

One Leisure Active Lifestyles Newsletter

August 2025

 **NEW DATES!**  

Active For Health & Active For Health Xtra

Active For Health: A 12-week programme for adults aged 18+ this initiative encourages participants to become more active and incorporate movement into their daily lives.

One Leisure St. Ives: Mondays 17:00 - 18:00 (*Starting 8th Sept*)

One Leisure Huntingdon: Wednesdays 17:00 - 18:00 (*Starting 10th Sept*)

One Leisure Ramsey: Wednesdays 17:00 - 18:00 (*Starting 10th Sept*)

One Leisure St. Neots: Thursdays 17:00 - 18:00 (*Starting 11th Sept*)

Active For Health Xtra: A 12-week activity programme for adults aged 50+ who have at least two additional risk factors for Cardiovascular Disease.

One Leisure Huntingdon: Wednesdays 14:00 - 15:00 (*Starting 10th Sept*)

Head to our website: www.huntingdonshire.gov.uk/activeforhealth

Staying Active

Staying Active: A 9-week programme aimed at helping individuals aged 55+ become more active and maintain their independence. Participants will engage in a variety of activities that enhance mobility, foster social connections, and boost overall wellbeing.

Old School Hall, Sawtry: Mondays 14:00 - 15:00 (*Starting 8th Sept*)

One Leisure St. Ives: Tuesdays 15:00 - 16:00 (*Starting 9th Sept*)

Coneygear Centre, Huntingdon: Thursdays 09:15 - 10:15 (*Starting 11th Sept*)

Head to our website: www.huntingdonshire.gov.uk/stayingactive

Hunts Community Cancer Network

HCCN supports adults 18+ in Huntingdonshire living with or beyond a cancer diagnosis. Whether you're preparing for treatment, in recovery, or looking to improve strength and wellbeing - these weekly sessions are tailored to help you feel good in your body.

One Leisure St Ives: Mondays 12:45 - 13:45

One Leisure Huntingdon: Tuesdays 10:00 - 11:00

One Leisure St Neots: Wednesdays 16:30 - 17:30

One Leisure Huntingdon: Thursdays 12:30 - 13:30



Find out more: <https://www.huntingdonshire.gov.uk/living-with-or-beyond-cancer/>

Summer Sport & Activity Sessions

Parish Sessions



We have a busy summer holiday period ahead as our children's sports sessions launch in partnership with some local Parish Councils. The team have 63 multi-sport sessions planned across Huntingdonshire for children aged 5-11.



Email activelifestyles@huntingdonshire.gov.uk to see if your Parish are involved.

Teen Street Sports



We are also offering free to join Teen Street Sport sessions in three locations, providing teenagers with a chance to participate in informal sport sessions. No booking is required, turn up on the day to join in!

Huntingdon Market Square: Wednesdays 18:00 - 20:00 (Starting 30th July)

Loves Farm MUGA, St. Neots: Fridays 18:00 - 20:00 (8th & 22nd August)

St. Neots Town Centre: Fridays 18:00 - 20:00 (15th & 29th August)

Hinchingbrooke Country Park



We are excited to announce a variety of sport sessions happening across the district this summer.

At Hinchingbrooke Country Park we have sessions dedicated to families, teens and SEND. We will have a variety of sports and activities on offer and all are welcome to come and join. Either pre-book on the One Leisure App or turn up on the day to join in with these fun activities! Check out our timetable to find the sessions suited to you.

<https://www.huntingdonshire.gov.uk/hcp-summer-2025>

Bear Hunt Picnic



Through our partnership with Healthy You, we are excited for you to join us as we search high and low by following the map to find bear clues. Bring your own picnic and enjoy this fun family day which ends with a bear race.

Hinchingbrooke Country Park: Thursdays 13:00 - 15:00 (31st July - 28th August).



To book, email: activelifestyles@huntingdonshire.gov.uk

Walking Netball

www.huntingdonshire.gov.uk/walkingsports

Walking Netball is specifically modified for players to walk instead of run and is suitable for adults aged 35+. We welcome players of any ability or fitness and it's a great way to keep active.

Brampton Memorial Centre (MUGA): Mondays 10:00 - 11:00

One Leisure St Ives Outdoor: Mondays 17:00 - 18:00 

Yaxley Amenity Centre (MUGA): Wednesdays 10:30 - 11:30

One Leisure Ramsey: Thursdays 12:00 - 13:00

One Leisure Huntingdon: Fridays 10:00 - 11:00



Parks & Countryside

<https://www.huntingdonshire.gov.uk/leisure/parks-nature-reserves-and-green-spaces/>

Walks: Enjoy the Parks and Countryside sites around the district. With miles of beautiful routes to walk, find one that suits you and immerse yourself in the peaceful scenery and calming nature. Look out for our amazing team of experienced professional rangers who are on hand to make you feel welcome!

For more information, please contact: OpenSpaces@huntingdonshire.gov.uk

Park Run: We are proud to host two Park Runs on Saturdays at 09:00am.

Hinchingbrooke Country & Barford Road (St Neots)



For more information: <https://www.parkrun.org.uk/>

ESCAPE Pain

www.huntingdonshire.gov.uk/escapepain



We have a brand new ESCAPE Pain course starting in September! The programme includes structured exercise and education about pain management strategies for those suffering with hip and knee arthritis.

One Leisure St. Neots: Tuesdays 15:00 - 16:00 (Starting 9th September)



Pulmonary Maintenance

www.huntingdonshire.gov.uk/healthconditions



We now have Pulmonary Maintenance classes running in Huntingdon and St Neots! These classes are for people living with pulmonary conditions, such as COPD. Enjoyable and sociable sessions led by a qualified instructor.

One Leisure Huntingdon: Mondays 13:45 - 14:45

One Leisure St Neots: Wednesdays 15:00 - 16:00

£4.70 pay as you go or £42.00 for a 10 class pass

Pre-bookings can be made via the One Leisure App or calling 01480 388111.