

Blackburn with Darwen's RE:FRESH team is dedicated to supporting the health and wellbeing of people living and working in our Borough. Please see the timetable below for details of our sessions:

Sessions aimed at beginners or those returning to exercise after some time.

Ante and post natal sessions aimed at new mums and mums to be.

Learning through play sessions aimed at children aged 4 and under.

Discounts  Session price reduced to £1 for anyone who lives, works, has a GP or is in full time education in Blackburn with Darwen.





Session included in any BwD Leisure monthly or annual all inclusive membership.

MONDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Walking Workout 11am - 11.45am	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	 	Witton Park Meet at Pleasington Changing Rooms	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Mini Movers 12.45pm - 1.30pm	Music and movement session for children aged 2 - 4 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult. Fee to be paid on the day - please bring correct change.	50p		Central United Reformed Church Darwen	Book via Eventbrite refreshbwd.eventbrite.com

TUESDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Mini Movers 9.45am - 10.30am	Music and movement session for children aged 2 - 4 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult.	50p		Witton Park Arena Indoor Track	Book by calling the Leisure Hub on 01254 585555 Leisure Card required.
Cycle Back to Fitness 10am - 10.45am & 11.15am - 12pm	A session for cyclists keen to get back on a bike again and ease their way into building up their fitness and cycling confidence in a controlled hazard free area away from general park users and traffic. Trikes also available. £1 under the re:refresh leisure scheme	£2	 	Witton Park Meet at the main entrance to the Arena	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Movers and Shakers 11.30am - 12.15pm	A fun, interactive sensory session for children aged 1 - 2 years. Indoor session. Children must be supervised by a parent or carer at all times at a maximum ratio of two children per adult.	50p		Central United Reformed Church Darwen	Book via Eventbrite refreshbwd.eventbrite.com
Walk and Talk for Mums to Be 1.15pm - 2pm	Join us for a walk around Witton Park. This session is specifically for mums to be. Meet other expectant mums, make friends and get some fresh air.	FREE		Bold Venture Park Meet at the main gates to the park	Book via Eventbrite refreshbwd.eventbrite.com

WEDNESDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Ladies Only Led Walk 10am start Starts 19th May	This volunteer led walk is specifically for ladies only. The walk lasts approximately one hour. For more information and to book check out our Eventbrite page.	FREE		Bangor Street Community Centre	Book via Eventbrite refreshledwalks.eventbrite.com
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Walking Workout 11.30am - 12.15pm	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	 	Witton Park Meet at Pleasington Changing Rooms	Book using the 'BwD Leisure' app or online at www.bwdleisure.com



WEDNESDAY CONTINUED

Session/Time	Description	£	Discount Available	Location	Booking Info
Pram Push Pilates 1.30pm - 2.30pm	Pram push pilates offers a safe and effective way to strengthen, realign and work on the core and pelvic floor muscles after having a baby whilst taking a walk through the park. Bring baby along and meet other new mum's. Suitable for new mums with baby after 6-8 week check normal delivery and 12 weeks after a C-section.	£2	re:refresh your health and wellbeing BwD LEISURE	Witton Park Meet on the main path opposite the Witts Playground	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE			Book via Eventbrite refreshledwalks.eventbrite.com

THURSDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Adult Bike Hire Various sessions	Adult Bike Hire from Witton Park Cycle Centre. Helmets provided. Late arrivals cannot be accommodated. Hire lasts 60 minutes and bikes must be returned to the Cycle Centre on time. Please wait on the social distancing spots outside of the Cycle Centre.	£3.50		Witton Park Meet at the Cycle Centre next to Pavilion	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Walking Workout 11.30am - 12.15pm	An easy paced health walk suitable for beginners including some low impact exercises along the way.	£2	re:refresh your health and wellbeing BwD LEISURE	Witton Park Meet at Pleasington Changing Rooms	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Walk and Talk for New Mums and Mums to Be 1.30pm - 2.15pm	Join us for a walk around Witton Park. This session is specifically for new mums and mums to be. Meet other expectant mums and mums with babies under 12 months, make friends and get some fresh air.	FREE		Witton Park Meet on the main path next to the Arena	Book via Eventbrite refreshledwalks.eventbrite.com
Led Walk 2pm start	These volunteer led walk takes in the beauty of our local park and lasts approximately one hour. For more information and to book check out our Eventbrite page.	FREE		Witton Park Meet on the main path next to the Arena	Book via Eventbrite refreshledwalks.eventbrite.com

FRIDAY

Session/Time	Description	£	Discount Available	Location	Booking Info
Biker Tots Trail 9.45am - 10.30am	Fun session for children aged 2 - 4 years with a selection of balance bikes. Children must be supervised on a maximum ratio of 2 children to 1 adult. Parents or carers must stay and supervise their children. This outdoor session will take place on the paths around the park. Bikes and helmets will be provided.	50p		Witton Park Meet outside the Pavilion	Book by calling the Leisure Hub on 01254 585555 Leisure Card required.
Led Walk 10.30am start	These volunteer led walks which may involve hills, rough ground and stiles, set off from a variety of different locations and last between one hour and 90 minutes. For more information and to book check out our Eventbrite page.	FREE		Various	Book via Eventbrite refreshledwalks.eventbrite.com
Pedal Round the Park 10.30am - 11.30am	A led ride for adults at an easy pace around the mile loop in the park. Ideal for those just getting into cycling. Bikes and helmets provided. Meet at Cycle Centre at the Pavilion.	£2	 	Witton Park Meet at the Cycle Centre next to Pavilion	Book using the 'BwD Leisure' app or online at www.bwdleisure.com
Walk and Explore 11.30am - 12pm	Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years. Children must be accompanied by an adult.	FREE		Witton Park Meet outside the Pavilion	Book via Eventbrite refreshledwalks.eventbrite.com