

3 Towns Activities Timetable Children and Young People



Monday			
Afternoon	<p>Jackass Junior Youth Theatre (7 - 12 years) Jack Drum Arts, St Cuthbert's Centre 4pm – 5.30pm Contact: 01388 765002</p>		
Evening	<p>Jackass Senior Youth Theatre (12 – 19 years, or 25 with a disability) Jack Drum Arts, St Cuthbert's Centre 6pm – 8.30pm Contact: 01388 765002</p> <p>Bishop Auckland Girls FC (Under 16s) King James Academy 7.30pm – 8.30pm Contact: Via Facebook page or 07784484572</p>	<p>Willington Cubs (8-10 ½ years) Old Village Hall, Helmington Row 6pm – 7.30pm Contact: 07436 895889</p>	<p>Willington 4th Scouts (10 ½ - 14 years) Old Village Hall, Helmington Row 7.30pm – 9pm Contact: 07436 895889</p>

3 Towns Activities Timetable Children and Young People



Tuesday

Evening

Lingotot - French

Online

4.45pm

Contact: 0845 680 8148

Lingotot - Spanish

Online

5.30pm

Contact: 0845 680 8148

Stanley Crook Youth Club (11 years +)

Stanley Crook Village Hall, Stanley Crook

7.15pm – 9pm

Contact: 07791 772518

Get Set Samba Drumming (10 years +)

Jack Drum Arts, St Cuthbert's Centre

6pm – 7.30pm

Contact: 01388 765002

3 Towns Activities Timetable Children and Young People



Wednesday

Evening

Tow Law Rainbows, Brownies and Guides

St Phillips and St James Church Hall

4.45pm – 7.30pm (term time only)

Contact: <https://www.girlguiding.org.uk/about-us/contact-us/>

Bishop Auckland FC Girls (3-6years)

Bishop Auckland College

5pm – 6pm

Contact: Via Facebook or 07784484572

Bishop Auckland FC Girls (Under 7,8,9s)

5pm – 6pm

Parkside 3G, Willington Academy

Contact: Via Facebook or 07784484572

Bishop Auckland FC Girls (Under 9s pink/black)

5.30pm – 6.30pm

King James 3G

Contact: Via Facebook or 07784484572

Crook Games Night (11 -25 years)

Jack Drum Arts, St Cuthbert's Centre

6pm – 8.30pm

Contact: 01388 765002

Bishop Auckland FC Girls (Under 10s pink)

7pm – 8pm

Parkside 3G, Willington Academy

Contact: Via Facebook or 07784484572

Bishop Auckland FC Girls (Under 11,12s)

7pm – 8pm

Parkside 3G, Willington Academy

Contact: Via Facebook or 07784484572

Bishop Auckland FC Girls (Under 12,13s pink)

7pm – 8pm

King James Academy

Contact: Via Facebook or 07784484572

Bishop Auckland FC Girls (Under 14,15,16s)

7.30pm – 8.30pm

King James Academy

Contact: Via Facebook or 07784484572

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Thursday

Evening

Runaway Samba (all ages, under 10s require a supervising adult)
Jack Drum Arts, St Cuthbert's Centre
6.30pm – 8.30pm
Contact: 01388 765002

Crook Juniors AC
Shildon Stadium 2000
7.30pm
Contact: Crook.jnrs@yahoo.co.uk

3 Towns Activities Timetable Children and Young People



Friday			
Morning	<p>Storytime/Craft session for under 5's (term time only) Crook Library 10.00am till 11.00am Contact: 0300 026 9002</p>		
Evening	<p>Rock Band Collective (ages 12-25 years) Jack Drum Arts, St Cuthbert's Centre 5pm – 7pm Contact: 01388 765002</p>	<p>Junior Cricket Club Hunwick Cricket Club 5pm – 6pm (commencing 21st April 2023) Contact: hunwickjuniors@gmail.com</p>	<p>Natural High (Music, Dance and Drama Group) St Andrews Church Hall, Crook 6pm – 8pm Contact: 07811 166763</p>

3 Towns Activities Timetable

Sport and Fitness



Monday

Morning	Spin and Core Spectrum Leisure Centre 6am – 6.45am Contact: 01388 747000	HIIT Circuits Crook Community Leisure Centre 6am – 6.45am Contact: 01388 763989	
	HIT and Core Spectrum Leisure Centre 7am – 7.45am Contact: 01388 747000	Ladies Morning Spectrum Leisure Centre 9.15am-10am Contact: 01388 747000	Mature Circuits Crook Community Leisure Centre 9.30am – 10.15am Contact: 01388 763989
Evening	Manic Express Spectrum Leisure Centre 5.30pm – 6pm Contact: 01388 747000	Superspin Crook Community Leisure Centre 6pm – 6.45pm Contact: 01388 763989	Bars and Bells Spectrum Leisure Centre 6pm – 6.45pm Contact: 01388 747000
	Legs, Bums and Tums Spectrum Leisure Centre 6.45pm – 7.15pm Contact: 01388 747000	Core Spectrum Leisure Centre 7.30pm – 7.45pm Contact: 01388 747000	Pilates Crook Community Leisure Centre 7pm – 8pm Contact: 01388 763989

3 Towns Activities Timetable

Sport and Fitness



Better for everyone

Tuesday			
Morning	TRX and Core Spectrum Leisure Centre 6am – 6.45am Contact: 01388 747000	Barbell Fusion Crook Community Leisure Centre 6am – 6.45am Contact: 01388 763989	PALS (Physically Active Life Seniors over 60's Badminton) Spectrum Leisure Centre 9.30am – 12pm Contact: 01388 747000
	Ladies Morning Spectrum Leisure Centre 9.15am – 10am Contact: 01388 747000	Cardio Combat Crook Community Leisure Centre 9.30am – 10.15am Contact: 01388 763989	
Afternoon	Pilates Crook Community Leisure Centre 11.45am – 12.45pm Contact: 01388 763989		
Evening	MMA/Grappling Crook Community Leisure 4.45pm – 5.45pm Contact: 01388 763989	Muscle Mass Spectrum Leisure Centre 5.30pm – 6pm Contact: 01388 747000	Bodytone Crook Community Leisure Centre 6pm – 6.45pm Contact: 01388 763989
	Super SPIN Spectrum Leisure Centre 6pm – 6.45pm Contact: 01388 747000	Metafit and Abs Crook Community Leisure Centre 7pm – 7.45pm Contact: 01388 763989	Bootcamp Spectrum Leisure Centre 6.45pm – 7.30pm Contact: 01388 747000

3 Towns Activities Timetable

Sport and Fitness



Wednesday

Morning/Afternoon

Boxfit (own gloves and pads required)

Spectrum Leisure Centre
6am – 6.45am
Contact: 01388 747000

Bums and Tums

Crook Community Leisure
9.30am
Contact: 01388 763989

WOTW

Crook Community Leisure Centre
6am – 6.45am
Contact: 01388 763989

Bar and Bells

Spectrum Leisure Centre
7am – 7.45am
Contact: 01388 747000

Ladies Morning

Spectrum Leisure Centre
9.15am – 10am
Contact: 01388 747000

Evening

HIIT

Spectrum Leisure Centre
5.30pm – 6pm
Contact: 01388 747000

Box Fit (own gloves and pads required)

Spectrum Leisure Centre
6pm – 6.45pm
Contact: 01388 747000

Afro Brazilian Dance (16 + years)

Jack Drum Arts, St Cuthbert's Centre
6.30pm – 7.30pm
Contact: 01388 765002

Spin Express

Crook Community Leisure Centre
5.15pm – 5.45pm
Contact: 01388 763989

Spin

Spectrum Leisure Centre
6.45pm – 7.15pm
Contact: 01388 747000

AMRAP

Crook Community Leisure Centre
7pm – 7.45pm
Contact: 01388 763989

Cardio Combat

Crook Community Leisure Centre
6pm – 6.45pm
Contact: 01388 763989

Bars and Bells

Spectrum Leisure Centre
7.15pm – 8pm
Contact: 01388 747000

3 Towns Activities Timetable

Sport and Fitness



Better for everyone

Thursday			
Morning/ Afternoon	Bars and Bells Spectrum Leisure Centre 6am – 6.45am Contact: 01388 747000	Lean and Mean Crook Community Leisure Centre 6am – 6.45am Contact: 01388 763989	PALS (Physically Active Life Seniors over 60's Badminton) Spectrum Leisure Centre 9.30am – 12pm Contact: 01388 747000
	Ladies Morning Spectrum Leisure Centre 9.15am – 10am Contact: 01388 747000	Mature Circuits Crook Community Leisure Centre 9.30am – 10.15am Contact: 01388 763989	
Evening	Spin Spectrum Leisure Centre 5.30pm – 6pm Contact: 01388 747000	HIIT Circuits Crook Community Leisure Centre 5pm – 5.45pm Contact: 01388 763989	
	Pump Spectrum Leisure Centre 6.15pm – 6.45pm Contact: 01388 747000	Superspin Crook Community Leisure Centre 6pm – 6.45pm Contact: 01388 763989 Body Burn Spectrum Leisure Centre 6.45pm – 7.15pm Contact: 01388 747000	WOTW Crook Community Leisure Centre 7pm - 7.45pm Contact: 01388 763989 Core Express Spectrum Leisure Centre 7.30pm – 7.45pm Contact: 01388 747000

3 Towns Activities Timetable

Sport and Fitness



Better for everyone

Friday				
Morning	Body Burn Spectrum Leisure Centre 6am – 6.45am Contact: 01388 747000	Bums and Tums Crook Community Leisure Centre 6am – 6.45am Contact: 01388 763989	Ladies Morning Spectrum Leisure Centre 9.15am – 10am Contact: 01388 747000	Aerobics Crook Community Leisure Centre 9.30am – 10.15am Contact: 01388 763989
	HIIT and Core Spectrum Leisure Centre 7am – 7.45am Contact: 01388 747000	Pilates Crook Community Leisure Centre 12pm – 1pm Contact: 01388 763989	Walking Cricket Group (Over 50) Spectrum Leisure Centre 2pm – 3pm Contact: https://bit.ly/2ZMR5KS	
Afternoon				
Evening	Lean and Mean Crook Community Leisure Centre 5pm – 5.45pm Contact: 01388 763989	TRX and Core Spectrum Leisure Centre 7pm – 7.30pm Contact: 01388 747000	Bums and Tums Crook Community Leisure Centre 6pm – 6.45pm Contact: 01388 763989	Manic Spectrum Leisure Centre 6.15pm – 7pm Contact: 01388 747000
	Super SPIN Spectrum Leisure Centre 5.30pm – 6.15pm Contact: 01388 747000	Kickboxing/MMA Crook Community Leisure Centre 7pm – 8pm Contact: 01388 763989		

3 Towns Activities Timetable

Sport and Fitness



Saturday

Morning

TRX

Spectrum Leisure Centre

9.30am – 10.15am

Contact: 01388 747000

Super Spin

Crook Community Leisure Centre

9.30am – 10.30am

Contact: 01388 763989

Pilates

Crook Community Leisure Centre

10.30am – 11.30am

Contact: 01388 763989

3 Towns Activities Timetable

Sport and Fitness



Sunday		
Morning	Box Fit (own gloves and pads required) Spectrum Leisure Centre 9am – 9.45am Contact: 01388 747000	TRX Spectrum Leisure Centre 11am – 11.30am Contact: 01388 747000
	Spin Spectrum Leisure Centre 9.45am – 10.15am Contact: 01388 747000	Kickboxing Crook Community Leisure 11am – 12pm Contact: 01388 763989
	HIIT Circuit Crook Community Leisure Centre 10am – 10.45am Contact: 01388 763989	
	Bars and Bells Spectrum Leisure Centre 10.15am – 11am Contact: 01388 747000	

3 Towns Activities Timetable

Community Activities



Monday			
Morning/ Afternoon	<p>Durham Alliance for Community Care (55+) Rosedale Estate, Willington 9.15am – 3.15pm Contact: 0191 3843679/01388 748431</p>	<p>Friends Together Crook Community Leisure 10.45am – 12.45pm Contact: 07966 512889/07940075585</p>	<p>Reading Group (every 2nd Monday of the month) Willington Library 2pm – 3pm Contact: 03000 269532</p>
	Evening		<p>Howden-Le-Wear Local History Society (every 3rd Monday) Howden-Le-Wear Village Hall 7pm Contact: 07746 017103</p>

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Community Activities



Tuesday			
Morning		Durham Alliance for Community Care (55+) Rosedale Estate, Willington 9.15am – 3.15pm Contact: 0191 3843679/01388 748431	

3 Towns Activities Timetable

Community Activities



Wednesday			
Morning/ Afternoon	Durham Alliance for Community Care (55+) Rosedale Estate, Willington 9.15am – 3.15pm Contact: 0191 3843679/01388 748431	Craft Group Howden-Le-Wear Village Hall 10am – 12pm Contact: 01388 763350	Feel Good Wednesday Arts Group Jack Drum Arts, St Cuthbert's Centre 11am – 1pm Contact: 01388 765002
	Craft Wednesdays Jack Drum Arts, St Cuthbert's Centre 11am – 2pm Contact: 01388 765002		

3 Towns Activities Timetable

Community Activities



Thursday

Morning	Durham Alliance for Community Care (55+) Rosedale Estate, Willington 9.15am – 3.15pm Contact: 0191 3843679/01388 748431	Friends Together Crook Community Leisure 10.45am – 12.45pm Contact: 07966 512889/07940075585	Adult Craft & Chat Sessions Crook Library 10.30am - 12.30pm Contact: 0300 026 9002
Afternoon	Village Friends Howden-Le-Wear Village Hall 2pm – 4pm Contact: 07746 017103	Computer Club Willington Library 1pm – 3pm Contact: 03000 269532	Family History Computer Session (first Thursday of the month) Crook Library 2pm - 3.30pm Contact 0300 026 9002
Evening	Runaway Samba (all ages, under 10s require a supervising adult) Jack Drum Arts, St Cuthbert's Centre 6.30pm – 8.30pm Contact: 01388 765002		

3 Towns Activities Timetable

Community Activities



Friday		
Morning	Durham Alliance for Community Care (55+) Rosedale Estate, Willington 9.15am – 3.15pm Contact: 0191 3843679/01388 748431	Knit and Knatter Willington Library 9.30am – 12pm Contact: 03000 269532
Afternoon	CREE Mens Socialisation Club Spectrum Leisure Centre 1.30pm – 3pm Contact: 01388 747000	Walking Cricket Group (Over 50) Spectrum Leisure Centre 1pm – 3pm Contact: https://bit.ly/2ZMR5KS
Evening	Rock Band Collective (ages 12-25 years) Jack Drum Arts, St Cuthbert's Centre 5pm – 7pm Contact: 01388 765002	

3 Towns Activities Timetable

Community Activities



Saturday

Morning

Dementia Support Café (2nd Saturday of every month)

Side Aisle, St Catherine's Church, Crook

10am - 12 noon

Contact 01388 329615

Ukulele Ensemble

Jack Drum Arts, St Cuthbert's Centre, Crook

11am – 1pm

Contact: 01388 765002