



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

We hope to see you soon...

Monday

Water Workout - Starts 09.04.18 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
Colour Your Life - Members Art Group 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. Cost: £3.00 donation	10.00 - 12.00
Beginners Cycling 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. Cost: Free	10.00 - 12.00
Intermediate Cycling Enjoy the health benefits of cycling. Equipment provided. Cost: Free	13.00 - 15.00
Mixed Hydropool Session 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)	13.00 - 14.00 17.15 - 18.15 19.30 - 20.30
Intermediate Tai Chi - Starting 09.04.18 for 12 weeks Focusing on improving the natural store of 'positive energy' increasing a sense of wellbeing, focus and new cell growth to improve physical health. Can be fully accessed seated in a chair. Cost: £5	13.00 - 14.00
Dementia Café Do you have dementia or know someone with dementia? Come along to your local memory cafe, at the Pioneering Care Centre, bi-weekly. Monday 9th April & Monday 23rd April.	14.00 - 16.00
Beginners Yoga - Starting 09.04.18 for 12 weeks Relaxing yoga class for beginners to create a balanced body, mind and spirit. Cost : £5.00	14.30 - 16.00
Parent & Toddler Hydropool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50	15.00 - 16.00
Ladies Only Hydropool Session 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)	16:15 - 17:15
Weight Watchers Learn everything you need to know about losing weight and keeping it off! Cost: Registration fee & weekly fee payable.	17.00 - 18.00 18.30 - 19.30

Tuesday

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
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Tuesday continued

Weight Watchers Learn everything you need to know about losing weight and keeping it off! Cost: Registration fee & weekly fee payable.	9.30 - 10.30
Health Walk Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. Cost: Free	10.00 - 11.00
Mummy Fitness A fun exercise class for mums, designed to improve fitness and strengthen and tone the muscles. No need for childcare bring your child with you. Places are limited so booking is required. Free trial for your first session. Cost: £3.50	11.00 - 12.00
Pilates Pilates aims to strengthen the body in an even way, with particular emphasis on core strength. Pilates is a great workout for developing overall strength, flexibility and coordination and generally improving general fitness and wellbeing. Pilates has something to offer people of all ages and levels of ability and fitness! Free trial for your first session. Cost: £4.50	13.00 - 14.00
Mixed Hydropool Session 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)	13.00 - 14.00 14.00 - 15.00 16.15 - 17.15 17.15 - 18.15 18.30 - 19.30
Pilates A holistic exercise, which is designed to strengthen the core and restore the body's balance. Cost: £6.00. Please call Barbara Hemingway on 07716 997844 to book.	18.15 - 19.30
Wishing Well Promotes and provides leisure opportunities for people with learning disabilities. Cost: £1.50	19.00 - 21.30

Wednesday

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 19.45 - 20.45
Nordic Walking This full body exercise uses specially designed poles to improve joint mobility, and is estimated to burn 46% more calories than normal walking. Cost: £2.00	9.45 - 10.45
Parent and Toddler Pool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50	10.00 - 11.00
Back on your Bike Enjoy the health benefits of cycling whilst building up cycle and road confidence. Equipment provided. Cost: £1.00 Call Andy on 07827307814 for further information.	10.00 - 11.00
Zumba Easy-to-follow, dance-fitness session for those looking for a low impact workout. Spaces are limited, please call to check availability. Cost: £2.00	9.30 - 10.25 10.30 - 11.25 11.30 - 12.25
Dig-in Gardening Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. Cost: Free	10.00 - 12.00
Intermediate Yoga - Starting 04.04.18 for 12 weeks Relaxing yoga class to create a balanced body, mind and spirit. Cost : £5.00	10.30 - 12.00
Beginners Tai Chi - Starting 04.04.18 for 12 weeks Focusing on improving the natural store of 'positive energy' increasing a sense of wellbeing, focus and new cell growth to improve physical health. Can be fully accessed seated in a chair. Cost: £5	12.30 - 13.30
Wiggles and Wobbles A movement and play session for 0-4 years with relaxing music and fun varied themes. Term time only. Cost: £4 (£1 extra for any subsequent siblings/children) Call Jill on - 07722 422 445 for further information.	13.30 - 14.15

Wednesday continued

Waterbabies 14.00 - 17.30
 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.**

Step Forward and Dance! Starting Wednesday 18.04.18 for 7 weeks 18.00 - 19.00
 Improve your health and fitness, increase your stamina and Step Forward and Dance! The workshops are for 19 years plus **Cost: Free**

Thursday

Ladies Only Hydropool 9.00 - 10.00
 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)** 10.00 - 11.00

Lingotot French 10.00 - 10.50
 A 50 minute French class for babies and toddlers aged 6 months to 5 years. The session includes singing, dancing, games, craft and stories—all in French.
Book online at www.lingotot.com or email Joanna at southdurham@lingotot.com to book.

Ceramic Course - Starting 16.05.18 for 6 weeks 10.00 - 13.00
 Join an experienced art tutor to guide you through the techniques of creating your own beautiful Ceramic art work. **Cost: £2 per session. Participants must bring their NI number**

Health Walk 10.30 - 11.30
 Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. **Cost: Free**

Waterbabies 12.30 - 14.30
 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.**

Batik Course - Starting 16.05.18 for 6 weeks 14.00 - 17.00
 Learn the basics behind creating your very own beautiful batik artwork with a range of different materials, tools and techniques. **Cost: £2 per session. Participants must bring their NI number.**

Mixed Hydropool Session 14.45 - 15.45
 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)** 15.45 - 16.45

Back Exercise Classes 17.00 - 17.50
 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.** 18.00 - 18.50
 19.00 - 19.50
 20.00 - 20.50

Options Social Club 18.00 - 20.00
 Activities for disabled people including pool, table-tennis, bingo, quizzes, discos and karaoke.
Cost: £2.00

Water Workout 19.15 - 20.15
 Gentle exercise in water. Burns fat and tones the body but is softer on the joints.
Cost: £6.80 (£4.60 concession)

Friday

Water Workout 9.00 - 10.00
 Gentle exercise in water. Burns fat and tones the body but is softer on the joints.
Cost: £6.80 (£4.60 concession)

Summer Cookery - Starting Friday 20.04.18 for 11 weeks 10.00 - 12.00
 Learn how to cook a range of tasty nutritious meals and take them home to enjoy. Please bring £1 for ingredients. **Cost: Free to those with income related benefits; £66 for the course**

Dig-in Gardening 1.00 - 3.00
 Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. **Cost: Free**

Weight Watchers 16.30 - 18.00
 Learn everything you need to know about losing weight and keeping it off!
Cost: Registration fee & weekly fee payable.

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

For more experienced cyclists, rides can be over 20 miles. 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

Family Easter Activities at the Pioneering Care Centre



Activity	Cost	Day	Time
Family Exercise	£2 per family	Tuesday 3 April	2.15pm - 3.15pm
Gardening	£2 per child	Wednesday 4 April	10.00am - 12.00noon
The Gruffalo Story Time	£2 per child	Friday 6 April	1.30pm - 3.00pm
Family Exercise	£2 per family	Tuesday 10 April	2.15pm - 3.15pm
Gardening	£2 per child	Wednesday 11 April	10.00am - 12.00noon
The Very Hungry Caterpillar Story Time	£2 per child	Friday 13 April	1.30pm - 3.00pm

Enjoy fun filled Easter activity sessions these school holidays for all the family! Contact the Pioneering Care Centre for more information.

For further information: T | 01325 321234 E | enquiries@pcp.uk.net



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