



# Ways to Be active in and Around Rastrick

## Adults:

- [Adventures in dance, health, and happiness with Curious Motion](#)
- [Castlefield Golf Club](#)
- [Cromwell Bottom Nature Reserve](#)
- [Exercise / Tai Chi Classes at Heartbeat](#)
- [Rastrick Bowling & Social Club](#)
- [Rastrick Cricket Club](#)
- [Rastrick Tennis Club](#)
- [Table Tennis at Southgate Methodist Church](#)
- [Tai Chi @ St John's Church](#)
- [Various activities at Limelight Theatre](#)
- [Various activities at Brighthouse Central Methodist Church](#)
- [Various activities at Brighthouse Swimming Pool and Fitness Centre](#)
- [Various activities at The Space @ Field Lane including gentle exercise](#)
- [Various activities at Waring Green Community Centre](#)
- [Zumba and Zumba Gold with Crazy Amigos](#)

## Youth & Children:

- [Castlefield Golf Club](#)
- [Cromwell Bottom Nature Reserve](#)
- [Rastrick Cricket Club](#)
- [Rastrick Juniors Football Club](#)
- [Rastrick Tennis Club](#)
- [Various activities at Brighthouse Central Methodist Church](#)
- [Various activities at Brighthouse Swimming Pool and Fitness Centre](#)
- [Various activities at Limelight Theatre](#)
- [Various activities at Waring Green Community Centre](#)

## Parks

- Bromston Street Recreation Ground
- Burnsall Road Park  
(Opposite Space at Field Lane)
- Car Green Recreational Ground
- Healey Wood Recreation Park