



## August 2017

Welcome to the Pioneering Care Centre's monthly What's On guide. To find out more or book your place please call 01325 321234 or email: [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net)  
We hope to see you soon...

### Monday

<p><b>Colour Your Life - Members Art Group</b> A self led art session, supported by volunteers, allowing members to come along and be creative using their own art materials. New members are welcome. <b>Cost:</b> £3.00 donation</p>	10.00 - 12.00
<p><b>Dig-in Gardening</b> Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. <b>Cost:</b> Free</p>	10.00 - 12.00
<p><b>Beginners Cycling</b> Enjoy the health benefits of cycling whilst building up cycling and road confidence. Equipment provided. Ran by Durham County Council and led by trained marshals. <b>Cost:</b> Free</p>	10.00 - 12.00
<p><b>Advanced Cycling</b> For more experienced cyclists, rides can be over 20 miles. <b>Cost:</b> Free</p>	13.00 - 15.00
<p><b>Mixed Hydropool Session</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)</p>	13.00 - 14.00 17.15 - 18.15 19.30 - 20.30
<p><b>Parent &amp; Toddler Hydropool Session</b> A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. <b>Cost:</b> adult £6.80 (£4.60 concession) child £2.50</p>	15.00 - 16.00
<p><b>Ladies Only Hydropool Session</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)</p>	16:15 - 17:15
<p><b>Weight Watchers</b> Learn everything you need to know about losing weight and keeping it off! <b>Cost:</b> Registration fee &amp; weekly fee payable.</p>	18.30 - 19.30
<p><b>Nia (Non-Impact Aerobics)</b> Teaches you to move in a gentler way to optimise health and promote wellbeing. Chairs are also available for those with limited mobility. <b>Cost:</b> £5.00. <b>Call Anne Cosgrove on 07762 148661 to book.</b></p>	18.30 - 19.30

### Tuesday

<p><b>Water Workout</b> Gentle exercise in water. Burns fat and tones the body but is softer on the joints. <b>Cost:</b> £6.80 (£4.60 concession)</p>	9.00 - 10.00
<p><b>Weight Watchers</b> Learn everything you need to know about losing weight and keeping it off! <b>Cost:</b> Registration fee &amp; weekly fee payable.</p>	9.30 - 10.30

## Tuesday continued

<b>Health Walk</b> Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. <b>Cost:</b> Free	10.00 - 11.00
<b>Colour Your Life - Craft Workshops</b> Learn a variety of different crafts such as scrapbooks, weaving, book folding, jewellery making, bottle decoupage, string art, duct tape craft to name but a few! <b>Cost:</b> Free to new participants, members to pay £3.00 donation	10.00 - 12.30
<b>Mixed Hydropool Session</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)	13.00 - 14.00 14.00 - 15.00 16.15 - 17.15 17.15 - 18.15 18.30 - 19.30
<b>Pilates</b> A holistic exercise, which is designed to strengthen the core and restore the body's balance. <b>Cost:</b> £6.00. <b>Please call Barbara Hemingway on 07716 997844 to book.</b>	18.15 - 19.30
<b>Wishing Well</b> The Wishing Well Club promotes and provides leisure opportunities for people with learning disabilities. <b>Cost:</b> £1.50	19.00 - 21.30

## Wednesday

<b>Water Workout</b> Gentle exercise in water. Burns fat and tones the body but is softer on the joints. <b>Cost:</b> £6.80 (£4.60 concession)	9.00 - 10.00 19.45 - 20.45
<b>Nordic Walking</b> This full body exercise uses specially designed poles to improve joint mobility, and is estimated to burn 46% more calories than normal walking. <b>Cost:</b> £2.00	9.45 - 10.45
<b>Parent and Toddler Pool Session</b> A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. <b>Cost:</b> adult £6.80 (£4.60 concession) child £2.50	10.00 - 11.00
<b>Back on your Bike</b> Enjoy the health benefits of cycling whilst building up cycle and road confidence. Equipment provided. <b>Cost:</b> £1.00 <b>Call Lee on 07827307814 for further information.</b>	10.00 - 11.00
<b>Zumba</b> Easy-to-follow, dance-fitness session for those looking for a low impact workout. Spaces are limited, please call to check availability. <b>Cost:</b> £2.00	9.30 - 10.25 10.30 - 11.25 11.30 - 12.25
<b>Growing our Community Gardening</b> Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. <b>Cost:</b> Free	10.00 - 12.00
<b>Waterbabies</b> These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. <b>Please call Waterbabies on 01325 728728 to book.</b>	14.00 - 17.30

## Thursday

<b>Ladies Only Hydropool</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)	9.00 - 10.00 10.00 - 11.00
<b>Health Walk</b> Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. <b>Cost:</b> Free	10.30 - 11.30
<b>Waterbabies</b> These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. <b>Please call Waterbabies on 01325 728728 to book.</b>	12.30 - 14.30
<b>Mixed Hydropool Session</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)	14.45 - 15.45 15.45 - 16.45

## Thursday continued

### Colour Your Life - Swing Dance Lessons

Join us for a fun dance programme and find out what it's like to learn the Lindy Hop and Charleston; dances which originated in Harlem, New York in the 1920s. No dance experience needed as this class is aimed at absolute beginners. **Cost: £3.00 Starting 29 June for 10 weeks**

15.30 - 17.00

### Back Exercise Classes

Delivered by a qualified physiotherapist, designed to benefit people who have back, neck or joint problems. **Cost: £4.00 Call Greg Henderson on 07969 096719 to book.**

17.00 - 17.50  
18.00 - 18.50  
19.00 - 19.50  
20.00 - 20.50

### Options Social Club

Activities for disabled people including pool, table-tennis, bingo, quizzes, discos and karaoke. **Cost: £2.00**

18.00 - 20.00

### Water Workout

Gentle exercise in water. Burns fat and tones the body but is softer on the joints. **Cost: £6.80 (£4.60 concession)**

19.15 - 20.15

## Friday

### Water Workout

Gentle exercise in water. Burns fat and tones the body but is softer on the joints. **Cost: £6.80 (£4.60 concession)**

9.00 - 10.00

### Growing our Community Gardening

Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. **Cost: Free**

1.00 - 3.00

## Saturday

### Waterbabies

These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. **Please call Waterbabies on 01325 728728 to book.**

9.00 - 12.00

### Intermediate Cycling

Enjoy the health benefits of cycling. Equipment provided. **Cost: Free**

10.00 - 12.00

### Mixed Hydropool

Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. **Cost: £6.80 (£4.60 concession)**

12.15 - 13.15  
13.15 - 14.15

**The Mall Coffee Shop** is open to the public for freshly made sandwiches, light bites, homemade cakes and scones and a selection of drinks.

Monday - Friday 8.45am - 3.00pm

Saturday 9.30am - 1.00pm



For further information: T | 01325 321234 E | [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net)



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**Pioneering Care Centre**

Carers Way, Newton Aycliffe, County Durham, DL5 4SF

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