

Here at The Whitworth we have lots of activities available to book. For prices and availability contact the organiser via the details provided below.

INDOORS

Sports and Fitness Classes

ZUMBA

MONDAY 19:15- 20:15
WEDNESDAY 13:30- 14:30

Looking for a fun and fast way to get fit?
The enthusiastic Jose Oliva brings his energetic Zumba Sessions to Darley Dale for you to enjoy. Get yourself to a Zumba class, a fitness class spirited with Latin and International beats, a mix of rhythms. Zumba is a combination of interval training and body sculpture in an easy-to-follow dance format. It will have you shredding calories and grooving your body into a superb shape in no time!

For more information or to book contact Jose on 07564 649660

PILATES

THURSDAY 18:30-20:30

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Abi is a qualified physiotherapist with a training in APPI Pilates method. APPI pilates is a modified form of pilates designed for use in the rehabilitation setting. I completed my training and qualified as a pilates instructor in 2016.

For more information or to book email abipilates@gmail.com

INDOOR BOWLS

TUESDAY 14:00-16:00
SATURDAY 14:00-18:00

It doesn't matter if you've only ever watched a game of bowls, or if you know nothing about it – indoor bowls is a really simple and enjoyable game to get into. Some of the benefits of indoor bowls include its sociability (it's a great way to meet new people and make new friends), as well as the fact it's suitable for people of all ages and abilities.

Indoor bowls is usually slighter faster than outdoor bowls due to the nature of the pitch, however the same rules apply.

For more information or to book contact Pat Whitehouse
01629 734043

YOGA

THURSDAY 18:00-19:00

Take some time out of your week to unwind with Yoga. Andrea has 10 years yoga experience and welcomes all experience levels.

Perfect if you:

- Think yoga isn't for you
- Want to feel stronger
- Are looking for some calm
- Want to improve your mobility and flexibility

For more information or to book visit acyoga.co.uk

U3A TABLE TENNIS

EVERY FRIDAY
14:00-16:00

This group was successfully launched in spring 2015 and has been joined by a number of members that play regularly. However, with four tables available, it has capacity for more players who would be made very welcome!

While you will need to bring your own bat, balls are provided. The group meet each Friday, 2pm-4pm.

For more information contact Tony and Janice Wells on 01629 259754

WHITWORTH TABLE TENNIS LEAGUE

EVERY FRIDAY
19:00-21:30

There are four tables at the venue with a maximum of two league matches each Friday 7pm-9:30pm.

This means there will always be TWO PRACTICE TABLES FREE! Come along and practise improving your game between matches and supporting the club at the same time.

No need to book, just turn up!



OTAGO/ CHAIR EXERCISES

THURSDAY 11:00

This is an exercise class for the more mature participant and clients recovering from surgery or injury who want to maintain their general ability and fitness. The class is based around the chair for individuals to build their strength, co-ordination, and functional ability in a safe environment. In this class there is a combination of mobility exercises, upper body and lower body resistance exercises, a balance and co-ordination section standing behind the chair, functional movement patterns and some fun exercise to music sitting in the chair for cardiovascular fitness and co-ordination. This class is aimed to be fun and enjoyable whilst the participants develop measurable improvement in their ability to perform daily tasks and to prevent the likelihood of falls.

Amanda Grattan, holistic exercise and lifestyle coach, holistic health practitioner, crystal healer and energy healer.

Please contact Amanda on 07917683484 or email amanda.louise.haskell@gmail.com for any more information.

Activities and Social Clubs

ST HELENS LADIES

FIRST WEDNESDAY OF MONTH
14:00-16:00

Formerly known as St. Helen's Young Wives Club, the group was formed in 1962 following a cheese and wine party held at the Rectory by Mrs Stanford. The name was later changed to St.Helen's Ladies Group to help encourage women of all ages to join.

The group is interdenominational, and new members are always made welcome. Meetings are held on the first Wednesday of each month.

For more information go to www.sthelensdarleydale.org.uk

WAYFINDERS

FRIDAY 18:00-19:15

For over 30 years, Wayfinders has been providing safe, organised activities for local children and young people. The activities are organised to suit the relevant age groups and include fun games, craft and sports. The clubs are led by members & friends of the church.

Currently, the club is for children of primary school age (4 – 11 years old), it is free of charge to attend
Wayfinders has a team of DBS checked volunteers committed to caring for your children and ensuring they have a great time.

Please contact Phil & Rachel for more information: 01629 818598

U3A ART APPRECIATION

Share information and enthusiasm for all aspects of art. Members make contributions by presenting images on a theme or a particular artist or sometimes about a significant art gallery. These presentations lead to lively discussions.

For further information contact Anne Oldfield on 01629 733296



THE WHITWORTH DARLEY DALE



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OUTDOORS

CROQUET

APRIL - OCTOBER

The club has three half size courts next to the Bowling Green, and provides all the necessary equipment with a range of mallets for different size people. All they ask is that you wear flat sole shoes to prevent damage to the courts. Three Club members are qualified Coaches and a further two have been trained and are willing to help you get to grips with the game. Our playing season runs from April to October, and members are free to use the club equipment on Club days.

For more information email
secretary@darleydalecroquetclub.org.uk

BOWLS

It doesn't matter if you've only ever watched a game of bowls, or if you know nothing about it – bowls is a really simple and enjoyable game to get into. Some of the benefits of bowls include its sociability (it's a great way to meet new people and make new friends), as well as the fact it's suitable for people of all ages and abilities. It's also a great chance to spend time in the lovely English weather.

For more information or to book contact Pat Whitehouse
01629 734043

DARLEY DALE JUNIORS FOOTBALL CLUB

WEDNESDAY 17:00-19:00

Football is a great way for your kids to keep fit and make new friends. Darley Dale Juniors is made up of incredibly friendly coaches, players and parents. The club is a Charter Standard Club with Level 1 coaches.

Both boys and girls welcome.

For more information contact Howard Heath 01629650460

DARLEY DALE LIONS FOOTBALL CLUB

Winster & Darley Lions are an man's adult football team who play in the Hope Valley Amateur League.

Join the team for regular training sessions and play in weekly fixtures against other local teams.

For more information search Winster & Darley Dale Lions FC on Facebook.

PEAK PERFORMERS DOG SPORTS CLUB

2022 DATES
COMING SOON

Peak Performers is a dog sports club specialising in Flyball. Bring along your four-legged friend to Whitworth Park for an weekly activity that is fun for both you and your pet. Flyball is great way for your dog to burn off energy, work their brain as well as a great opportunity to build their confidence and increase socialisation with other dogs.

The club moved to Matlock following a successful 'Have a Go' flyball afternoon at the annual Darley Dale in Bloom Dog Show in Whitworth Park. Ron & Hilary Backhouse, who lived in the area and were part of the Sheffield group decided to start a local training club, which has now been running successfully since April 2014.

New members and beginners are always made welcome.

For more information contact peakperformers@outlook.com

DARLEY DALE IN BLOOM

Darley Dale in Bloom is a volunteer-lead group that works to improve the environment in our area through community projects. Our planting initiatives aim to preserve and enhance the beauty and enjoyment of our local spaces for years to come.

They design, create and maintain beautiful planting plans in and around Whitworth Park, which is enjoyed by thousands of residents and visitors.. DDIB are always looking out for pairs of hands to get involved with these rewarding projects. If you have an idea to submit or think you would like to give back to the community in some way please don't hesitate to get in touch via email, phone or messenger about becoming one of our valuable volunteers.

For information and to join contact valsinger@gmail.com



OUTDOORS

GO RIDE YOUNGSTERS COACHING

SATURDAY 9:30

For Matlock Cycling Club members only. Kids coaching takes place usually twice a month at 9.30am. The activities are run by British Cycling qualified coaches and include basic riding skills, developing confidence with individual and team exercises and games. The children involved in these sessions range in age from around 4 to 12 and vary greatly in ability.

The aim of each session is to improve the ability and confidence of young riders in challenging and fun ways.

For more information visit www.matlockcyclingclub.co.uk

WHITWORTH THREAD 5K

EVERY 2ND SATURDAY OF THE MONTH 9:00

These events are for everyone. Just turn up and enjoy yourself. Whether your a regular runner or always wanted to get that little bit fitter. You can jog 4 laps, 3,2 or 1 lap and even walk the route as that first step towards improving your fitness and general well-being. Month by month you set your own target and try to improve it.

You'll be caught up with the enthusiasm of others and the atmosphere within the park - so much easier than running alone. Don't forget your £1 charity donation!

Visit www.5kparkrunderbyshire.co.uk for more information

SOLE MATES

TUESDAY 18:30

Sole Mates Matlock welcomes ALL new runners, whatever your fitness or experience. Our sessions are always FREE.

Please come prepared for the weather (good or bad) including hi-vis clothing and torches in the winter and sun cream and water in the summer.

Children are welcome to attend the sessions but must be closely supervised and under parental responsibility at all times.

We believe in fitness for all, men & women, with buggies or friends or just you, so come along even if you have never done anything like this before. In a relaxed and friendly environment we meet to improve our fitness, whether you walk, jog or run.

Search 'Sole Mates Matlock' on Facebook for more information

NORDIC WALKING

TUESDAY 9:30
THURSDAY 9:30

Join this fun and friendly Nordic Walking session, suitable for all fitness levels and abilities.

Nordic walking is a whole body exercise that can help with fitness, health and wellbeing. It's about enjoying the outdoors in a relaxed, sociable group whilst improving health and wellbeing.

Contact Sarah for details Tel. 07720258878 or
Email sarah@mvmtpilates.com



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