n/a Booking essential: Yes Tel: 07895 380615 07341 265319</p>			<p>Strolling Reds ■</p> <p>Time: 1pm Venue: Variable</p> <p>Strolling Reds is a free weekly walking programme for adults, with walks starting from various locations around Central Barnsley. The aim is to help local people get out of the house and improve general health in a relaxed environment.</p> <p>For more information please contact Sean Margison, Health and Wellbeing Officer on 01226 211333 or Community@barnsleyfc.co.uk www.barnsleyfccommunity.co.uk/health/reds-connect</p> <p>Start date: n/a Ends: n/a Booking essential: No Tel: 01226211333 community@barnsleyfc.co.uk</p>	<p>Hatha Yoga ■</p> <p>Day: Saturday / Time: 11am-12noon Venue: Mind, Body and Spirit, 110 Dodworth Road, Barnsley, S70 6HL</p> <p>Morning Hatha yoga for beginners. Flowing and static postures combined with breathing practices, Hasta Mudras, finishing with blissful relaxation.</p> <p>You can book through the website www.mind-bodyandspirit.com. All classes cost £6 booking in advance, you will receive a health questionnaire to be filled in and emailed back or you can bring with you to your first class. All equipment is provided sanitised with a covid / Sport England approved solution.</p> <p>Start date: n/a Ends: n/a Booking essential: Yes Tel: 07769 996438 info@mind-bodyandspirit.com</p>	

NORTH AREA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	VARIOUS DAYS
<p>Ballroom/Sequence Dancing</p> <p>Time: 1.30pm-3.30pm Venue: Mapplewell & Staincross Village Hall</p> <p>Call Caroline on 01226 381006 or visit the website at www.thevillagehall.ltd.</p> <p>Provider: Mapplewell & Staincross Village Hall 01226 381006 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Darton Wellbeing Group</p> <p>Time: 10am Venue: Darton Darby & Joan Club</p> <p>Group for chair based exercises and also a safe place for people to talk, promoting both physical and mental wellbeing.</p> <p>Provider: Age UK Barnsley Tel: 01226 776820 Start date: n/a Ends: n/a Booking essential: No</p>	<p>Healthy Ageing Exercise</p> <p>Time: 10am-11am Venue: Mapplewell and Staincross Village Hall</p> <p>£5.00 per session. Telephone Susie on 07896 709091 or Caroline at Mapplewell and Staincross Village Hall on 01226 381006. Alternatively, visit the Mapplewell and Staincross Village Hall website at www.thevillagehall.ltd.</p> <p>Provider: Mapplewell and Staincross Village Hall & Susiemac Fitness Start date: n/a Ends: n/a Booking essential: No Tel: 07896 709091 / 01226 381006</p>	<p>Yoga, Pilates and Meditation for Carers</p> <p>Time: 1pm-2pm Venue: Mapplewell & Staincross Village Hall</p> <p>Free activity for Barnsley carers.</p> <p>Provider: Barnsley Carers' Service and Mapplewell and Staincross Village Hall. Start date: n/a Ends: n/a Booking essential: Ring Barnsley Carers' Service on 01226 288772 to book a place and get a yoga mat. No booking needed after first time.</p>	<p>Turbo Tykes</p> <p>Time: 10am-11am Venue: Honeywell Sports Village Gym</p> <p>Spinning Class. Pedal along to some favourite tunes while following a scenic route on the big screen.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 s.margison@barnsleyfc.co.uk</p>	<p>Ballroom, Latin American and Modern Sequence Dancing</p> <p>Day: Various, Tue-Fri Time: Various 9am-9pm Venue: Masonic Hall, Cockerham Lane, Barnsley, S75 1AT</p> <p>Beginners classes start with the basics. Participants will soon be dancing the likes of the Modern Waltz, Quickstep, Foxtrot and Tango, Latin dances such as the Cha Cha Cha, Rumba, Jive, Samba and Paso Doble along with the most popular sequence dances such as the Mayfair Quickstep, Balmoral Blues, Melody Foxtrot, Square Tango, along with Mambos and Salsas. At intermediate and advanced classes, participants learn more complex technical routines as well as the latest sequence dances.</p> <p>Further information can be found on the Parkerdance website at www.parkerdance.co.uk. Contact Amanda on 07738 324285.</p> <p>Provider: Parkerdance Tel: 07738 324285 Start date: n/a Ends: n/a Booking essential: Yes</p> 
<p>Feels Good to Lose</p> <p>Time: 2pm-4pm Venue: Wilthorpe Over 65s Club</p> <p>Physical activity along with healthy lifestyles discussion.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Healthy Bones Falls Management Exercise (FaME)</p> <p>Time: 1pm-3pm Venue: Emmanuel Church, Huddersfield Rd</p> <p>A fun way to keep active, and improve your general wellbeing. First six sessions are free. £3 per session thereafter.</p> <p>Provider: Healthy Bones Tel: 07895 380615 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Country Dancing (Group 2)</p> <p>Time: 2.15pm Venue: Emmanuel Church, Huddersfield Road, Barnsley</p> <p>This group meets on the 2nd and 4th Wednesday of each month at Emmanuel Church, starting in the afternoon at 2.15pm. It's pretty gentle stuff, and it's a lot of fun too.</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512206285. If there is no reply do leave a message and you will be contacted. £3 per session.</p> <p>Provider: Barnsley U3A Tel: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Darton Walking for Wellness</p> <p>Time: 1.30pm Venue: Meet outside Darton Darby & Joan club</p> <p>Steady walk around 2 routes alternating weekly (winter months are kept to Darton Park), Darton Park and Longfields Walk. Must have a fair level of mobility for the Longfields Walk route as the ground is uneven and can be muddy. Darton Park is flat and on a tarmac path with benches available.</p> <p>Provider: Age UK Barnsley Start date: n/a Ends: n/a Booking essential: No Tel: 01226 776820</p>	<p>Movement to Music</p> <p>Day: Friday (Fortnightly) Time: 1pm Venue: Emmanuel Church, Huddersfield Road, Barnsley</p> <p>Movement to Music is based on low impact aerobics which involves gentle stretching exercises to music.</p> <p>To contact Barnsley U3A's New Members Secretary about joining the U3A, call Helen Dew on 07512 206285. If there is no reply leave a message and you will be contacted.</p> <p>Provider: Barnsley U3A Tel: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	
<p>Country Dancing (Group 1)</p> <p>Day: Monday (2nd & 4th week of month) Time: 2.30pm-4.30pm Venue: Emmanuel Church, Huddersfield Road, Barnsley</p> <p>This group meets between 2.30pm and 4.30pm on Mondays at Emmanuel Church twice monthly. Members need no previous knowledge, as the dances are 'walked' and 'called' by experienced leaders. An enjoyable, active and 'fun' way to spend an afternoon, and partners can be provided!</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply do leave a message and you will be contacted. £3 per session.</p> <p>Provider: Barnsley U3A Start date: n/a Ends: n/a Booking essential: Yes Tel: 07512 206285</p>	<p>Walking Football (Over 50s)</p> <p>Time: 5.45pm-6.45pm Venue: Honeywell Sports Village, Honeywell Lane, Barnsley</p> <p>The beautiful game... just a bit slower.</p> <p>Provider: Age UK Barnsley Tel: 01226 776820 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Reds Connect Exercise Class</p> <p>Time: 6pm-7pm Venue: Mapplewell & Staincross Village Hall</p> <p>Don't worry if you haven't exercised in a while - staff tailor activities to support all individuals and allow you to develop at your own pace. A chance to engage in physical activity and socialise with others, in a safe and relaxed environment. Activities include Circuits, Boxercise, Zumba and much more.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Extra Time Hub</p> <p>Time: 2pm-3pm Venue: Staincross Fellowship Church</p> <p>Information about the activity: Extra Time Hub gives participants the chance to shape the session. This can be a combination of activities from exercise, dance, board games or just a social chat and a brew.</p> <p>Provider: Reds in the Community Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 211333 sean.margison@barnsleyfc.co.uk</p>	<p>Tea Dance</p> <p>Time: 2pm-4pm Venue: Masonic Hall, Cockerham Lane, Barnsley, S75 1AT</p> <p>An afternoon of ballroom, Latin and sequence dancing in a friendly, safe environment. Tea, coffee and biscuits included in the price.</p> <p>£3 per person, includes refreshments. Further information can be found on the Parkerdance website at www.parkerdance.co.uk. Contact Amanda on 07738 324285.</p> <p>Provider: Parkerdance Tel: 07738 324285 Start date: n/a Ends: n/a Booking essential: No</p>	
		<p>Providers include:</p>  			

NORTH EAST

MONDAY

Gentle Exercise

Time: 11am Venue: Mary Magdalene Church, Pontefract Road, Lundwood

Fun active workout. £3.50 per session. Tel Susie 07896 709091.

Provider: Susiemac Fitness Tel: 07896 709091
Start date: n/a Ends: n/a Booking essential: Yes

Crown Green Bowling

Time: 11am-1pm Venue: Dorothy Hyman Bowling Green at Dorothy Hyman Sport Stadium

Gentle exercise through the activity of crown green bowling.

Provider: Dorothy Hyman Bowling Club

Start date: 04.04.22 Ends: n/a Booking essential: Preferable, but not essential

Aqua Aerobics

Time: 12noon-1pm Venue: Royston Leisure Centre

Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 722991 roystonenquiries@bpl.org.uk

Outdoor Exercise Circuits

Time: 6.30pm Venue: Priory Campus, Lundwood

Outdoor exercise circuits utilising equipment and body weight exercises. Visit ExMil Fitness Facebook page for information or contact Lee on 07794 172553.

Provider: ExMil Fitness Tel: 07794 172553
Start date: n/a Ends: n/a Booking essential: Yes

Aqua Aerobics

Time: 7.30pm-8.30pm Venue: Royston Leisure Centre

Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 722991 roystonenquiries@bpl.org.uk



MONDAY

TUESDAY

Exercise to Music

Time: 9.30am and 10.30am Venue: Monk Bretton Methodist Church, High Street, Monk Bretton

Fun active workout. £3.50 per session.

Provider: Susiemac Fitness Tel: 07896 709091
Start date: n/a Ends: n/a Booking essential: Yes

Inclusive Cycling Activities

Time: 10am-12pm (50 min sessions)
Venue: The Dorothy Hyman Stadium Athletics Track

Led cycling sessions using adapted bikes, trikes, handcycles and wheelchair transporters. For more information visit the Cycling Projects website: www.cycling.org.uk.

Provider: Cycling Projects
Start date: Spring 22 Ends: TBC Booking essential: Yes

Healthy Bones Falls Management (FaME) Class

Time: 10am-12noon Venue: Manor Court Community Centre, Royston

A fun way to keep active, and improve your general wellbeing. First six sessions are free. £3 per session thereafter.

Provider: Healthy Bones Tel: 07895 380615
Start date: n/a Ends: n/a Booking essential: Yes

Providers include:



TUESDAY

Pilates

Time: 11am-12noon Venue: Royston Leisure Centre

Pilates is a head to toe fitness method. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 722991 roystonenquiries@bpl.org.uk

Table Tennis

Time: 2pm Venue: Valley Community Centre, Manor Road, Cudworth

This group is open to all, you do not necessarily have to have played before, and it's a fun way to keep fit.

To speak to Barnsley U3A's New Members Secretary about joining the U3A, please call Helen Dew on 07512 206285. If there is no reply leave a message and you will be contacted.

Provider: Barnsley U3A Tel: 07512 206285
Start date: n/a Ends: n/a Booking essential: Yes



WEDNESDAY

Walk Well Barnsley & Age UK Barnsley Cudworth Walk

Time: 10.30am Meet inside Cudworth Library at 10.30am

Our walks are free. We particularly encourage people with long-term health conditions to join our walks. They're a great way to be more active, improve your health and make new friends. Health walks are not about rambling, hiking or 'power walking' - they're just short led walks in your local area at your own pace. This walk is designed to get the adult population of Cudworth walking together in their local community.

We recommend wearing flat, sensible footwear and bring suitable clothing for the unpredictable British weather! Before you start your first health walk you will be asked to complete a short health questionnaire. If you haven't filled one in already it's a good idea to arrive 10 minutes early so your walk leader can go through this with you. Walk duration approx. 1 hour.

Contact Age UK Barnsley on 01226 776820 or visit the Walking for Health website: www.walkingforhealth.org.uk/content/cudworth-circuit-age-uk.

Start date: n/a Ends: n/a Booking essential: No booking required, though advisable to contact walk leader prior to first attendance on 01226 776820

Club 50+

Time: 11am-12.30pm Venue: New Options Community Fitness Centre, Grimethorpe

An opportunity to take part in physical and social activities, with a focus on physical and mental health and wellbeing.

Provider: New Options Community Fitness
Please call Louise on 07951 561665.
Start date: n/a Ends: n/a Booking essential: Yes

WEDNESDAY

Crown Green Bowling

Time: 10am - 12pm Venue: Carlton Bowling Club, Carlton Park, Church Street, Carlton, Barnsley S71 3EU

An opportunity to play crown green bowls and meet new people, get fresh air and light exercise amongst friendly people. All you need is a pair of flat shoes or trainers. We can provide bowls if needed, or participants can bring their own.

Provider: Carlton Bowling Club Tel: 07468 256552
Start date: Spring 2023 Ends: TBC
Booking on 07468 256552 or message Carlton Bowling Club's Facebook.



NORTH EAST (cont)

WEDNESDAY

Outdoor Exercise Circuits

Time: 6.30pm Venue: Priory Campus, Pontefract Road, Lundwood

Outdoor exercise circuits utilising equipment and body weight exercises. Visit the ExMil Fitness Facebook page for information, or contact Lee on 07794 172553.

Provider: ExMil Fitness Tel: 07794 172553
Start date: n/a Ends: n/a Booking essential: Yes

Yoga

Time: 7pm-8pm Venue: Royston Leisure Centre

Make some time for you by creating a balance between the body and the mind, promoting health and wellbeing and improving your breathing patterns. A great way to relax, unwind and give yourself some self-care.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 722991 roystonenquiries@bpl.org.uk

Aqua Aerobics

Time: 7.30pm-8.15pm Venue: Royston Leisure Centre

Using the water to support your body weight, Aqua Aerobics is an aerobic and toning workout to music. Great for those who love a challenging workout without any impact on the joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 722991 roystonenquiries@bpl.org.uk

THURSDAY

Crown Green Bowling

Time: 10am-12noon Venue: Carlton Bowling Club, Church Street, Carlton, S71 3EY

Crown green bowling is played every Thursday morning from the end of March until the end of the season in September at Carlton Bowling Club. Due to new regulations from the BCGBA body, bowlers at any bu3a organised group have to be associate or casual bowlers of that club if not already full members.

If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512206285. If there is no reply do leave a message and you will be contacted.

Provider: Barnsley U3A Tel: 07512 206285
Start: March Ends: Sep Booking essential: Yes

Gentle Exercise

Time: 10am Venue: Monk Bretton Methodist Church, High Street, Monk Bretton

Fun active workout. £3.50 per session.
Tel Susie on 07896 709091.

Provider: Susiemac Fitness Tel: 07896 709091
Start date: n/a Ends: n/a Booking essential: Yes



FRIDAY

Badminton

Time: 9.30am Venue: Cudworth Methodist Church Hall, Barnsley Road, S72 8SU

We have fun, exercise and socialise - the accent being on fun!

If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512206285. If there is no reply do leave a message and you will be contacted.

Provider: Barnsley U3A Tel: 07512 206285
Start date: n/a Ends: n/a Booking essential: Yes

Tai Chi Exercises

Time: 1pm-2pm Venue: Valley Community Centre, Manor Road, Cudworth

A specialised Tai Chi session that focuses on falls prevention and arthritis. Dr Lam's Tai Chi for Arthritis programme has helped many thousands of people across the world to improve their health and wellbeing through regular Tai Chi practice. Research shows this programme can improve balance, reduce falls, reduce joint pain and improve flexibility and mood.

First six sessions are free. £3 per session thereafter. To book your place please call Age UK Barnsley on 01226 776820

Provider: Shirley Sherwood, Tai Chi Instructor
Start date: n/a Ends: n/a Booking essential: Yes



DEARNE AREA

MONDAY

Zumba

Time: 9.15am-10.15am Venue: Dearnside Leisure Centre

Exercise in disguise – you won't even realise you are exercising it is so much fun! Get ready to have a giggle while you wiggle and shake out all the stresses with like-minded friends!

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

B:friend Social Club

Time: 10am-12noon Venue: Thurnscoe Social Club, Rainbow Centre, Houghton Road, Thurnscoe, S63 0JY

Weekly social club for older people with a range of activities, including physical activities such as dance, yoga and pilates at least once a month. No charge for the session, but donations towards cost of teas/coffees welcome.

Provider: B:friend Tel: 07895 725377
Start date: n/a Ends: n/a Booking essential: No

TUESDAY

Aquacise

Time: 10.45am-11.30am Venue: Dearnside Leisure Centre

Using the water to support your body weight, this is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

TUESDAY

Pilates

Time: 6.15pm-7pm Venue: Dearnside Leisure Centre

Pilates is a head to toe fitness method. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

WEDNESDAY

B:friend Social Club

Time: 10am-12noon Venue: Bolton upon Dearne Social Club, St Andrew's Sq Community Centre S63 8DD

Weekly social club for older people with a range of activities, including physical activities such as dance, yoga and pilates at least once a month.

There is no charge for the session. Donations towards the costs of teas/coffees are welcomed.

Provider: B:friend Tel: 07895 725377
Start date: n/a Ends: n/a Booking essential: No

Fitness Pilates

Time: 7.30pm-8.30pm Venue: Dearnside Leisure Centre

A group exercise programme designed to enhance the posture, strength, balance and stability of a healthy adult.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

THURSDAY

Fitness Pilates

Time: 9.30am-10.30am Venue: Dearnside Leisure Centre

A group exercise programme designed to enhance the posture, strength, balance and stability of a healthy adult.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

Nifty 50's

Time: 10.30am-11.30am Venue: Dearnside Leisure Centre

A gentler class that combines various exercises and movements to work different body areas in one class.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

Swimfit

Time: 6pm-7pm Venue: Dearnside Leisure Centre

An invigorating workout in the pool that gently conditions the body without putting excess strain on muscles and joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk


FRIDAY

Aquacise


Time: 10.45am-11.30am Venue: Dearnside Leisure Centre

Using the pool to support your body, this aerobic and toning workout to music is challenging without impact on the joints.

Provider: Barnsley Premier Leisure
Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01709 880040 dearnsideenquiries@bpl.org.uk

MONDAY	TUESDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tai Chi ■</p> <p>Time: 10.30am-11.30am Venue: Penistone Leisure Centre</p> <p>Tai Chi can help to improve your balance, flexibility and posture, known as an 'internal martial art', an holistic exercise to benefit the mind, body and spirit. Zheng Wu teaches both yang style (suitable for beginners) and chen style (more advanced). He also teaches meditative breathing exercises called qi gong. £5 per session.</p> <p>Book online www.penistoneleisurecentre.org.uk/book/tai-chi/ or call Penistone Leisure Centre on 01226 763949</p> <p>Provider: Sporting Penistone Tel: 01226 763949 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Walking Group Penistone</p> <p>Day: Tuesday (2nd & 4th Tuesday of the month) Time: 10am</p> <p>4-5 mile walks. Moderate low level in the Penistone area. Leaders will have walked the route beforehand and know of any stiles, slopes and inclines (please check with co-ordinator if these are of concern). Most walks meet in a public car park and if needed car sharing can be arranged. Suitable footwear and wet weather gear are essential equipment.</p> <p>Contact Barnsley U3A's New Members Secretary Helen Dew about joining on 07512 206285 (leave a message).</p> <p>Provider: Barnsley U3A Tel: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Modified Pilates</p> <p>Time: 7pm Venue: Cawthorne Village Hall, Tivy Dale, Cawthorne, Barnsley, S75 4EH</p> <p>Exercise that focuses on balance, posture, strength and flexibility. Suitable for all ages and fitness levels. Modified Pilates is designed for those with medical/orthopaedic conditions. However, it is also great for improving general fitness, muscle tone, flexibility and wellbeing.</p> <p>6 week block £50. www.lightenupphysio.co.uk</p> <p>Provider: Lighten Up Physiotherapy Start date: n/a Ends: n/a Booking essential: Telephone Ruth on 07876 237556</p>	<p>Silkstone Wagon Way Walk ■</p> <p>Time: 11am Meet at: Pot House Hamlet</p> <p>Totally free and a great way to get active, improve your health and make new friends. We encourage people with long-term health conditions too, as these walks are not rambling or hiking, but simply short walks in your local area at your own pace. Sensible footwear and suitable clothing for all weather recommended! You'll need to complete a short questionnaire before your first walk (please arrive 10 minutes early for this).</p> <p>Walks finish around 12.00-12.30pm. Contact Age UK Barnsley for further information on 01226 776820</p> <p>Provider: Walk Well Barnsley & Age UK Barnsley Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Healthy Bones Falls Management Exercise Class (FaME) FP</p> <p>Time: 10am-11.30am Venue: Thurgoland Village Hall</p> <p>A fun way to keep active, and improve your general wellbeing. First six sessions are free. £3 per session thereafter.</p> <p>Provider: Healthy Bones Tel: 07895 380615 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Tai Chi Exercises ■</p> <p>Time: 11am-12noon Venue: St John's Community Centre, Penistone</p> <p>A specialised Tai Chi session that focuses on falls prevention and arthritis. Dr Lam's Tai Chi for Arthritis programme has helped many thousands of people across the world to improve their health and wellbeing through regular Tai Chi practice. Research shows this programme can improve balance, reduce falls and joint pain, improve flexibility and mood.</p> <p>First six sessions are free. £3 per session thereafter. To book your place please call Age UK Barnsley on 01226 776820</p> <p>Provider: Shirley Sherwood, Tai Chi Instructor Start date: n/a Ends: n/a Booking essential: Yes</p>
<p>Walking Netball</p> <p>Time: 11.45am-12.45pm Venue: Penistone Leisure Centre</p> <p>Walking Netball is a slower version of the game. Netball at a walking pace so anyone can play, regardless of age or fitness level. Hannah Burton leads the sessions. It's a fun and friendly team game - come along and have a giggle! £4 per session.</p> <p>Book online www.penistoneleisurecentre.org.uk/book/walking-netball/ or call 01226 763949</p> <p>Provider: Sporting Penistone Tel: 01226 763949 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Crown Green Bowling ■</p> <p>Time: 10.30am-12.30pm Venue: Penistone Bowling Club</p> <p>New regulations from the BCGBA state bowlers at any BU3A organised group must be associate or casual bowlers of that club (if not already members).</p> <p>To speak to Barnsley U3A's New Members Secretary about joining the U3A, tel Helen Dew on 07512 206285.</p> <p>Provider: Barnsley U3A Tel: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>WEDNESDAY</p>		<p>Zumba ■ ■</p> <p>Time: 9.15am Venue: Penistone Leisure Centre</p> <p>We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.</p> <p>Provider: Sporting Penistone Start date: n/a Ends: n/a Booking essential: Yes Tel: 07398238691 Tracy.moulson@gmail.com</p>	<p>Community Gardening ■</p> <p>Time: 10am-2pm Venue: Springvale Community Garden, Off Sheffield Road, Springvale, Penistone, Sheffield, S36 6HJ</p> <p>Opportunities at Springvale Community Garden include general vegetable / flower gardening, site and orchard maintenance, looking after the pond and maintaining the footpaths and walkways.</p> <p>Contact: springvalecommunitygarden@yahoo.co.uk. Facebook/SpringvaleCommunityGarden www.springvaleonline.com</p> <p>Provider: Springvale Community Garden Booking essential: No</p>
<p>Chair Fitness ■</p> <p>Time: 12.30-1.30pm Venue: Penistone Leisure Centre</p> <p>Chair Fitness is a gentle exercise class adapted to suit less able people. Our coach, Rachel is experienced in working with older or less able people to help them with fall prevention, core strength and general fitness.</p> <p>Provider: Sporting Penistone Tel: 01226 763949 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>PenActive ■</p> <p>Time: 1.30pm Venue: Penistone Leisure Centre</p> <p>A 'Youth Club for Older People', aimed at over 60's - a fun and friendly session with time for both socialising and exercise!</p> <p>£3 per session. Book online at www.penistoneleisurecentre.org.uk or call 01226 763949</p> <p>Provider: Sporting Penistone Tel: 01226 763949 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Chair Based Exercise ■</p> <p>Time: 10am-12noon Venue: Tankersley Welfare Hall</p> <p>Provider: Age UK Barnsley tel: 01226 776820 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Walking Rugby</p> <p>Time: 7pm Venue: Rugby Ground, Finkle St Lane, Wortley</p> <p>Walking Rugby is a fun team game, accessible if you have played rugby before or not. This easy version of the game with no physical contact is great exercise and fun!</p> <p>Provider: Wortley Rugby Club Booking essential: No</p>	<p>Pilates</p> <p>Time: 10.15am Venue: Penistone Leisure Centre</p> <p>Pilates is a gentle exercise that covers stretching and breathing techniques – All exercises can be modified to individual participants.</p> <p>Provider: Sporting Penistone Start date: n/a Ends: n/a Booking essential: Yes Tel: 07398238691 Tracy.moulson@gmail.com</p>	<p>Community Gardening ■</p> <p>Time: 10am-2pm Venue: Springvale Community Garden, Off Sheffield Road, Springvale, Penistone</p> <p>Springvale Community Gardening includes general vegetable and flower gardening, site and orchard maintenance, looking after the pond and maintaining the footpaths and walkways.</p> <p>Provider: Springvale Community Garden Booking essential: No Website: www.springvaleonline.com springvalecommunitygarden@yahoo.co.uk Facebook/SpringvaleCommunityGarden</p>
<p>SATURDAY</p>					
<p>Community Gardening ■</p> 					

SOUTH AREA

MONDAY	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY
<p>Walk Well Barnsley & Age UK Barnsley Wombwell Walk ■■</p> <p>Time: 10am Venue: Meeting point is Kate's Sandwich Bar, Wombwell</p> <p>All our walks are free for people to attend. We particularly encourage people with long-term health conditions to join our walks. They're a great way to be more active, improve your health and make new friends. Health walks are not about rambling, hiking or 'power walking' - they're just short led walks in your local area at your own pace. This walk is a one hour (approximately) steady walk.</p> <p>Contact Age UK Barnsley on 01226 776820 or visit the Walking for Health website: https://beta.ramblers.org.uk/go-walking/wellbeing-walks/wombwell-wellbeing-walk-7. We recommend that you wear flat, sensible footwear and bring suitable clothing for the unpredictable British weather! Before you start your first health walk you will be asked to complete a short health questionnaire. If you haven't filled one in already it's a good idea to arrive for your first walk about 10 minutes early so your walk leader can go through this with you.</p> <p>Provider: Walk Well Barnsley and Age UK Barnsley Start date: n/a Ends: n/a Booking essential: No Tel: 01226 776820</p>	<p>Pilates ■■</p> <p>Time: 12.30pm-1.30pm Venue: Hoyland Leisure Centre</p> <p>Pilates is a head to toe fitness method. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	<p>Aquacise ■■</p> <p>Time: 10am-11am Venue: Hoyland Leisure Centre</p> <p>Using water to support your body weight, this aerobic and toning workout to music is in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	<p>Wombwell Circuit Walk ■</p> <p>Time: 10.30am Venue: Meeting point is Church Street Car Park, Wombwell, Barnsley S73 0DQ</p> <p>All our walks are free for people to attend. We particularly encourage people with long-term health conditions to join our walks. They're a great way to be more active, improve your health and make new friends. Health walks are not about rambling, hiking or 'power walking' - they're just short led walks in your local area at your own pace. This walk is a 60 minute walk on flat and even paths</p> <p>We recommend that you wear flat, sensible footwear and bring suitable clothing for the unpredictable British weather! Before you start your first health walk you will be asked to complete a short health questionnaire. If you haven't filled one in already it's a good idea to arrive for your first walk about 10 minutes early so your walk leader can go through this with you.</p> <p>Visit website: www.walkingforhealth.org.uk</p> <p>Provider: Walk Well Barnsley and Age UK Barnsley Start date: n/a Ends: n/a Booking essential: No booking required, though advisable to contact walk leader prior to first attendance. Tel: 01226 776820</p>	<p>Aquacise ■■</p> <p>Time: 3pm-4pm Venue: Hoyland Leisure Centre</p> <p>Using the water to support your body weight, this is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	<p>Walking Cricket</p> <p>Time: 10am-12noon Venue: Hoyland Leisure Centre</p> <p>An opportunity for older people to improve fitness and have fun as part of a team.</p> <p>Provider: Barnsley U3A & Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 206285 hoylandenquiries@bpl.org.uk</p>
	<p>Tai Chi Exercises</p> <p>Time: 1.15pm-2.15pm Venue: Billingley Village Hall</p> <p>A specialised Tai Chi session that focuses on falls prevention and arthritis. Dr Lam's Tai Chi for Arthritis programme has helped many thousands of people across the world to improve their health and wellbeing through regular Tai Chi practice. Research shows this programme can improve balance, reduce falls, reduce joint pain and improve flexibility and mood.</p> <p>First six sessions are free. £3 per session thereafter. To book call Age UK Barnsley on 01226 776820</p> <p>Provider: Shirley Sherwood, Tai Chi Instructor Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Hatha Yoga ■■</p> <p>Time: 10am-11am Venue: Birdwell Methodist Church</p> <p>Provider: Yoga with Melissa Tel: 07703 807027 Start date: n/a Ends: n/a Booking essential: Yes</p>		<p>Yoga ■</p> <p>Time: 6.15pm-7.15pm Venue: Hoyland Leisure Centre</p> <p>Make some time for you by creating a balance between the body and the mind, promoting health and wellbeing and improving your breathing patterns.</p> <p>A great way to relax, unwind and give yourself some self-care.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	
<p>Healthy Bones Falls Management Exercise (FaME) Class ■■</p> <p>Time: 10am-12noon Venue: Birdwell Methodist Church</p> <p>A fun way to keep active, and improve your general wellbeing.</p> <p>First six sessions are free. £3 per session thereafter. To book, call Bronia at Healthy Bones on 07895 380615.</p> <p>Provider: Healthy Bones Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Trigger Point Pilates ■</p> <p>Time: 6.15pm-7.15pm Venue: Birdwell Methodist Church</p> <p>Provider: Yoga by Melissa Tel: 07703 807027 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Sequence Dancing 2</p> <p>Time: 2pm-4pm Venue: Birdwell Community Hall, Rockingham Street, Birdwell</p> <p>If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply do leave a message and you will be contacted. £3 per session.</p> <p>Provider: Barnsley U3A Tel: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>		<p>Aquacise ■■</p> <p>Time: 7.30pm-8pm Venue: Hoyland Leisure Centre</p> <p>Using the water to support your body weight, this is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	<p>Gardening</p> <p>Time: 10am-12noon Venue: Owd' Martha's Yard, West Street, Hoyland, S74 9AH</p> <p>Opportunities to get involved in light gardening at Owd' Martha's Yard. Activity will take place where weather permits.</p> <p>More info on Facebook page owdmarthasyard</p> <p>Provider: Owd' Martha's Yard Start date: n/a Ends: n/a Booking essential: No</p>
	<p>Hatha Yoga ■■</p> <p>Time: 7.30pm-8.30pm Venue: Birdwell Methodist Church</p> <p>Provider: Yoga with Melissa Tel: 07703 807027 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Yoga ■</p> <p>Time: 4.55pm-5.55pm Venue: Hoyland Leisure Centre</p> <p>Make some time for you by creating a balance between the body and the mind, promoting health and wellbeing and improving your breathing patterns. A great way to relax, unwind and give yourself some self-care.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>	<p>Over 50s Netball</p> <p>Time: 1pm-2pm Venue: Hoyland Leisure Centre</p> <p>Provider: Barnsley Premier Leisure Start date: End n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>		<p>Nifty 50's ■</p> <p>Time: 11am-12noon Venue: Hoyland Leisure Centre</p> <p>A gentler class that combines various exercises and movements to work different body areas in one class.</p> <p>Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Yes Tel: 01226 744063 hoylandenquiries@bpl.org.uk</p>

SOUTH AREA (cont)

THURSDAY

Gentle Exercise Class

Time: 1pm-1.45pm Venue: Birdwell Methodist Church

Keep fit, meet new people and have fun! Over 50s gentle exercise class led by Susan McNamee. Exercise includes Zumba Gold, drumsticks and walk fit for fun active workouts with music.

First six sessions are free. £3.50 per session thereafter.

Provider: Hoyland and Birdwell Methodist Chapel

Start date: 20th Oct 22 Ends: n/a Booking essential: Yes

Fitness Pilates

Time: 7.35pm-8.35pm Venue: Hoyland Leisure Centre

Pilates is a head to toe fitness method. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.

Provider: Barnsley Premier Leisure

Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 744063 hoylandenquiries@bpl.org.uk



FRIDAY

Healthy Bones Falls Management Exercise (FaME) Class

Time: 10.30am-12.30pm Venue: Shipcroft Centre, Wombwell

A fun way to keep active, and improve your general wellbeing.

First six sessions are free. £3 per session thereafter.

Provider Healthy Bones. Tel: 07895 380615 Booking essential: Yes

Pilates

Time: 10.30am-11.30am Venue: Hoyland Leisure Centre

Pilates is head to toe fitness. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.

Provider: Barnsley Premier Leisure Tel: 01226 744063

Start date: n/a Ends: n/a Booking essential: Yes

Aquacise

Time: 2.30pm-3.30pm Venue: Hoyland Leisure Centre

Using the water to support your body weight, this is an aerobic and toning workout to music in the pool. Great for those who love a challenging workout without any impact on the joints.

Provider: Barnsley Premier Leisure Tel: 01226 744063

hoylandenquiries@bpl.org.uk Booking essential: Yes

Fitness Pilates

Time: 6pm-7pm Venue: Hoyland Leisure Centre

Make some time for you by creating a balance between the body and the mind, promoting health and wellbeing and improving your breathing patterns. A great way to relax, unwind and give yourself some self-care.

Provider: Barnsley Premier Leisure Tel: 01226 744063

hoylandenquiries@bpl.org.uk Booking essential: Yes

SATURDAY/SUNDAY

Walking Football

Day: Saturday Time: 9.30pm for 10am start

Venue: Wombwell Main Community and Sporting Association

The beautiful game... just a bit slower.

Provider: Wombwell Main Community and Sporting Association

Start date: n/a Ends: n/a Booking essential: No
Tel: 01226 776820



Pilates

Day: Sunday Time: 11am-12noon Venue: Hoyland Leisure Centre

Pilates is a head to toe fitness method. This mat-based exercise class will take you through a conditioning routine to improve strength, flexibility and endurance and is a great way to build skills that will carry over into your sporting activities and everyday life.

Provider: Barnsley Premier Leisure

Start date: n/a Ends: n/a Booking essential: Yes
Tel: 01226 744063 hoylandenquiries@bpl.org.uk

Health, Strength & Stability Classes



Health, Strength & Stability is a group exercise class designed to improve your physical fitness, strength and balance. The exercises are specifically developed to help you feel steadier on your feet and improve your confidence in getting around on your own. The classes are also a great social environment.

Where will the classes be held?

Your Space Hoyland	Monday	2:00pm – 3:00pm
Your Space Metrodome	Wednesday	11:30am – 12:30pm
Your Space Dearnside	Thursday	2:00pm – 3:00pm
Your Space Royston	Friday	12:30pm – 1:30pm

What is the cost?

Your first six sessions are free. After those, the cost per class is £3, or access for free as part of your BPL membership.

Who do I contact?

Email: community.health@bpl.org.uk | Telephone: 01226 738657



Do you wish to have fun whilst staying active?

Are you over the age of 50, and looking to build your strength and balance?

If so, we have the ideal group in your area!



NEW Falls Management Exercise (FaME) Classes

St Andrew's Square Community Centre, Bolton on Dearne

Mondays, 10:30am—12:30pm

&

Rainbow Centre, Thurnscoe

Thursdays, 2pm—4pm

First 6 sessions FREE! £3 per session thereafter.

To book, please call Lesley on 07713 510910.



Barnsley Older People Physical Activity Alliance is an alliance of independent activity providers each responsible for the delivery of their own activities/services.

OTHER PLACES: Inc Various Locations & Online

MONDAY	TUESDAY	TUESDAY	THURSDAY	THURSDAY	SATURDAY/SUNDAY
<p>Monday Walks Time: 10am Venue: Variable Monday walks will be around 4 to 5 miles on 'easy' terrain. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply leave a message. Provider: Barnsley U3A Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Cycling Tuesday (fortnightly) Time: 10.00am Venue: Variable The Cycling Group meets every fortnight from late February through to November at 10am. All rides are on local trails, suitable for families, mostly on the Trans Pennine Trail. Routes are safe, level and generally traffic free, with opportunities for enjoyable days out in the countryside, socialising with other members. We always schedule in stops for refreshments. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512206285. If there is no reply leave a message. Provider: Barnsley U3A Booking essential: Yes Start date: Late February Ends: November</p>	<p>Modified Pilates Time: Tues 8:00pm Venue: Online via Zoom Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It is suitable for all ages and fitness levels. Modified Pilates is specifically designed for people with medical / orthopaedic conditions. However, it is also beneficial for anyone wanting to improve their general fitness, muscle tone, flexibility and general wellbeing. 6 week block - £50. Provider: Lighten Up Physiotherapy www.lightenupphysio.co.uk Start date: n/a Ends: n/a Booking: Tel Ruth 07876 237556</p>	<p>Thursday Walkers 1st & 3rd Thursday of each month (usually at 10.00am) Venue: Variable The walk leader will have walked the route in advance, noting historical or environmental matters of interest. Walks of approx 5.5 miles in length. During summer months longer walks of up to 8 miles are arranged. Walking boots and a kagoule (or other wet-weather gear) are essential equipment Provider: Barnsley U3A Helen Dew: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Bus Pass Walkers 1st & 3rd Thursday of the month Venue: Variable Moderate walks of 4-5 miles along well defined footpaths, disused railways and canals etc, over level countryside with the occasional slope and easy stile. Most walks are point to point using public transport. Usually meet at the Barnsley Interchange and use public transport to the start the walk, then do the walk and finish where a different bus route can be used to return. Walkers will need suitable footwear and rainwear. £3 per session. Provider: Barnsley U3A Helen Dew: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Sunday Strollers Sunday fortnightly 10:00am Venue: Variable Walks are short - usually not more than an hour long - perfect for a little gentle exercise before lunch. We like to walk on fairly flat ground, so those who struggle with more difficult walking should feel quite at home with us. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply leave a message. Provider: Barnsley U3A Start date: n/a Ends: n/a Booking essential: Yes</p>
<p>Dance to Health Time: 10am - 12:00pm Venue: Stocksbridge Leisure Centre, Moorland Drive, Stocksbridge, Sheffield, S36 1EG Dance to Health is a falls prevention programme for older people who have had a fall or who are at risk of falling. The sessions, which can be done either seated or standing, incorporate postural stability with the fun and creativity of dance. There is also the opportunity to have a drink and a chat. £3 per session. More details at www.dancetohealth.org. Contact Jenny Johnson, Coordinator on 07586 367973 or by email at jennyjohnson@ae-sop.org. Provider: Dance to Health Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Tuesday Walking Time: 10.00am Venue: Variable All walks meet at 9:45am for a 10am start and will be approx 5 to 6 miles. The walks vary in severity so please do check with the leader if you have any concerns about suitability. If you wish to speak to Barnsley U3A's New Members Secretary about joining the U3A, please telephone Helen Dew on 07512 206285. If there is no reply leave a message. Provider: Barnsley U3A Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Modified Pilates Time: Wed 09:30am Venue: Online via Zoom Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It is suitable for all ages and fitness levels. Modified Pilates is specifically designed for people with medical / orthopaedic conditions. However, it is also beneficial for anyone wanting to improve their general fitness, muscle tone, flexibility and general wellbeing. 6 week block £50. Provider: Lighten Up Physiotherapy Start date: n/a Ends: n/a Booking: Tel Ruth 07876 237556</p>	<p>Thursday Challenging Walks 2nd Thursday of each month Venue: Variable Walks are challenging in terms of distance, terrain and need a good level of fitness. Good footwear & clothing for all weather essential. Review personal risk assessment check list before every walk. Often an hour's travel to the meeting place. Provider: Barnsley U3A Contact: Helen Dew 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Chair Based Strength & Balance Exercise Time: 12:00-1:00pm Venue: Online Class content will include evidence-based postural stability training exercises. Exercises can be done in a seated or standing position. Join the class from your kitchen, bedroom or any other space in which you can move safely & freely. You will need a sturdy chair, suitable footwear and a can-do attitude! Any medical conditions or injuries will need clearance from a medical professional before taking part. First session is free, then £6 per session. Book online at: www.omJane.com. Provider: omJane 50+ Health and Exercise Start date: n/a Ends: Booking essential: Yes</p>	<p>ALL-WEEK ACTIVITIES</p>
<p>Dance to Health Time: 2.00pm – 3.30pm Venue: Online via Zoom Dance to Health is a falls prevention programme for older people who have had a fall or who are at risk of falling. The sessions, which can be done either seated or standing, incorporate postural stability with the fun and creativity of dance. Provider: Dance to Health www.dancetohealth.org. Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Racketball Time: 10:30 - 12:00 Venue: Stocksbridge Leisure Centre Similar to Squash, but the racket is bigger and the ball is larger and bouncier. £3 per session. Provider: Barnsley U3A Helen Dew: 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Wednesday Ramblers Time: 10.00am Venue: Variable This group now have a walk every Wednesday starting at 10 am, 4 to 5 miles long but may vary in severity therefore it is advisable to check with the leader if this could cause a concern. Details about joining the U3A: Tel Helen Dew on 07512 206285. Provider: Barnsley U3A Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Thursday Longer Walks 4th Thursday of each month Venue: Variable Depending on time of year the walks are usually 8 to 9 miles long. Good footwear and clothing for all weathers essential. Review personal risk assessment checklist before each walk. Can involve challenging ascents and terrain. Often one hour's travel from Barnsley. Provider: Barnsley U3A Contact: Helen Dew 07512 206285 Start date: n/a Ends: n/a Booking essential: Yes</p>	<p>Dance to Health Time: 1:30-3:00pm Venue: Online via Zoom Dance to Health is a falls prevention programme for older people who have had a fall or who are at risk of falling. The sessions, which can be done either seated or standing, incorporate postural stability with fun and creativity of dance. www.dancetohealth.org. Provider: Dance to Health Booking essential: Yes</p>	<p>Swimming Day & Time: Various Venues: Barnsley Metrodome; Hoyland Leisure Centre; Dearneside Leisure Centre and Royston Leisure Centre. Barnsley Premier Leisure offer swims throughout the week (various times) at Barnsley Metrodome, Hoyland Leisure Centre, Dearneside Leisure Centre and Royston Leisure Centre. Metrodome - Tel: 01226 730060 email: metrodomeenquiries@bpl.org.uk Hoyland Leisure Centre – Tel 01226 744063 email: hoylandenquiries@bpl.org.uk Dearneside Leisure Centre – Tel: 01709 880040 email dearnesideenquiries@bpl.org.uk Royston Leisure Centre – Tel: 01226 722991 email: roystonenquiries@bpl.org.uk. Provider: Barnsley Premier Leisure Start date: n/a Ends: n/a Booking essential: Variable</p>
			<p>Strolling Reds Time: 10am Venue: Variable The aim is to help local people get out of the house and improve general health in a relaxed and supportive environment. Sean Margison 01226 211333 community@barnsleyfc.co.uk Start date: n/a Ends: n/a Booking essential: Yes</p>		



Barnsley Older People
Physical Activity Alliance

Visit our website at:
boppaa.ageukbarnsley.org.uk

Call Age UK Barnsley on:
01226 776820

Email Age UK Barnsley at:
enquiries@ageukbarnsley.org.uk.

