

ACTIVE BD

This leaflet is part of an exciting new project called **ACTIVE BOLSOVER DISTRICT** or **'ACTIVE BD'**.



WHAT'S THE POINT?

ACTIVE BD wants to let you know about all the exciting opportunities that are right on your doorstep whilst finding out where the gaps are and trying to put this right!

HOW CAN YOU HELP?

ACTIVE BD wants to promote the great activity that is already happening out there in the community. So if you run a club or physical activity session please let us know (by filling out the attached form or go online to www.activebd.co.uk) and then we can let everyone else know! The next edition will be coming out in April and the best bit is that for community groups it is absolutely free!

We also want to know what you think is missing.... Is there an activity that you fancy having a go at but is simply not available? Let us know via email (info@activebd.co.uk) and we will try our very best to fill in those gaps.

WANT TO KNOW MORE?

Why not check out our website at www.activebd.co.uk and register to keep up to date with the latest news, sessions and special offers.

ADULT & COMMUNITY EDUCATION

Active Brain

Free courses in Maths and English throughout the year enable learners to work at their own pace and **gain qualifications** and the **confidence** to move on in their lives.

Active Families

We provide a range of courses to help families to live an **active** and **healthy lifestyle**. These include sessions where families can **'learn together'** in a variety of subjects such as **sports, cookery** and **outdoor learning**.

For more information contact your local Adult Education Centre:

Bolsover: 01246 241926
Shirebrook: 01623 744316
South Normanton: 01773 814304

BOLSOVER SHORT MAT BOWLING CLUB

If you have never played bowls before or if you are an experienced bowler we invite you to

TRY SHORT MAT BOWLING

at **Bolsover Assembly Rooms!**

FUN

SOCIALBLE KEEPS YOU ACTIVE

All ages are welcome!

Tea, coffee & biscuits!

Tuesdays: 10am-12noon **ONLY £2**
Fridays: 6.30pm-8.30pm

Contact John on 07812 469987

KISSINGGATE LEISURE CENTRE

Located on the Town Park in the centre of Shirebrook, **Kissinggate Leisure Centre** offers a variety of facilities and a diverse programme of activities and prices to suit everyone.

OPENING TIMES

Mon-Fri: 7.00am - 9.45pm
Sat: 8.30am - 7.00pm
Sun: 9.00am - 6.00pm

The centre's facilities include:

- A four badminton court sports hall
- Oxi gym fitness suite
- Boxigym (boxing and keep fit area)
- A high specification glass backed squash court
- Little Explorer's Soft Play Area
- Bar Area - which is available for hire

Outdoor facilities also include:

- Floodlit Astro Turf Pitch
- Fishing Pond
- Skate Park
- Play Area

For further information please telephone 01623 748313

If you would like to find out more about Active BD take a look at our website www.activbd.co.uk or contact Laura Stephen on 07909 444094 or e-mail info@activebd.co.uk

PARTNERS:



HAVE FUN...

GET FIT...

KEEP MOVING...



www.activebd.co.uk



A GREAT PROGRAMME OF EXCITING ACTIVITIES FOR ALL!

There's so much to do so why don't you get Active in Bolsover!

The website contains lots of information on all the sessions and different ways to get active included in your area and the other 5, included in Active Bolsover District!

Visit www.activebd.co.uk today!

A PROGRAMME OF FUN ACTIVITIES FOR ALL

TIME	ACTIVITY	LOCATION	PRICE	CONTACT DETAILS
MONDAY	6pm-9pm	Kickboxing (Fitness, Pads, Bagwork)	Unit 5 Hillstown Business Park	£4.50 Peter Ward 07796 368180
	6.30pm-8.30pm	4th Bolsover Scouts	Bolsover Parish Rooms	£2.50 Denzil Rayworth 01623 811128
	6pm-7pm	Glapwell Gladiators U10's Football Training	Glapwell FC (MUGA)	£2.50 Sue Pilgrim 07784 311569
	7pm-8pm	Glapwell Gladiators U14's, U15's & U16's Football Training	Glapwell FC (MUGA)	£2.50 Sue Pilgrim 07784 311569
TUESDAY	10am-12 noon	Short Mat Bowling	Bolsover Assembly Rooms	£2 John 07812 469987
	4.30pm-5.15pm	Lil Dragons Martial Arts (Ages 4-6)	Bolsover Assembly Rooms	£34.99 per month Craig/Katie Church stormmartialarts@aol.com 07966 161409
	5.15pm-6pm	Beginners Karate & Kickboxing (Ages 7+)	Bolsover Assembly Rooms	£42.99 per month Craig/Katie Church stormmartialarts@aol.com 07966 161409
	6pm-8pm	Carr Vale Colts Training Sessions (Under 8's, 10's, 11's & 13's)	Pitch, North View Street	£2.50 Peter Byrnes thebyrnes@sky.com 07824 413561
	6.30pm-7.30pm	Kickboxing (Ages 14+)	Doe Lea Resource Centre	£3.50 Dave 07795 671413
	7.30pm-8.45pm	Aerobics Tone & Stretch (All ages & abilities)	Bolsover Assembly Rooms	£3.75 Rita 07910 770546
	7.30pm-9pm	Zumba with Toning	Long Willows, Langwith	£3 Ruth Carr ruthcarr@sky.com 07989 278937
	8pm-9pm	Zumba	Doe Lea Centre	£4 Natalie 07702 027451
WEDNESDAY	10am-11am	Tap Dance (Please Book)	Bolsover Adult Education Centre	£30 -10 weeks Bolsover Adult Education Centre 01246 241926
	10am-11am	Yoga (mother & baby) (Please Book)	Bolsover Adult Education Centre	Free Bolsover Adult Education Centre 01246 241926
	2pm-4pm	Tea For Two Dance Group	Bolsover Parish Rooms	£2 (Includes refreshments) Denise Goodall 01246 455467
	5.30pm-6.45pm	3rd Bolsover Brownies (Alternate Wednesday's)	New Bolsover Primary School	£1.50 Natalie Godfrey 07720 326465
	7pm-8pm	Zumba	Bolsover Assembly Rooms	£3 Ruth Carr ruthcarr@sky.com 07989 278937
	7pm-9pm	Tang Soo Do	Bolsover Parish Rooms	£2.50 Lisa 01246 825981
THURSDAY	6pm-9pm	Kickboxing (Fitness, Pads, Sparring)	Unit 5 Hillstown Business Park	£4.50 Peter Ward 07796 368180
	6.30pm-8.30pm	4th Bolsover Cubs	New Bolsover Primary School	£2.50 Denzil Rayworth 01623 811128
	7.30pm-9.30pm	Drama Group (Adult & Youth Sections - No Auditions)	Bolsover Assembly Rooms	£8.33 per month Wendy Blunt 01246 827297
	6.30pm-7.30pm	Boxercise	Bolsover Parish Rooms	£4 Lina Harris 07825 083000
	7.45pm-8.40pm	Zumba	Bolsover Parish Rooms	£5 Lina Harris 07825 083000
	8.45pm-9.15pm	Pilates	Bolsover Parish Rooms	£3 Lina Harris 07825 083000
	FRIDAY	9.30am-10.30am	Tai Chi (Parents & Carers) (Please Book)	Bolsover Adult Education Centre
10am-11am		Exercise to Music Class (Ages 50+ beginners)	Bolsover Assembly Rooms	£3 Rita 0114 473183 07910 770546
5pm-5.45pm		Lil Dragons Martial Arts (Ages 4-6)	Bolsover Assembly Rooms	£34.99 per month Craig/Katie Church stormmartialarts@aol.com 07966 161409
5pm-8.30pm		Kickboxing (Fitness, Pads, Bags, Circuits) (Ladies Only)	Unit 5 Hillstown Business Park	£4.50 Peter Ward 07796 368180
6pm-7pm		Beginners Karate & Kickboxing (Ages 7+)	Bolsover Assembly Rooms	£42.99 per month Craig/Katie Church stormmartialarts@aol.com 07966 161409
6.30pm-8.30pm		Short Mat Bowling	Bolsover Assembly Rooms	£2 John 07812 469987
7pm-9pm		Tang Soo Do	Bolsover Parish Rooms	£2.50 Lisa 01246 825981
8.30pm-9.30pm		Street Sports	Glapwell Football Club	Free Lisa 01246 593058
SATURDAY	8.45am-9.30am	Zumba with Toning	Bolsover Parish Rooms	£5 Lina Harris 07825 083000
	9.15am-11am	Ballet for Babies	Bainbridge Hall, Carr Vale	£4.50 chesterfield@babyballet.co.uk 01246 229106
	9.30am-11am	Brimwood United Junior Football Club (Under 14's & U16's)	Bolsover Town Sports & Social Club (Moor Lane)	£1 per session John Perrins 07855 403736
	2.30pm-4pm	Tang Soo Do (Martial Arts)	Bolsover Assembly Rooms	£5 Colin Baldantoni 07971 431386
	6pm-7pm	Street Sports (Ages 12-19)	Castle Estate Recreation Ground (Houfton Lane)	Free Kev 07920 708307
SUNDAY	10am-2pm	The Ramblers	Various (Please get in touch for info)	Free daeanawalker@yahoo.co.uk 07817 045266

DO YOU RUN A **CLUB** OR **PHYSICAL ACTIVITY** SESSION IN **BOLSOVER DISTRICT?**

Here is your chance to spread the word about what you do!

To be included in your local **Active Hub** please fill out the form below and we will be in touch.

DAY & TIME	ACTIVITY (AGES)	LOCATION	PRICE

Please provide contact details for a main point of contact:

Name:

Phone Number:

Email:

Address:

Postcode:

Please return to:
Laura Stephen, Riverside Depot, Mansfield Road, Doe Lea, Derbyshire, S44 5PN
 Or complete online www.activebd.co.uk