



Our Timetable

Email: admin@woodvalecentre.co.uk | Tel: 01704 573084 | www.woodvalecommunitycentre.co.uk
 Woodvale Community Centre, Meadow Lane, PR8 3RS | WACA Recreation Centre, off Orchard Lane, PR8 3RG

Monday

Craft Group

10am - 12pm £2

No experience needed, supplies and refreshments available.

Chair Based Exercise

2pm - 3pm £4

This class is for anyone over 50 who wishes to increase their mobility, improve their balance and have fun!

Youth Sessions

5pm - 7pm (times may vary)

Mixture of different activities available, contact us for more details. For ages 11-19 years. Must book in advance.

Tuesday

Afternoon Lunch

12:30pm - 13:30pm (Every 1st Tuesday of the month)

Come and enjoy a home cooked meal, make new friends and take part in our raffle.

Must book in advance.

Let's Get Digital

10:30am - 12pm (Excluding the 1st Tuesday of the month)

Open session to get more digitally skilled.

Chair Based Exercise

2pm - 3pm £4

This class is for anyone over 50 who wishes to increase their mobility, improve their balance and have fun!

Youth Sessions

5pm - 7pm (times may vary)

Mixture of different activities available, contact us for more details. For ages 11-19 years.

Wednesday

Woodvale Woodland Project

9.30am - 12pm

Help around our local wooded area, maintaining paths with woodchip, litter picks and more.

Brew Bunch

1pm - 3pm

A lovely space for you & your family. Teas & Coffees with mixed refreshments. (except the last Wednesday of the month)

Ainsdale Evangelical Church

7:30pm - 9pm

Prayers & bible study.

Please contact Steve 07778397717

Thursday

Tai Chi

1pm-2pm £5

A gentle approach to exercise to improve balance and breathing.

Chair Based Exercise

2:30pm - 3:30pm £4

This class is for anyone over 50 who wishes to increase their mobility, improve their balance and have fun!

Friday

If you see a slot available and would like to discuss room hire please call us.

For more information on the courses and activities for young people and adults please contact us.

Please contact the Community Centre for more information



Woodvale Centre



@woodvalecentre