

## KEEPING ACTIVE FOR THE OVER 50'S

Note: please call to check availability and times before attending any of these classes.

TYPE	VENUE	CONTACT	DETAILS
<b>ANGLING</b>	Hawes and High Abbotside Angling Association	Mr Phillips 01969 667443	Various
	Richmondshire and District Angling Society	Castle Walk Sports 01748 824144	Various
	Wensleydale Angling Society	Rose and Crown, Bainbridge 01969 650225	Various
<b>ARCHERY</b>	Scorton Archers	Louise Farrow 01748 830008 bethlou99@hotmail.com	Various
<b>BADMINTON</b>	Sowerby Parochial Church Hall, Sowerby	c/o Margaret 01845 523891	Weds 2:00 – 3:30pm & 7:00 – 8:00 pm & 8:00 – 9:00 pm
	Richmond Badminton Club – Marne Barracks	adamswalwell@hotmail.com	Weds 7:00 – 9:00pm
	Leyburn Badminton Club	Thomas Coulson 01969 622690	
	Low Row Badminton Club, Richmond	John Hall 01748 886545	
	West Burton Badminton Club	Christine Platt 01969 663792	
<b>BALLROOM, OLD TIME &amp; SEQUENCE</b>	Town Hall Northallerton	Graham Fenny 01642 356644	Weds 7:00 pm
	Encore School of Dance	01609 777736	Various
	Village Hall Topcliffe	Judy Lowe 01609 577911	Fri 7:00 – 8 :00 pm
	East Thirsk Community Hall, Thirsk	Elizabeth Macleod 01845 522090	Last Sat of each month 8:00 – 10:30 pm
	Romanby Dance Club W.I. Hall, Romanby	Mr & Mrs Cargill 01609 770398	Mon 8:00 – 10:30 pm
	Sioux City LDC Chantry Hall, Bedale	Hazel 01748 822248	Tues
	Brompton Dance Club Brompton Village Hall	Mr & Mrs Shuttleworth 01609 772884	Thurs 8:00 – 10:30 pm
	Applegarth Academy Bridge Hotel Catterick	Ann Johnson 07811 914089	Mon & Tue 7:00 pm onwards
	Dales Old Time Dance Club, West Burton Village Hall	01969 650182 01969 623181	2 <sup>nd</sup> Fri each month from October to March
	Harmby Village Hall	Joy 01748 818854	Thurs 7:30 – 10:00 pm

<b>BELLY DANCING</b>	Dance Kiya Romanby Methodist Hall	Janette Hewitt 01609 774954	Wed 7:30 – 9:00 pm
	Thirsk School	Adult Learning 01609 533900	Mon 7:00 – 9:00 pm
	Stokesley School		Mon 7:00 – 9:00 pm
	Bedale Area Sports Assoc		Tues 7:00 – 9:00 pm
	Stokesley Leisure Centre	01642 711140	Tues 7:45 pm
	Richmond School	Adult Learning 0845 873 6585	Thurs (term time) 7:30 – 9:00 pm
	Askrigg Wensleydale Centre	01969 650060	Tues (term time) 7:30 – 9:00pm
<b>BOWLING</b>	Catterick Village Bowling Club	Neil Emsen 01748 811822 maalla@btinternet.com	
	Richmond Bowling Club	John Capewell 01748 822172 teamcapewell@btinternet.com	
<b>CIRCLE DANCE</b>	Leyburn Circle Dance Harmby Village Hall	Wendy Barron 01969 623798	Mon 7:00 – 9:00 pm
<b>CYCLING</b>	SABLE cycling group Scorton	John Yorke 07795 097985 www.scortoncycling.co.uk	Sun mornings
	Cycle Referral Scheme	RDC/HDC Lesley Williams 01609 767242	12 week courses
<b>DANCE</b>	Dance fitness Richmond 6 <sup>th</sup> Form Centre	Adult Learning 0845 873 6585	Weds 7:00 – 8:30 pm From 6 <sup>th</sup> Oct
<b>FOLK</b>	Mowbray Folk Dance Northallerton Methodist Church Hall	Mrs Hanson 01609 775381	Tues Sept to May 7:30 – 9:30 pm
	Worsall Folk Dance Grp Social Centre, Yarm	Judy Wilkinson 01642 701006	Tues 7:15 – 9:15 pm
<b>HORSE RIDING</b>	Arklemoor Riding Club Reeth	01748 884737 www.arklemoor.co.uk	
<b>INDOOR BOWLS</b>	Easingwold Bowling Club	Fred Woods 01347 838576	Various
	Bedale Bowling Club	Margaret Hirst 01677 423376 hirstmargaret@aol.com	Various
	Carpet Bowls, Hambleton Forum	John Bunting 01609 779767	Thurs at 1.15 pm
	Stokesley Bowls Club, Stokesley Town Hall	Don Bowkes 01642 710919	Tues 1:30-4:00 pm
	Thirsk Bowling Club, Sowerby Flatts	Jean Rhodes 01845 523446	Various
	Indoor Bowls Club Brompton on Swale	Roy Mathers 01748 812053	Mon: Weds: Fri – afternoons

<b>KEEP FIT</b>	Nifty fifties (Northallerton)	Sheila Grant 07966 187226	Frid (term time) 9:30 – 10:30 am
	Chantry Hall Bedale		Mon 11:00 – 12:00 pm
	50+ Fitness Mix Bedale Leisure Centre	01677 427272	Wed 9:30 – 10:30 am
	50+ Fitness Mix Hambleton Leisure Centre	01609 777070	Fri 9:00 – 10:00 am
	50+ Gym session, Stokesley Leisure Centre	01642 711140	Tues 9:30 – 10:30 am
	50+ Gym session, Thirsk Leisure Centre	01845 522447	Mon 10:00-11:00 am
	Aerobics Stokesley Town Hall	01642 710270	Thurs 10:30-11:30 am
	Over 55's Fit Club Stokesley Town Hall	01642 710270	Tues 10:00-11:00 am
	Senior Keep Fit, Galtres Centre	01347 822472	Mon 10:00-11:00 am
	Dancercise, Galtres Centre, Easingwold	Sarah Macvean 07940 361119	Thurs 11:30 – 12:30 pm
	Dancercise, East Thirsk Community Centre	Sarah Macvean 07940 361119	Tues 10:30 – 11:30 am
	Sowerby Parochial Church Hall, Sowerby Thirsk	Kate Rowley c/o Margaret 01845 523891	Mon 10:00 – 11:00 am & 2:00 – 3:00 pm Weds 6:00 – 7:00 pm
	Legs, ,Bums and Tums Catterick Leisure Centre	01748 831030 www.catterickleisurecentre.com	Mon 7:00 – 8:00 pm Tues 9:30 – 10:30 am Thurs 9.30 : 10:30 am Sun 10:00 – 11:30 am
	Legs, Bums and Tums Richmond Sports Complex	01748 824581 / 826382 www.rltrust.org.uk	Mon 6:00 – 7:00 pm
	Prime Movers 60+ Catterick Leisure Centre	01748 831030 www.catterickleisurecentre.com	Mon 12:00 – 1:00 pm Check out Prime Movers Club
	Stretch Session Catterick Leisure Centre	01748 831030 www.catterickleisurecentre.com	Weds 10:30 – 11:00 am
	Gentle Exercise for the Over 50's	Askrigg, Wensleydale Centre 01969 650060	Mon (term time) 10:00 – 11:00 am
	Gentle Exercise	Middleham Key Centre (01969) 624002	Weds 11:45 – 12:45 pm
	Beginners Keep Fit Richmond School	Adult Learning 0845 873 6585	Mon (term time) 7:00 – 8:00 pm
	Booth Hall Catterick Village	Margaret Knowles 01748 812782	Fri 9:30 – 11:00 (inc refreshments)
Gentle Exercise Colburn Sports and Recreation Centre	01748 835660	Mon – 11:00 – 12 noon	

<b>LINE DANCING</b>	Laughter Lines Western Sowerby Institute	Jackie and Andy Fallows Jackie_fallows@onetel.com 01609 781266	Mon 1:00 – 3:00pm Intermediate (from 6/9/10) Mon 6:30 – 7:30 pm Beginners (from 6/9/10) Mon 7:30 – 10:00 pm Intermediate (from 6/9/10) Weds 7:30 – 9:00 pm Beginners (from 8/9/10)
	South Otterington Village Hall		
	Romanby Stompers Catholic Hall, N'allerton	Alison Oldfield 01609 779726	Thurs 2.30 - 4.00 pm (50+) Thurs 7:30 – 9:00 pm
	Sioux City LDC Chantry Hall, Bedale	Hazel 01748 822248	Tues
	The Ranch Hutton Rudby	Janet and Fred Bulmer 01642 723525	Weds - Beginners 7.20pm
<b>OUTDOOR PURSUITS</b>	Swaledale Outdoor Club	Trevor Thurow 01325 377497	
<b>PILATES</b>	Hambleton Forum	Sheila Grant 07966 187226	Fri (term time) 10:30 – 11:30 am
	Chantry Hall Bedale	Sheila Grant 07966 187226	Weds 9:15 – 10:15 am
	Stokesley Town Hall	01642 710270	Fri (times to be confirmed)
	Sutton on the Forest Primary School	Vicky Bailey 01347 810392 v.bailey100@btinternet.com	Weds & Thurs 7:00 – 8:00 pm
	Richmond Sports Complex	01748 824581 / 826382 www.rltrust.org.uk	Weds 6:00 – 7:00 pm
	Askrigg – Wensleydale Centre	01969 650398 07989 365363	Mon 6:30 – 7:30 pm Thurs 7:30 – 8:30 pm
	Middleham Key Centre	Becky Fowler 01969 624247	Thurs 6:30 – 7:30 pm
	Catterick Leisure Centre	01748 831030	Mon 1:00 – 2:00 pm Thu 7:00 – 8:00 pm Fri 7:00 – 8:00 pm
<b>SALSA</b>	Eppleby Village Hall Eppleby	Ray Hutchinson 07788 873523	Tues 7:30 pm
	Forum Arts Centre Darlington		Mon 7:15 pm
	Louis Bar, Catterick Garrison	Lol Stevens 01748 833214	First Tues in each month 7:30 pm
<b>SOLO SALSA</b>	Mill Hill School Northallerton	Amanda Piper 07713 895991	Weds 6:00 pm
	Thirsk Town Hall	Sarah Macvean 07940 361119	Mon 10:30 – 11:30 am
	Galtres Centre, Easingwold	Sarah Macvean 07940 361119	Thurs 1:00 – 2:00 pm
	Richmond 6 <sup>th</sup> Form Centre	Adult Learning 0845 873 6585	Mon 8:00 – 9:00 pm From 20 <sup>th</sup> Sept
<b>SCOTTISH COUNTRY DANCING</b>	Northallerton Caledonian Society	Brenda Pattison 01609 771491	Thurs 7:30 – 9:30 pm
	Scottish Country Dance, Richmond	Jan Robinson 01748 884786	Autumn Term 8th Sept to 15th Dec 2010

			Spring term 12th Jan 27th April 2011
	The Booth Memorial Hall, Catterick Village	Wendy Thomson 01748-811449 or Geoff Robinson 01748-884786	Weds 7:30 – 9:30 pm
<b>SQUARE DANCING</b>	Galtres Centre, Easingwold	01347 822472	Tues 2:00 – 4:00 pm
<b>STRICTLY COME DANCING</b>	The Forum Northallerton	01609 767203 Kate Staines	Thurs 10.00 – 11.30 am
<b>SWIMMING</b>	60+ sessions Bedale Leisure Centre	01677 427272	Tues 10 – 11:30 am Thurs 2 – 3:30 pm
	60+ sessions Hambleton Leisure Centre	01609 777070	Tues 1:30 – 2:30 pm Thurs 9 – 11 am
	60+ sessions Stokesley Leisure Centre	01642 711140	Mon 2 – 3pm Fri 9:30 – 11:30 am
	60+ sessions Thirsk Leisure Centre	01845 522447	Mon 11 – 12 noon Wed 1:30 – 2.30 pm
	50+ sessions Richmond Pool	01748 824581	Mon 11:30 – 12:30 pm Fri 11:30 – 12:30 pm
	60+ sessions Richmond Pool	01748 824581	Tues 10:30 – 11:30 am
	Aqua Fit Catterick Leisure Centre	01748 831030 www.catterickleisurecentre.com	Mon 5:30 – 6:30 pm Thurs 6:30 – 7:30 pm Fri 11:00 – 12:00 pm
	Aqua Fit Richmond Swimming Pool	01748 824581 www.rltrust.org.uk	Mon 9:00 – 10:00 am Fri 12:30 – 1:15 pm
	Fitness Swim Richmond Swimming Pool	01748 824581 www.rltrust.org.uk	Tues 12:00 – 1:30 pm Thurs 11:30 – 1:30pm
	Adult Synchronised Swimming for beginners	01748 824581 www.rltrust.org.uk	Mon 2:00 – 2:45 pm
	<b>T'AI CHI (QI GONG)</b>	Romanby WI Hall	Adult Learning 01609 533900
Northallerton Catholic Church		Adult Learning 01609 533900	Tues 5:30 – 6:30 pm
Thirsk Town Hall		Sue Dixon 01845 523734	Tues 12:45 – 1:45 pm & 7:00 – 8:00 pm
Sowerby Parochial Hall		Pat Brookes 01845 525020	Mon 6:30 – 7:30 pm
Borrowby Village Hall		Val Box 01845 523880	Weds afternoons
Chantry Hall Bedale			Weds 10:45 – 11:45 am
Stokesley Town Hall			Weds 9:30 – 10.30 am
Galtres Centre Easingwold			Wed 1:00 – 2:00 pm
Thirsk Town Hall		Tues 12:45 – 1:45 pm (beginners)	

			Tues 2:00 – 3:00 pm (improvers)
	Great Ayton Methodist Church Hall	Keith Wilkinson 01642 723802 keith.s.w@talktalk.net	Weds 7:00 – 8:30 pm
	Methodist Church Hall, Northallerton	Adult Learning 0845 873 6585	Tues 10:00 – 12:00 pm
	Booth Hall, Catterick Village		Fri (term time) 1:30 – 2:30 pm
	Catterick Leisure Centre	01748 831030	Thurs 12:30 – 1:30 pm
	Richmond	Sue Holden 01748 825732	Fri 12:15 – 1:15 pm
<b>TABLE TENNIS</b>	Hackforth Village Hall	Mrs Betty Burke 01677 422276	Mon 7:00 to 9:30 pm (except August)
<b>TAP</b>	Stokesley Leisure Centre	01642 711140	Mon 5:30 pm
	Richmond 6 <sup>th</sup> Form Centre	Adult Learning 0845 873 6585	Mon 6:00 – 7:30 pm From 20 <sup>th</sup> Sept
	Richmond Sixth Form Centre	Alan Beattie 01845 537431	Thurs 6:00 – 7:30 pm
	Wensleydale School Leyburn	falanbeattie@btinternet.com	Weds 6:00 – 7:00 pm
<b>TEA DANCES</b>	Community Care Assoc Stokesley	Phil Henderson 01642 710085	Alternate Thurs 1:30pm – 3:30pm
	Social Sequence Dance Roman Catholic Church Hall, Northallerton	Mr & Mrs Cargill 01609 770398	2 <sup>nd</sup> & 4 <sup>th</sup> Weds each month 2:00 – 4:00 pm
	Reeth Memorial Hall Reeth, nr Richmond	Margaret Brice 01609 771624	3 <sup>rd</sup> Thurs each month 2:00 pm
	Colburn Village Hall Colburn		Thurs 2:00 – 4:00 pm
<b>TENNIS</b>	Sowerby Parochial Church Hall, Sowerby	Mary Rose Proctor c/o Margaret 01845 523891	Tues 3:45 – 4:30pm Fri 4:00 – 6:15 pm (winter)
	Thirsk Tennis Club / Athletic & Social Club	Nick Hatch 01677 425874	Various
	Thirsk Tennis Club / Athletic & Social Club	Ralph Winwood 07749 021514	Weds 2:00 – 3.30 pm
	Northallerton Tennis Club	Andy Holt 07726 961616 www.northallertontennis.org.uk	Various
	Leyburn Tennis Club	Tania Deacon 01969 622923	Various
<b>U3A</b>	U3A Meetings Hambleton Forum	Maggie Grocotte 01609 774067	Mon 1:30 – 4:30 pm Fri 1:30 – 4:30 pm
	Badminton Hambleton Forum	Maggie Grocotte 01609 774067	Thurs 9:00 – 10:00 am
	Keep fit Hambleton Forum	Maggie Grocotte 01609 774067	Thurs 1:00 – 2:00 & 2:00 – 3:00
	Indoor Bowls (age 60+) Hambleton Forum	Stan Woodhouse 01609 779121	Thurs 1:15 – 3:45 pm

<b>WALKING</b>	Hambleton Strollers (Age Concern)	Paul Fisher 01609 771624	Various
	Amblers – Swaledale	Barbara Laxton 01748 886480	Various
	Ramblers – Swaledale	Peter Calow 01748 884320	Various
	Walk For Health Richmond	William Gedye 07710739192	Various
<b>YOGA</b>	Bedale High School	Adult Learning 01609 533900	Wed 6:30 – 8:30 pm
	Bedale High School, Bedale	Adult Learning 01609 533900	Weds 6:30 – 8:30 pm
	Sowerby Parochial Church Hall Sowerby, Thirsk	Diane Williams c/o Margaret 01845 523891	Tues 6:00 – 9:00 pm Weds 10:00 – 11:30 am
	Leyburn Primary School	Adult Learning 0845 873 6585	Tues (term time) 6:30 – 8:30 pm
	Richmond School	Adult Learning 0845 873 6585	Mon (term time) 6:30 – 8:30 pm
	Catterick Leisure Centre	01748 831030	Fri 9:30 – 10:30 am & 5:30 – 6:30 pm
	Catholic Church Hall, Newbiggin, Richmond	Gillian Howells 01748 825362 day or 825221 evening	Thursday 6:45 – 8:15 pm
	Middleham Key Centre	(01969) 624002	Tues 7:00 – 8:30 pm Weds 10:00 – 11:30 am

If any this information is incorrect or you would like to add an activity to this list please contact Lesley Williams on 01609 767242 or [lesley.williams@hambleton.gov.uk](mailto:lesley.williams@hambleton.gov.uk)

