

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.

FITNESS MATTERS

30 Station Gym
Sports Hall
Astroturf
Dance Studio
Vibrostation

Memberships (direct debit) from only **£20 a month**. Includes **unlimited gym** and class usage. **FREE** induction and fitness program. **No Admin fee**.
Discounts for students and over 60's

Contact the fitness team on **01246 500746** for further information

ANGELAS SCHOOL OF DANCE

Learn to DANCE! Freestyle Dance & Street Dance from age 4 upwards! Classes to suit **beginners, intermediates and advanced students**. **Performance Show** every year (optional) **Examinations** through the **International Dance Teachers Association** (optional) All classes are at the **Creswell Social Centre, Monday's and Saturday's**
Please contact for further details.

Thought of becoming a DANCE TEACHER?
If you are 17 years or over and fancy a career in teaching dance please contact **Angela** on **07899041549**.

Qualified IDTA Fellowship Teacher,
First Aid Trained & CRB Checked.

CRESWELL LEISURE CENTRE

Creswell Leisure Centre was originally built in 1925 by the Bolsover Colliery Company. **Bolsover District Council** supported since 1974, the centre underwent a **million pound redevelopment** back in 1990 and what we have today is a small but **perfectly formed health and fitness facility**.

- Aerobics
- Table Tennis
- Sauna
- Racquetball
- Squash
- Fitness Studio
- Children's Parties
- Super Soaker & Pool Inflatable
- Adult/Children's Swimming Lessons
- Spinning
- Lane Swimming
- Aqua Fit
- Early morning, lunchtime & evening Public Swim Sessions

OPENING TIMES

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

For further information please telephone **01909 721371**

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:



www.activebd.co.uk



HAVE FUN...

GET FIT...



KEEP MOVING...



A GREAT PROGRAMME OF EXCITING ACTIVITIES FOR ALL!

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

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	9.30am-10.30am	Boxercise	Clowne College	£3.20	Fitness Matters 01246 500746
	5.30pm-7pm	Badminton Change 4 Life Club (School Year 7+)	Heritage School	£2	Laura 07909 444094
	6.30pm-8.30pm	Wingerworth Fencing Club (Ages 13+)	Clowne College	£3.50 (U18s) £5 (18+)	01246 277282
	6pm-7pm	Active Tone	Clowne College	£3.20	Fitness Matters 01246 500746
	6pm-6.45pm	Zumba	Heritage School	£4	Laura 07854 572809
	7pm	Fitness Matters Jog Group	Clowne Campus	Free	John Gilbert 07505 905527
	7pm-8pm	Back 2 Netball	Heritage School	£2	Laura 07909 444094
	7pm-8pm	Zumba	Clowne College	£4	Fitness Matters 01246 500746
	8pm-8.45pm	Fitness Yoga	Clowne College	£3.20	Fitness Matters 01246 500746
TUESDAY	6pm-7pm	Fitness Pilates	Clowne College	£3.20	Fitness Matters 01246 500746
	6pm-7.30pm	Clowne Comets (Under 10's)	Heritage School	£3.00	Richard 07928 101533
	6.30pm-7.30pm	Zumba with Body Con	Heritage School	£3.00	Debra Brough 07909 825185
	7pm	Barlborough Gentle Joggers	Meet at bottom of Hancocks Hill	Free (£2 joining fee)	Sharon Bache 07989 730505
	7pm-8pm	Zumba	Clowne College	£4	Fitness Matters 01246 500746
	8pm-8.45pm	Danceacise	Clowne College	£3.20	Fitness Matters 01246 500746
WEDNESDAY	6.15pm-7.15pm	Circuits	Clowne College	£3.20	Fitness Matters 01246 500746
	7.15pm-8pm	Core Creation	Clowne College	£3.20	Fitness Matters 01246 500746
	8pm-9pm	Aerobics	Clowne College	£3.20	Fitness Matters 01246 500746
THURSDAY	9.15am-10.15am	Aerobics	Clowne Community Centre	£4	Debra Brough 07909 825185
	9.30am	Clowne & Barlborough Walking for Health Group	Clowne Community Centre	£1	Richard or Elaine 01246 819365
		2nd & 4th Thursday = Local Walk 1st, 3rd & 5th Thursday = Community Bus Walk (booking essential)			www.clowneandbarlboroughwalkingforhealth.webs.com
	9.30am-12 noon	Baby Ballet	Barlborough Village Hall	£4.50	chesterfield@babyballet.co.uk 01246 229106
	10.30am-11.30am	Zumba with Body Con	Clowne Community Centre	£4	Debra Brough 07909 825185
	6.30pm-7.30pm	Yoga	Clowne College	£3.20	Fitness Matters 01246 500746
	6.30pm-7.30pm	Body Conditioning	Heritage School	£4	Debra Brough 07909 825185
	7pm	Barlborough Gentle Joggers	Meet at bottom of Hancocks Hill	Free (£2 joining fee)	Sharon Bache 07989 730505
	7.30pm-8.30pm	Boxercise	Clowne College	£3.20	Fitness Matters 01246 500746
7.45pm-8.30pm	Zumba	Heritage High School	£4	Laura 07854 572809	
FRIDAY	5pm-8pm	Kickboxing & Self Defence	Clowne College	£5 (1st session free)	Dave Cartawick 07768 727722 www.bkka.org dmcartawick@btinternet.com
SATURDAY	9am-12 noon	MK Dance	Barlborough Village Hall	£3	Melanie Knight 01246 810859
	9.30am-10.30am	Clowne Spireites Soccer School (Ages 5-11) (Ends 9th Dec)	Clowne College Campus	£3	01246 593067
	10am-11am	Zumba	Clowne College	£4	Fitness Matters 01246 500746
	10am-12 noon	Clowne Table Tennis (Please call to book place)	Clowne College	£3	Billy Cooney 01909 721371

PLEASE CHECK www.activebd.co.uk FOR UP TO DATE INFO

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