



Barnsley Association of
Community Partnerships

What's on in Your Local Community? JAN - MAR 2011

Monday	Thursday	Friday
<p>Zumba (FREE) 09.15 - 10.15am Kendray Resource Centre</p> <p>Mencap Walking Group (FREE) 12.00 - 1.00pm Meet @ Mencap Centre Pontefract Road</p> <p>Mencap Kickboxing for Adults with Learning Difficulties (FREE) 1.00 - 2.00 pm Mencap Centre, Pontefract Road</p> <p>Splash and Chat (FREE) Private Pool Relaxation and Swimming 1.00 - 2.00pm Ring for details and to book</p>	<p>Kids Kick-Boxercise Age 8+ (FREE) 5.00 - 6.00 pm Worsbrough Common Primary School</p> <p>Stress Less Exercise Course (Relaxation & Pilates) (FREE) 6.00 - 7.00 pm The Academy School, Kendray</p> <p>Fit Reds (Men 35+) (FREE) Healthy Lifestyle & Physical Activity Programme 7.00 - 9.00 pm - @ Barnsley FC, Oakwell Ring for Details and to book</p>	<p>Stress Relief Course (FREE) A range of relaxation techniques & gentle exercise to reduce stress 1.15 - 3.00 pm Worsbrough Common ICT Centre Ring for further details and to book</p>

For more information please
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