



Youth & Community Activities Programme

Autumn/Winter 2016

September - December

**Please see inside for
a monthly calendar
of events of this
years activities**



Celebrate!

On Monday 21st November 2016 from 4:30pm onwards we are holding a Scrapbooking and celebration event to celebrate the activities that have been taking place over the Summer.

All those involved in organising and who participated in events are invited to come along to the Jan Cutting Healthy Living Centre for a cup of tea, a piece of cake and an opportunity to share memories, photos etc. from the activities.

For more information please call us on 01752 203670



Youth & Community Activities

September 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26th	27th	28th	29th	30th	01st	02nd
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+) 4.30pm—7.00pm - Horizons, Sailing Club (8yrs+)			

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
03rd	04th	05th	06th	07th	08th	09th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+) 4.30pm—7.00pm - Horizons, Sailing Club (8yrs+)			
10th	11th	12th	13th	14th	15th	16th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
17th	18th	19th	20th	21st	22nd	23rd
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			

October 2016—Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24th	25th	26th	27th	28th	29th	30th
11.00am—12.00noon - Ford/Activ8 Gym, Mixed Fitness/Cardio Sessions (Over 11yrs)	11.00am—12.00noon - Ford/Activ8 Gym, AQA Multi-gym Fitness Course (11-17yrs)	11.00am—12.00noon - Ford/Activ8 Gym, AQA Multi-gym Fitness Course (11-17yrs)	9.00am—12.00noon - NPCL, Lantern Making at the KGP Centre (8yrs+) Time TBC - Freespirit, Day Activities (5-15yrs) 11.00am—12.00noon - Ford/Activ8 Gym, AQA Multi-gym Fitness Course (11-17yrs) 4.30pm—6.00pm - KGP Centre, Youth Club (Up to 11yrs) 6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)	9.00am—12.00noon - NPCL, Family Cookery (8yrs+) 11.00am—12.00noon - Ford/Activ8 Gym, Mixed Fitness/Cardio Sessions (Over 11yrs)		

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31st Oct	01st	02nd	03rd	04th	05th	06th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
07th	08th	09th	10th	11th	12th	13th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
14th	15th	16th	17th	18th	19th	20th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
21st	22nd	23rd	24th	25th	26th	27th
4:30pm - Summer Celebration Event at the Jan Cutting Healthy Living Centre (All Welcome)			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
28th Nov	29th Nov	30th Nov	01st	02nd	03rd	04th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
05th	06th	07th	08th	09th	10th	11th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			
12th	13th	14th	15th	16th	17th	18th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)	10.00am - Timebank, Wreath Making (Adults)		
19th	20th	21st	22nd	23rd	24th	25th
			6.30pm—7.30pm - Ford Gym, Kettlebell Class (16yrs+)			

For full information on the activities featured in this brochure,
please visit the Healthy Futures Website on
www.plymouthhealthyfutures.co.uk



Provider Details

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**Horizons Children's Sailing Charity
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Christine Blackaller**
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www.cropskqp.org.uk



The Wolseley Trust
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www.wolseley-trust.org

Ford/Activ8 Community Gym
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