

Community Dance Classes / Alternative Exercise

Line Dancing

Eastham: Delamere Community Centre, Delamere Avenue,; Wednesdays 9.45am-11.30am
For health & fitness. Everyone is welcome to dance, have fun & after have a chat over a cuppa.

Adult Tap Class

Thingwall Recreation Centre, Sparks Lane, Thingwall, Wirral, CH61 7XE; Fridays, 10am-11:30am, £3, For more details contact Karen on 651 0401 or email k.molyneux@ntlworld.com

Mersey Morris Men

Thornton Hough Village Hall, Monday's from September to May, 8-10pm. Interested in dancing or playing music for dance? Come along and try it. Call Andy: 0151 347 1685

Tea Dance

Alternate Thursdays 2-4pm, £1.50 per person, for details, call 07796 802870. With refreshments and some dancing, why not come and join in the fun?

Bebington Folk Dancing Group

Victoria Hall, Bebington on the 1st, 3rd and 5th Tuesday each month from 8pm-10:15pm. We cater for a wide age and ability range. No experience or partners necessary. Phone 0151 652 4479 or 339 8854 for details.

Irish Ceili Dancing

Wirral Change, St Lawrence's Drive, CH41 3JD. Friday afternoons from 12:45 - 2:15pm. Keep fit and have fun! Absolute beginners very welcome. Admission £2. (First session free). Contact Tricia on 07783842856

Scottish Country Dancing

Frankby, Royden Hall, Mondays at 7.45pm

(With Deeside Caledonian Society) Social dancing for singles, couples or groups, instruction provided. Friendly group, great music, good for keeping fit. £2.50 per session. For information phone **07854 425936**

Scottish Country Dancing:

Neston, URC Community Hall, Moorside Lane, every other Monday 8pm. (Parkgate and Neston Scottish Country Dancers) Keep fit while you have fun. Visitors very welcome. Please get in touch with Frank Wood on **0151 336 3170**

Scottish Country Dancing:

Prenton, St Stephen's Church Hall; Tuesdays 7-10.15pm

Come and enjoy some Scottish Country Dancing.. Beginners welcome. For more details, call **0151 632 2446** or email secretary@rscds-wirral.org.uk or go to www.rscds-wirral.org.uk.

Scottish Country Dancing: Come and enjoy some Scottish Country Dancing at West Kirby United Reform Church, Meols Drive. Wednesdays 8-10pm. For more details, call **0151 632 2446** or email secretary@rscds-wirral.org.uk or go to www.rscds-wirral.org.uk.

Badminton Club: Thornton Hough, Play in the Village Hall every Thursday, term time 10am to noon. All ages and abilities will be made very welcome.

Upton Victory Hall Tennis Club: On Rake Lane, Upton, CH49 0US, is seeking new adult and junior members to join our friendly club. Whether you are new to the sport, play competitively, for your health or just for fun, tennis has great benefits for the mind and body. Contact Sheila Ryde via our website www.uptontennisclub.co.uk

****Community Dancing:** (Formerly Dancing in the Park) Ballroom, Latin and some sequence etc – with tuition. For the autumn and winter months, now at [United Reform Church Hall, Wallasey Village, CH45 3LP](#). Every Saturday evening from 8-10pm. Large floor, car park, tea, coffee and biscuits included. This is non-profit making so a small donation of £2 per person to cover the cost of hall and refreshments would be appreciated – but not essential. This is being run by the community for the community. For more details or if you would like to volunteer in any capacity eg. giving tuition, in any type of dancing, or providing music/equipment etc. Please phone Alex and Julie on **0151 639 3511**.

Short Tennis:

[West Kirby Concourse,](#)

Indoors, smaller court, soft balls – and not that hard. Good fun, and a good way to keep fit. Over 50s, beginners and experienced players welcome from all over Wirral. More details from West Kirby Concourse. Or [ring Carole on 625 1446](#).

Kayak Club: West Kirby: Wirral Sailing Centre, West Kirby Marine Lake, CH48 0QG- Tuesdays, 4-6pm Improve your skills, paddle alongside like-minded people and have fun with friends at our new kayak club.. Minimum age eight, beginners and improvers welcome. No need to book just turn up, wear old pumps or trainers you can get wet, a swimsuit underneath your wetsuit (wetsuit supplied) and bring a towel, soap and shampoo for shower afterwards. £12;. For more information telephone **0151 625 3292** or email joannepower@wirral.gov.uk

Thingwall Ladies Bowling Club: are looking for new members to join. If interested please ring Sue on 0151 648 2141

Magazine Bowling Club: Wallasey; Private green behind the Magazine Hotel. For more information, contact captain and secretary Bernie Dunn on **07867 9053**



Wirral Community Health and Care
NHS Foundation Trust
Chair: Professor Michael Brown CBE DL
Chief Executive: Karen Howell