



## Sunday

### Gymnastics Course for girls

British Gymnastics award taken during the course  
10.45-11.45am Beginners £3.60 for 12 week course  
11.45-12.45am Improvers £3.60 for 12 week course



### Football Coaching Sessions for boys

30p per session  
1-2pm 8-11 years  
2-3pm 12-15 years



## Youth and Community services

### New Era Youth Club 7.00-9.30pm

★ **Monday-Wednesday**  
Ages 13+.

★ **Thursday** Ages 11-14  
various activities include  
football, pool, table-tennis,  
internet, arts and crafts

**DJ Recording Project-**  
£0.30

**Contact** Paul or the New  
Era Youth Club on **01254**  
**300113**

Duke of Edinburgh  
Bronze Award Wednes-  
days (Fortnightly) 7.30-  
8.30pm 14 year+  
See posters for details or  
contact Paul

**01254 300113**

### **Tuesdays** (fortnightly)

DJ Workshop—Mixing,  
scratching,  
MC-ing and rapping.  
13yrs+ 7:00pm-9:30pm

**Wednesday**  
**Football Tournament**  
7-9-30pm

**YPS Fitness Gym** for  
young people. 7-9pm.  
Induction on 1st  
Wednesday of the month

**Sunday** Girls group—  
various activities  
including arts and crafts.  
Suitable for ages 11-17  
1pm-4pm

### **Ladies Only Gym** **Sessions**

Mon: 11:00am –12:00pm  
Tue : 1:30pm—2:30pm  
5:00pm—6:00pm  
Wed: 10:00am-12:00pm  
5:00pm-6:00pm  
Thu: 1:30pm—2:30pm  
Fri: 11:00am-12:00pm  
Sun: 1:00pm-3:00pm

Inductions for ladies gym  
can only take place by  
arrangement only.

# January

## New Era Youth and Community Centre

# What's On Guide



Paradise Street, Accrington, Lancashire, BB5 1PB

01254 300110 [www.neweracomplex@btik.com](http://www.neweracomplex@btik.com)  
[reception@neweratrust.com](mailto:reception@neweratrust.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Gentle Exercise</b> Gentle exercise to music for those who want to stay fit at a slower pace. 10-11.30am Contact New Era</p> <p><b>50+ Male Activity Sessions.</b> 1-3pm £1 Dominoes, table-tennis, pool, indoor bowling. Organised by age concern and Accrington Stanley Football in the Community Contact New Era Complex</p> <p><b>Early Break</b>—free counselling, treatment, information and support about drug and alcohol use for young people aged 21 and under. 3-5pm Contact 01282 604022 Www.earlybreak.co.uk</p> <p><b>Lancashire Adult Learning</b>—Computers for beginners 3.30-5.30pm Contact 01257 276719</p> <p><b>Accrington Stanley Football Development Centre</b>—5-6pm 5-7 years, 6-8pm 8-12 years. Contact 01254 356950</p> <p><b>RM Fusion Hip Hop Street Dance.</b> 7.30-8.15pm Under 12's £2.60 8.15-9.15pm 12 years up £1</p>	<p><b>Age Concern Tai Chi &amp; Chi Chung</b> 10:00 am—12:00pm Contact: Ray Tel: 01706 229589</p> <p><b>My Guide free Computer course for beginners</b> 10:00am—12:00pm Contact New Era Complex 01254 300110</p> <p><b>Healthy Hearts</b> Exercise referrals from your GP with qualified instructors to assist. 10-12noon Contact: Haylie/Nasreen Tel: 01254 356826</p> <p><b>Age Concern Computer Classes</b>, word-processing, excel etc.. 12-2 or 2-4pm Contact New Era Complex</p> <p><b>ASFC—Redz Members Club</b> 4.15pm-6.15pm</p> <p><b>DASH</b> -Disabled Association of Sport in Hyndburn. 7:00pm— 9:00pm (alt Weeks) Contact: John McKenna Tel: 01254 395839</p> <p><b>Lancashire Adult Learning Sign Language Class</b> 6-9pm Contact 01254 576300</p> <p><b>YPS DJ/MC workshops</b> fortnightly 7-9pm Contact Paul Wright 01254 300113</p>	<p><b>Adult Education-literacy classes.</b> Entry 1&amp; 2 and Entry 3 to Level 2 qualification 10-12noon contact 0845 056 1886</p> <p><b>Lancashire Adult Learning-Computers for Beginners</b> 10-12noon Contact 01257 222730</p> <p><b>Lancashire Adult Learning-Pilates</b>—12.30-2.00pm Contact 01257 222764</p> <p><b>Adult Education-History</b> 1-3pm.Contact 01257 276719</p> <p><b>Lancashire Adult Learning-Digital Photography</b> 1-3pm Contact 01257 516300</p> <p><b>Shotokan Karate</b> Age 7 upwards 6pm— 7:30pm Contact: Craig 07816924372</p> <p><b>Fitness 4 Boxing</b>—circuit training with use of boxing equipment. 9-13 years 8-9pm 50p ABA Preliminary and Bronze standard awards taken during course. Contact New Era Complex</p> <p><b>YPS Fitness Gym</b> for young people. 7-9pm. Induction on 1st Wednesday of the month Contact Paul Wright 01254 300113</p>	<p><b>Healthy Hearts</b> Exercise referrals from your GP with qualified instructors to assist. 10-12noon Contact: Haylie/Nasreen Tel: 01254 356826</p> <p><b>My Guide free Computer course for beginners</b> 10:00am—12:00pm 12.30-2.00pm Contact New Era</p> <p><b>Adult Education-Get that Job</b> 2.15-5.15pm Contact 01257 276719</p> <p><b>New Era Job Club</b> 1.30-3.30pm Contact Barry 01254 300110</p> <p><b>Matt Fiddes Martial Arts School</b> 4years up 6-7pm Contact: Lyn Tel: 07598730175</p> <p><b>Cheerleading Coaching</b> 5.45-6.30pm 5-10 years 6.30-7pm 18 years+ 7.30-8.15pm 11-13years 8.15-9.00pm 14 years+ Contact New Era</p>	<p><b>Healthy Hearts</b> Tai Chi 9.30-11.30</p> <p><b>Age Concern Over 50's Coffee Morning</b> Drop in centre for activities such as chess dancing and board games. 10:00am— 12:00pm Contact: Julie Tel: 01254 871010</p> <p><b>Age Concern-Basic Computers</b> 10-12noon Contact 01254 822717</p> <p><b>Job Club</b> Learn new skills on how to update your cv, interview skills etc. To book call 01257 276719 quoting Job Club in Accrington. Places are limited.</p> <p><b>Ballet Classes</b> With experienced Ballet Mistress. 13-18 years 5-6pm 18 years + over 6-7pm</p> <p><b>SNAP</b> Special Needs Activity Programme. Games and Sports for young people with specialneeds.7-8.30pm Contact: Carol Tel: 07525815055</p>