

## *Regular Activities & Sessions*

Updated 22<sup>nd</sup> September 2011

<b>Venue</b>	<b>Day</b>	<b>Activity</b>	<b>Time</b>	<b>Contact/other info</b>
Alfreton Leisure Centre	<b>Monday</b>	Activity Friends Session for Over 50's	12pm-3pm	£2.95 Contact <b><i>Alfreton Leisure Centre</i></b> <b><i>01773 523325</i></b>
Denby Free School Denby	<b>Monday</b>	Street Dance & Cheer	3:30pm – 4:30pm	Key Stage 1, FREE but booking essential Contact <b><i>heather@villagegames.org.uk</i></b>
Holbrook Sports & Social Club	<b>Monday</b>	Zumba!	7:30pm - 8:15pm	<b>Starts Monday 3<sup>rd</sup> October</b> Over 18's Welcome, £2.00, Contact <b><i>heather@villagegames.org.uk</i></b>
Crich Scout Hut, Crich	<b>Tuesday</b>	Pilates with Steph	9:30am - 10:25am	All Welcome, £2.00, Contact <b><i>heather@villagegames.org.uk</i></b>
Crich Scout Hut, Crich	<b>Tuesday</b>	Keep Fit with Steph	10:30am - 11:25am	All Welcome, £2.00, Contact <b><i>heather@villagegames.org.uk</i></b>
Holbrook Brownies	<b>Tuesday</b> <b>11<sup>th</sup></b> <b>October</b>	Olympic Activity Session	6pm-7pm	Contact <b><i>heather@villagegames.org.uk</i></b>
Lea Green Sports Hall, Lea, DE5 4GJ	<b>Wednesday</b>	Back 2 Netball	6:30pm - 7:30pm	Ladies 16+, £3.00, Contact <b><i>Laura Munnery</i></b> <b><i>07801 856580</i></b>
Denby Institute, Derby Road	<b>Wednesday</b>	Zumba!	6:45pm - 7:30pm	<b>Starts Wednesday 5<sup>th</sup> October!</b> Over 18's Welcome, £2.00, Contact <b><i>heather@villagegames.org.uk</i></b>

Alfreton Leisure Centre	<b>Wednesday</b>	FREE Trampolining for Women & Girls	6:45pm - 7:45pm	<b>Starts 21<sup>st</sup> September</b> 16-25years, FREE Contact <b><i>Alfreton Leisure Centre</i></b> <b><i>01773 523325</i></b>
Denby Pottery Café Meet just outside the cafe at the visitor centre.	<b>Thursday</b>	Denby Walk Suitable for those who are new or returning to exercise	From 9:30am approx 45 mins	After the walk walkers are welcome to stay and enjoy a hot drink with the group in the cafe (optional). Contact <b><i>Tor Pitts</i></b> <b><i>tor@roslistonforestrycentre.co.uk</i></b> <b><i>07977 439309</i></b>
Denby Free School, Denby	<b>Thursday</b>	Street Dance & Cheer	3:30pm - 4:30pm	Key Stage 2, FREE but booking essential Contact <b><i>heather@villagegames.org.uk</i></b>
John Flamsteed Community School, Denby	<b>Thursday</b>	Return 2 Netball	6:30pm - 7:30pm	12-16years, £3.00, Contact <b><i>Heather Palfreyman</i></b> <b><i>07909 444295</i></b>
John Flamsteed Community School, Denby	<b>Thursday</b>	Return 2 Netball	7:30pm - 8:30pm	Ladies 25+, £3.00, Contact <b><i>Heather Palfreyman</i></b> <b><i>07909 444295</i></b>
South Wingfield Church Hall, Opposite Cricket Club	<b>Thursday</b>	Zumba!	7:30pm - 8:30pm	16 + all welcome, £3.50 Contact <b><i>Katie Seymour-Smith</i></b> <b><i>07557 386550</i></b>
Kilburn Junior School	<b>Thursday</b>	Year 2 Multi Sports	3:30pm - 4:30pm	<b>TBC</b> Contact <b><i>heather@villagegames.org.uk</i></b>
Kilburn Junior School	<b>Thursday</b>	Mum's Netball	3:30pm - 4:30pm	<b>TBC</b> Contact <b><i>heather@villagegames.org.uk</i></b>
Alfreton Leisure	<b>Friday</b>	Return 2 Squash &	9:40am	Over 25's, £2.50

Centre		Racketball	- 11am	<b>Alfreton Leisure Centre</b> <b>01773 523325</b>
Kilburn, Village Hall	<b>Friday</b>	Chatterbox Café	10am- 12pm	FREE Contact <b>heather@villagegames.org.uk</b>
Alfreton Leisure Centre	<b>Friday</b>	No Strings Badminton	7pm- 9pm	Starts Friday 7 <sup>th</sup> October, £4 Contact <b>Alfreton Leisure Centre</b> <b>01773 523325</b>
Crich Scout Hut, Jefferies Lane, Crich	<b>Friday</b>	Zumba!	7:30pm - 8:30pm	16 + all welcome, £3.50 Contact <b>Katie Seymour-Smith</b> <b>07557 386550</b>
<b>Events</b>				
Alfreton Leisure Centre	<b>Saturday</b> <b>24<sup>th</sup></b> <b>September</b>	<b>Oceans of Fun Day</b> Snorkelling, Speed Swimming, Synchronised Swimming & Rookie Lifeguarding!	10am- 1pm  &  2pm- 5pm	Contact <b>Alfreton Leisure Centre</b> <b>01773 523325</b>
Crich Scout Hut, Jefferies Lane, Crich	<b>Sunday 9<sup>th</sup></b> <b>October</b>	Conker Competition Fundraiser for Scout Hut Floor	2pm- 5pm	<b>Contact Andrea</b> <b>07917 634153</b>
Tibshelf Community School	<b>Saturday 1<sup>st</sup></b> <b>October</b>	Ladies Back2Netball Tournament	9am – 3pm	Registration Fee of £10 per team Deadline 27 <sup>th</sup> September Contact <b>heather@villagegames.org.uk</b>
John Flamsteed Community School, Denby	<b>October</b> <b>Half Term</b>	Kids Half Term Activity Programme!	10am – 3:30pm	<b>Full dates TBC</b> Contact <b>heather@villagegames.org.uk</b>