

# Dovedale to Milldale Walk

Wednesday 28th September 2011  
8.30am depart from Loughborough Leisure  
Centre Car Park. Arrive back approx. 5pm

6 mile walk.

Easy to Moderate. Walking  
boots/shoes are essential.

Must bring a packed lunch  
and plenty of water.

£5 per person includes  
coach travel.



**BOOKING ESSENTIAL!**



ACTIVE AGEING WEEK

26TH SEPTEMBER – 2ND OCTOBER 2011

GETTING AND STAYING ACTIVE IN LATER LIFE

[www.lrsport.org.uk/activeageing](http://www.lrsport.org.uk/activeageing)

**For more information or  
bookings contact:**

**Active Together**  
Charnwood Borough Council

**01509 632534**

**[active.together@charnwood.gov.uk](mailto:active.together@charnwood.gov.uk)**



**Charnwood**

ACTIVE AGEING WEEK

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GETTING AND STAYING ACTIVE IN LATER LIFE

CUSTOMER  
SERVICE  
EXCELLENCE

The Government Standard



Leicestershire County and Rutland

# Active Ageing Week Events

For more information or bookings contact:

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Charnwood Borough Council

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## Monday 26th September 2011

Yoga - John Storer House, Loughborough.  
1pm- 2pm. £1 per person.

## Tuesday 27th September 2011

Badminton - Soar Valley Leisure Centre, Mountsorrel.  
9-10am & 10-11am. £1 per person.

Swimming - Soar Valley Leisure, Mountsorrel.  
10.30am- 12noon. £1 per person.



## Wednesday 28th September - Wednesday 2nd November 2011

Zumba Gold - Syston Community Centre, Syston. 11am- 12noon. £1 per person.

## Thursday 29th September 2011

Pilates - John Storer House, Loughborough. 11.30am- 12.30noon.  
£1 per person.

## Friday 30th September 2011

Archery - Quorn Hall, Quorn. 1.30pm- 4pm. £5 per person.



## Sunday 2nd October 2011

Nordic Walking - Main Street Car Park, Woodhouse Eaves.  
10.30am start. £1 per person.

For all the sessions above **BOOKING IS ESSENTIAL.**

