

## Five Towns Area – Physical/Activity Groups

### AIREDALE

Group Name: **Deaf Social Group**  
Venue: Holywell Lane Day Centre  
Address: Holywell Lane, Airedale, Castleford  
Postcode: WF10  
Telephone Number: 01977 722950 Fax: 01977 558226  
Contact Name: Pat Toney  
Contact Telephone Number: Mobile: 07921 806027  
Day of Group: Every other Tuesday  
Time of Group: 6.00pm to 10.00pm  
Website: [ditoney@blueyonder.co.uk](mailto:ditoney@blueyonder.co.uk)

Group Name: **Health Walk**  
Venue: Tieve Tara Medical Centre  
Address: Park Dale, Airedale  
Postcode: WF10  
Telephone Number: 0844 477 3418  
Contact Name: John Wilcox  
Contact Telephone Number: 01924 315774  
Day of Group: Every other Thursday  
Time of Group: 1.15pm to 2.15pm  
Website: [www.wymetro.com](http://www.wymetro.com)

Group Name: **Over 55's Exercise Class – Young at Heart**  
Venue: Airedale Methodist Church  
Address: Elizabeth Drive, Airedale, Castleford.  
Postcode: WF10 3SD  
Telephone Number:  
Contact Name: Doreen Youngman  
Contact Telephone Number: 01924 820850  
Day of Group: Tuesday £2.50  
Time of Group: 2.00pm to 3.00pm includes tea & biscuit  
Website:

### CASTLEFORD

Group Name: **Egyptian Dancing**  
Venue: United Reform Church  
Address: Back Bank Street, Castleford  
Postcode: WF10  
Telephone Number:  
Contact Name: Melissa Radway  
Contact Telephone Number: 07899 868716  
Day of Group: Wednesday  
Time of Group: 09.30am to 10.30am  
Website:

## **Five Towns Area – Physical/Activity Groups**

Group Name: **50 plus Swim**  
Venue: Castleford Swimming Pool  
Address: Aketon Road, Castleford  
Postcode: WF10 5DU  
Telephone Number: 01977 722055  
Contact Name: Contact centre  
Contact Telephone Number: As above  
Day of Group: Ring centre  
Time of Group: £3.00  
Website:

Group Name: **Over 50's Keepfit**  
Venue: Lock Lane Sports Centre  
Address: Lock Lane, Castleford  
Postcode: WF10 2JU  
Telephone Number: 01977 510200  
Contact Name: Chloe at the centre  
Contact Telephone Number: as above  
Day of Group: Thursday  
Time of Group: 10.00am to 12.00noon £2.00  
Website:

### **FERRYBRIDGE**

Group Name: **Health Walk**  
Venue: Beauforth House Surgery  
Address: Station Lane, Ferrybridge  
Postcode: WF11  
Telephone Number:  
Contact Name: John Wilcox  
Contact Telephone Number: 01924 315774  
Day of Group: Every Other Thursday  
Time of Group: 10.30am to 11.30am  
Website:

### **GLASSHOUGHTON**

Group Name: **Health Walk**  
Venue: The Glasshoughton Centre  
Address: Leeds Road, Glasshoughton, Castleford  
Postcode: WF10 4PF  
Telephone Number: 01977 511234  
Contact Name: John Wilcox  
Contact Telephone Number: 01924 315774  
Day of Group: Monday  
Time of Group: 1.00pm to 3.00pm  
Website: [www.glasshoughtoncentre.co.uk](http://www.glasshoughtoncentre.co.uk)

## Five Towns Area – Physical/Activity Groups

### **NORMANTON**

Group Name: **Aerobics for all ages**  
Venue: Woodhouse Hill WMC  
Address: Wakefield Road, Normanton  
Postcode: WF6  
Telephone Number: 01924 896197  
Contact Name: Gail Roberts  
Contact Telephone Number: 07702 896197  
Day of Group: Thursday  
Time of Group: 7.00pm to 8.00pm      £2.00 includes drink  
Website:

Group Name: **Gentle Exercise & Enterprise**  
Venue: Freeston Business College  
Address: Favell Avenue, Normanton  
Postcode: WF6 1HZ  
Telephone Number: 01924 302565  
Contact Name: Hazel Shelley  
Contact Telephone Number: As above  
Day of Group: Friday      £20.00 for 10 sessions (inc refreshments)  
Time of Group: 12.00noon to 1.00pm  
Website: [hshelley@normantonfreeston.wakefield.sch.uk](mailto:hshelley@normantonfreeston.wakefield.sch.uk)

Group Name: **Young at Heart Exercise**  
Venue: Woodhouse Hill WMC  
Address: Wakefield Road, Normanton  
Postcode: WF6  
Telephone Number: 01924 896197  
Contact Name: Gail Roberts  
Contact Telephone Number: 07702 232212  
Day of Group: Monday  
Time of Group: 1.00pm to 2.00pm      £2.00 includes drink  
Website:

### **PONTEFRACT**

Group Name: **Health Walk**  
Venue: St Mary's Chequerfield Community Centre  
Address: The Circle, Chequerfield, Pontefract  
Postcode: WF8 2 AY  
Telephone Number: 01924 306693  
Contact Name: John Wilcox  
Contact Telephone Number: 01924 315774  
Day of Group: Every other Friday  
Time of Group: 11.00am to 12.00noon  
Website:

## Five Towns Area – Physical/Activity Groups

Group Name: **Yoga & Gentle Exercise**  
Venue: Yorkshire Coalfield Resource Centre  
Address: Thornycroft Centre, Halfpenny Lane, Pontefract  
Postcode: WF8 4AY  
Telephone Number: 01977 703384  
Contact Name: Maria Black  
Contact Telephone Number: As above  
Day of Group: Monday  
Time of Group: 5.30pm – 7pm £4.00  
Website:

Group Name: **Yoga**  
Venue: St Mary's Community Centre  
Address: The Circle, Chequerfield, Pontefract  
Postcode: WF8 2AY  
Telephone Number: 01977 705341  
Contact Name: Angela Vause  
Contact Telephone Number: As above  
Day of Group: Tuesday  
Time of Group: 1.30pm to 3.00pm £33.00 for 10 weeks  
Website: [www.stmaryscommunity.co.uk](http://www.stmaryscommunity.co.uk)

Group Name: **St Mary's Boccia Group**  
Venue: St Mary's Community Centre  
Address: The Circle, Chequerfield, Pontefract  
Postcode: WF8 2AY  
Telephone Number: 01977 705341  
Contact Name: Angela Vause  
Contact Telephone Number: As above  
Day of Group: Friday  
Time of Group: 11.30am to 12.30pm  
Website: [www.stmaryscommunity.co.uk](http://www.stmaryscommunity.co.uk)