

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**.

OPENING TIMES

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

- 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

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:



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 Creswell!

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	10.30am	Stepping Out For Health (Walking)	Meet at Limestone House	Free	Alf & Pat Clifford	01909 721881
	4pm-5.30pm	Freestyle & Street Dance (Ages 4+)	Creswell Social Centre	£3.50	Angela	07899 041549
	7pm	Jog Creswell (includes free swim)	Creswell Leisure Centre	£2	Rob Stafford	07510 616122
	7.15pm-8.15pm	Zumba with Body Con	Creswell Social Centre	£4	Debra Brough	07909 825185
TUESDAY	10am-11am	Aqua Fit	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	11am-12 noon	Aqua Fit	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	11.45am-12.45pm	Tai Chi	Creswell Social Centre	£3	Mrs E Swain	01246 822179
	6pm-7pm	Spinning	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	6.45pm	Creswell Crusaders Rugby Training (Ages 16+)	Markland Field	Free	John Crossland	07787 398730
	7pm-8pm	Spinning	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	7.30pm-9pm	Oz Box (Ages 11-19)	Creswell Social Centre	Free	www.ozbox.org	01246 522213
WEDNESDAY	5.30pm-6.30pm	Zumba with Body Con	Creswell Social Centre	£4	Debra Brough	07909 825185
	7pm-8pm	Jog Creswell (includes free swim)	Creswell Leisure Centre	£2	Rob Stafford	07510 616122
	11am-12pm	Aqua Jog	Creswell Leisure Centre	£3.50	Leisure Centre	01909 721371
	7.30pm-8.15pm	Zumba	Creswell Church Rooms	£3	Leisure Centre	01909 721371
	8.15pm-9pm	Zumba	Creswell Church Rooms	£3	Leisure Centre	01909 721371
THURSDAY	9am-10am	Aqua Fit	Creswell Leisure Centre	£4.50	Leisure Centre	01909 724700
	3.15pm-4.30pm	Family Fitness	Creswell Children's Centre	£1	Children's Centre	01629 537396
FRIDAY	10am-12 noon	Wildlife Walks Starts 04/11/11 for 5 weeks	First week meet at Limestone House	£8 (for 5 weeks)	Bolsover Adult Education Centre	01246 241926
	6pm-7pm	Aqua Jog	Creswell Leisure Centre	£3.50	Leisure Centre	01909 721371
	7-8pm	Aqua Fit	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
SATURDAY	9am-12.30pm	Freestyle & Street Dance (Ages 4+)	Creswell Social Centre	£3.50	Angela	07899 041549
SUNDAY	10am-11am	Spinning	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	10am-11am	Aerobics	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	11am-12 noon	Aerobics	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371
	10am-11am	Aqua Fit	Creswell Leisure Centre	£4.50	Leisure Centre	01909 721371

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