

Sept 2023



Activities in North and Mid-Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
North Dorset	Poles Ahead Nordic Walking, near Wincanton	Weekly. Monday 9-10am	Penselwood Church (nr Wincanton), BA9 8LS	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve everyone's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	Poles Ahead Nordic Walking, Gillingham	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve everyone's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
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North Dorset	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Thursday. 9.30-10.30am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
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