

Type of Activity	Name	About	Link	Age
Mixed martial arts	Kaizen	Kaizen is a truly singular place for the study of martial arts. On the one hand it offers a carefully structured and technical approach to the learning and training of martial arts, taught in a safe, friendly and inclusive environment. On the other — and perhaps even more uniquely — it is home to a community whose members participate in the regional, national and international stages of the world's toughest combat sports.	https://kaizenlancaster.co.uk/ Full timetable of classes on the website. Various days/times and lessons available.	3+
Beavers/ cubs/ Scouts	Various groups.	If you think Scouting's just about knots, woggles and big shorts, then be prepared to be surprised. It's how Richard Branson, Barack Obama and David Beckham got their start in life. Every year we help 400,000 young people in the UK enjoy new adventures; to experience the outdoors, interact with others, gain confidence and have the	https://www.lonsdalescouts.org.uk/about/lancaster-groups/ Various days/times and locations around Lancaster available.	Beavers (6-8-years) , Cubs (8-10 and a half-years) and

		opportunity to reach their full potential.		Scouts (10 and a half-years – 14-years)
Performing arts	Turning point	Turning Point Theatre Arts is much more than a performing arts school based in Lancaster, it is a team and a family! As well as offering numerous opportunities, trying new genres, making new friends and gaining the confidence to achieve individual goals, our emphasis is on the pure enjoyment of expression, creativity and participation, for children and adults of all ages to experience.	https://turningpointtheatrearts.co.uk/ Full timetable of classes on the website. These include different techniques, times and days.	4+
Rugby	Vale of Lune	The Vale of Lune RUFC is signed up to the RFU initiative called KIDS FIRST RUGBY. It's aim is to put the child at the centre, moving on at the child's own pace and development so that more children experience success. This is achieved	https://www.valeoflunerufc.org/ Training tends to be on a Thursday and matches at weekends but please check website for up to date information.	7+

		through - Personal and social development; Self-Esteem and Well-being ; Reward beyond competition and physical maturity; Inclusion; Increased game understanding; Individual skill development and helps to develop a 'growth mind set'.		
Toddler Group	Bowerham Primary and Nursery School	Come along with your child and let them have fun playing with lots of toys whilst you chat to other parents and enjoy a hot drink. Our lower hall is on the lower part of our campus just below the Nursery building. It's free, so come and join us and meet some other parents and carers!	https://www.bowerham.co.uk/bowerham-toddler-group/ Please follow the link to book your place. Bowerham Toddler group runs every Wednesday and Friday during term time for children under the age of 4.	
Drama and theatre	Stagecoach	At Stagecoach we teach our students so much more than how to sing, dance and act. We help them blossom into well-rounded individuals, ready to embrace life and all its opportunities.	https://www.stagecoach.co.uk/ Saturday mornings at University of Cumbria, time depending on age of child.	2+
Gymnastics	City of Lancaster Gymnastics	If you want to help them develop their physical skills, what better place to start?	https://cityoflancastergymnastics.co.uk/	3+

		<p>Pre-school gymnastics teaches your children important skills.</p> <p>With expert supervision and a playful environment, our wide range of sessions are a great way for children to have fun and lay the foundations of a healthy, active lifestyle.</p>	<p>Various times and days depending on ages. Lessons either at University of Cumbria or at Lancaster Leisure Park.</p>	
Girls football	Wildcats girls football	Girls football, aiming to build confidence, make friends, have fun and play football.	<p>https://www.christchurch-lancaster.lancs.sch.uk/lancaster-wildcats-girls-football/</p> <p>Saturday mornings at Christ Church Primary School LA1 3ES Key Stage 1- 11am-11.50am Key Stage 2-12-12.50am</p>	5-11
Guides	Girl Guides Lancaster	Girls take what they do in guiding with them as they grow up. Everything from working in a team, to taking the lead, to speaking out on issues they care about. It helps them develop the skills and confidence to become the young women they want to be. And to make a difference to the world around them.	<p>http://www.girlguidinglancsnw.org/divisions/lancaster-garstang/</p> <p>Various days/times and locations around Lancaster available.</p>	
Football	Little kickers	Firstly, we believe in something we call "Play not Push". It	https://www.littlekickers.co.uk/	18 month

		<p>means teaching football in a fun, pressure-free environment. We want to give children a positive introduction to sport as a whole, not just football, so they're more likely to stay healthy and active throughout their lives.</p> <p>Secondly, we believe football can be educational. Coached in the right way it can stimulate imagination and aid early development skills such as learning colours and numbers, following instructions and playing as a team.</p>	<p>Lancaster - Moorside Primary School Bowerham Rd, Lancaster, LA1 4HT.</p> <p>Various times on a Saturday morning depending on age.</p>	s – 7 years
Football	Highgrove Juniors	Lancaster based football club. They have 5 teams across different age groups.	<p>https://www.facebook.com/HIGHGROVEJUNIORSEFC</p> <p>Various training sessions available depending on age.</p>	2+
Swimming	315 Swimming	School age children are ready for our main programme, the 'Stingray' programme. This follows 7 stages as developed by 'Sport England'.	<p>https://www.3-1-5.co.uk/stingrays-swimming-classes/</p> <p>Full timetable available on the website. Various days and times depending on age and ability.</p>	From Birth

Swimming	Lancaster University	We offer a range of adult and children's swimming lessons based on ability - from absolute beginners, to people training to become lifeguards. All taught in a relaxed and friendly environment by qualified instructors. To book a lesson simply phone reception or visit us to pay and secure your place.	https://www.lancaster.ac.uk/sport/swimming/lessons/ Full timetable available on the website. Various days and times depending on age and ability.	From Pre school
Hockey	Lancaster hockey club	Boys and girls. At Lancaster University. New players welcome.	http://www.lancasterhockeyclub.co.uk/?category_id=101 Lancasterhockeyclub@gmail.com to book a place	8-12 years.

Sport and youth club	Lancaster boys and girls club	Throughout the week Lancaster Boys and Girls Club is a hive of activity. There's our regular Junior and Senior clubs, boxing and sport sessions, plus lots of activities provided by our partners including karate, Mucky Pups Nursery, After School's Club, Saturday football and more.	https://www.lancasterboysandgirlsclub.org.uk/ Below are days of times of youth groups. Thursday Junior Youth Club Time: 6-9pm, Ages: 8-11 years old, Price: £1.00 Friday Night Club Time: 7-9pm, Ages: 10-17 years old, Price: 50p Saturday Sports Time: 5-8pm, Ages: 8-16 years old, Price: £1.00 For more information contact stevennaylor@ceep.org.uk or 32020	4 +
Mixed martial arts	Shay Walsh	Our aim is to provide a safe and friendly training environment to a wide range of people. Whether interested in fitness, strength or conditioning or the wide range of martial arts we offer we will have something to suit your ability and experience level. All you need is a can do attitude!	https://shaywalshmma.com Classes available Monday, Tuesday, Thursday 4.30-5.30 and Saturday morning 10-11.	4 +

Lancaster Library	Lancaster Library Market Square Lancaster Lancashire LA1 1HY	Calling all master builders and Lego enthusiasts! Come and share your passion and amazing creations at our Lego Club.	https://events.lancashire.gov.uk/search/index.asp?q=&area=Lancaster&venue=&daterange= Every Saturday (14:00 PM to 15:30 PM)	Any age
Lancaster Library	Lancaster Library Market Square Lancaster Lancashire LA1 1HY	Looking for a place to play table top gaming after school? We can provide tables, chairs, a large room and even some gaming mats and terrain! Bring your table top armies or board games for an evening of Fun. We welcome different game engines or card games too. A member of staff will be present throughout. Please ask Lancaster Library staff for more details.	https://events.lancashire.gov.uk/search/index.asp?q=&area=Lancaster&venue=&daterange= Opens Wednesday 09/02/2022 Repeats every second Wednesday of the month (16:30 PM to 18:30 PM)	Year 6-11 (age 10+)
Rugby League	Heysham Atoms ARLFC Trimpell Sports & Social Club Out Moss Lane Morecambe LA4 4UP	Rugby league is different to rugby union as there are 13 players per team. If you want to be part of a fast exciting team sport get in touch.	https://www.heyshamatoms.com/ Training on Mondays 6-7pm	6+

Lancaster Library	Lancaster Library Market Square Lancaster Lancashire LA1 1HY	Enjoy lively sing-along songs, gentle movements, and rhymes with your baby, plus meet and chat with other parents and carers. Suitable for babies up to around 18 months of age, but older pre-school siblings welcome. Booking required.	https://events.lancashire.gov.uk/search/index.asp?q=&area=Lancaster&venue=&daterange= Every Wednesday 11:00 AM to 12:00 PM	Birth +
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	Swimming Lessons Lancaster University		Swimming Lessons Salt Ayre	Beavers	Scouts	Cubs	Lancaster Library Young Writers
Monday	Lancaster University Ducklings (pre-school) 11-11.30am 11.30-12pm Stage 1 (4+) 4-4.30pm			Monday Beavers 53 rd Lancaster Where: Rear Parkfield, Greaves Park, Lancashire LA1 4TZ Who: Boys and Girls, 6 years – 8 years	Monday Scouts Monday 53 rd Lancaster Where: Rear Parkfield, Greaves Park, Lancashire LA1 4TZ Who: Boys and Girls, 8-10 ½ yrs 13 th Lancaster Cub Scouts Where: Scout	13 th Lancaster Scouts Where: Scout Hut, Giant Axe Field, West Road, Lancaster, When: 7.00-8.45 Who: Boys and Girls, 10 1/2 years – 14 years	

					Hut, Giant Axe Field, West Road, Lancaster, When: 6.45-8.00 Who: Boys and Girls, 8years – 10 and a half years		
Tuesday	Lancaster University Ducklings (pre-school) 4.30-5pm Stage 1 (4+) 4.30-5pm 5-5.30pm	See above Chart 		Tuesday Beavers 53 rd Lancaster Where: Rear Parkfield, Greaves Park, Lancashire LA1 4TZ Who: Boys and Girls, 6 years – 8 years	Monday Scouts Monday 53 rd Lancaster Where: Greaves Road, LA1 3AH Who: Boys and Girls, 8- 10 ½ yrs		Alternate weeks 4- 6pm

		To book: 01524 237315		5th Lancaster (Cathedral and St.Bernadette's) Where: 5th Lancaster Scout Hq, Bowerham Road, Lancashire, LA1 3AH Who: Boys and Girls, 6 years – 8 years	23 rd Lancaster, Christ Church Scout Group Cubs Where: Christ Church, Wyresdale Road, Lancaster, When: Tuesday Who: Boys and Girls, 8years – 10 and a half years		
Wednesday	Lancaster University Stage 1 (4+) 4-4.30pm			16 th Lancaster Beaver Scouts Where: 16 th Lancaster Scout	5th Lancaster (Cathedral and St.Bernadette's)		After School Table Top Gaming Club Repeats

				<p>group, St Pauls, Dorrington Road, Lancaster, LA1 4TD</p> <p>When: 5.45-7.00</p> <p>Who: Boys and Girls, 6years – 8 years</p>	<p>Where: 5th Lancaster Scout Hq, Bowerham Road, Lancashire, LA1 3AH</p> <p>Who: Boys and Girls, 8-10 ½ years</p>		<p>Every second Wednesday of the month (16:30 PM to 18:30 PM)</p> <p>Details Looking for a place to play table top gaming after school? We can provide tables, chairs, a large room and even some gaming mats and terrain! Bring your table top armies or</p>
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							<p>board games for an evening of Fun. We welcome different game engines or card games too. A member of staff will be present throughout. Please ask Lancaster Library staff for more details</p> <p>Admittance</p> <p>Free</p> <p>Open to School Years 6</p>
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							to 11. Session initially running from 4:30pm to 6:30pm.
Thursday	Lancaster University Ducklings (pre-school) 4-4.30pm Stage 1 (4+) 4-4.30pm		<p>Little Sharks</p> <p>For ages: 18 months - 4 years Cost: £7 pay as you go, plus enjoy free entry to Energy indoor soft play straight after your session Thursdays 11.30am and 12.30pm.</p>	<p>23rd Lancaster, Christ Church Scout Group Beavers Where: Christ Church, Wyresdale Road, Lancaster, When: Thursday Who: Boys and Girls, 6years – 8 years</p>	<p>16th Lancaster Maclean Cub Scouts Where: 16th Lancaster Scout group, St Pauls, Dorrington Road, Lancaster, LA1 4TD When: 7.00-8.30 Who: Boys and Girls, 8years –</p>	<p>23rd Lancaster, Christ Church Scout Group Scouts Where: Christ Church, Wyresdale Road, Lancaster, When: Thursday Who: Boys girls 10 ½ - 14 years</p>	

					10 ½ years		
Friday	Lancaster University Ducklings (pre-school) 4-4.30pm Stage 1 (4+) 4-4.30pm 4.30-5pm		Little Sharks For ages: 18 months - 4 years Cost: £7 pay as you go, plus enjoy free entry to Energy indoor soft play straight after your session Thursdays 11.30am and 12.30pm.			16 th Lancaster Scouts Where: 16 th Lancaster Scout group, St Pauls, Dorrington Road, Lancaster, LA1 4TD When: 7.00-9.00 Who: Boys and Girls, 10 ½ years – 14 years	
Saturday	Lancaster University Ducklings (pre-school)						Lego Club Date Every Saturday (14:00 PM)

	8.45-9.15am Stage 1 (4+) 8.45-9.15am 9.15-9.45am 1.45-2.15pm						to 15:30 PM) Details Calling all master builders and Lego enthusiasts ! Come and share your passion and amazing creations at our Lego Club. Admittance Free A club for children and young people. Just drop in.
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Sunday	Lancaster University Ducklings (pre-school) 9.45-10.15am Stage 1 (4+) 10.15-10.45am 10.45-11.15am						

