

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

SHIREBROOK ACADEMY COMMUNITY NIGHT

Thursday 6pm-7pm - **FREE!**
For **adults** and **children** of all ages!

CHANGE FOR LIFE FAMILY TABLE TENNIS

All ages welcome

BACK 2 NETBALL

For Ages 14 Years & Over

BELLY DANCING

All ages welcome

SHIREBROOK ACADEMY WINTER EVENT

Come along and enjoy our festive afternoon!

ICE RINK, STALLS and **SANTA!**

Saturday 26th November 2011
1pm-5pm

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
- Oxigym 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:



www.activebd.co.uk



ACTIVE SHIREBROOK

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 Shirebrook!
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	9am-11am	Supervised Play	Kissingate Leisure Centre	£2 per child	Kissingate Leisure Centre 01623 748313
	9.15am-10am	TRX	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	10am-11am	Boxing Trinity Fitness	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	6pm-6.45pm	Zumba	Pleasley Landmark Centre	£3.50	kathy-marriott@ntlworld.com 07502 131278
	7pm-8pm	Spinning	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	7.30pm-8.15pm	Zumba	Kissingate Leisure Centre	£3 Free for members	Kissingate Leisure Centre 01623 748313
	8.15pm-9pm	Zumba	Kissingate Leisure Centre	£3 Free for members	Kissingate Leisure Centre 01623 748313
TUESDAY	10am-11am	Spinning	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	6pm-6.45pm	Jog Shirebrook	Kissingate Leisure Centre	£1 Free for members	Kissingate Leisure Centre 01623 748313
	2pm-4pm	Tea Dance	Holy Trinity Church Hall	£1.50 includes refreshments	Colin Brooks 07767 478550
	7pm-8.30pm	Judo (Juniors)	Kissingate Leisure Centre	£3	David Harris 01623 740900
	8.30pm-10pm	Judo (Seniors)	Kissingate Leisure Centre	£3	David Harris 01623 740900
WEDNESDAY	10am-10.45am	Zumba	Kissingate Leisure Centre	£3 Free for members	Kissingate Leisure Centre 01623 748313
	10am-11am	Supervised Play	Kissingate Leisure Centre	£2 per child	Kissingate Leisure Centre 01623 748313
	6pm-7pm	Boxing Trinity Fitness	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	6pm-7pm	Legs, Bums & Tums	Pleasley Landmark Centre	£3.80	kathy-marriott@ntlworld.com 07502 131278
	7pm-8.30pm	Street Sports	Whaley Thorns (MUGA)	Free	01246 593058
	7.05pm-7.50pm	Total Body Workout (with fit ball)	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	8pm-10pm	No Strings Badminton	Kissingate Leisure Centre	£2	Kissingate Leisure Centre 01623 748313
THURSDAY	9am-10am	Gym Babies (Ages under 6 months)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
	10am-11.30am	Gym Tots (Ages 6 months to 3 years)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
	9am-11am	Supervised Play	Kissingate Leisure Centre	£2 per child	Kissingate Leisure Centre 01623 748313
	10am-11am	Circuits	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	12 noon-1pm	TRX	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	6pm-7pm	Kickboxing & Self Defence	Shirebrook Academy	£5	Dave Cartawick 07768 727722
	5pm-7pm	Family, Food, Fun & Fitness (Coming Jan 12th 2012)	Shirebrook Academy	Free	Helen Wakefield 01623 742722
	6pm-7pm	Family Table Tennis (All ages)	Shirebrook Academy	Free	Helen Wakefield 01623 742722
	6pm-7pm	Back 2 Netball (Ages 14+)	Shirebrook Academy	Free	Helen Wakefield 01623 742722
	6pm-7pm	Belly Dancing (All ages)	Shirebrook Academy	Free	Helen Wakefield 01623 742722
	6.30pm-7.30pm	Boxing Circuits	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	7pm-8pm	Spinning	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	8pm-9pm	Aerobics	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
FRIDAY	9am-11am	Supervised Play	Kissingate Leisure Centre	£2 per child	Kissingate Leisure Centre 01623 748313
	10am-11am	Total Body Workout (with fit ball)	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	4pm-5pm	Shirebrook Spireites Soccer School (Ages 5-11) (Ends 9th Dec)	Kissingate Leisure Centre	£3	01246 593067
	6pm-7pm	Boxing Trinity Fitness	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	7pm-8pm	Street Sports (Ages 12-19)	Kissingate Leisure Centre	Free	Kev 07920 708307
	8pm-10pm	No Strings Badminton	Kissingate Leisure Centre	£2	Kissingate Leisure Centre 01623 748313
SATURDAY	9am-12 noon	Pleasley Pit Nature Study Group	Pleasley Pit, Markham Cabin	Free	Molly 01623 644095
	10am-11am	Aerobics	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	11am-12 noon	Spinning	Kissingate Leisure Centre	£4.50 Free for members	Kissingate Leisure Centre 01623 748313
	5pm-7pm	NG20 (Ages 13-16)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
SUNDAY	10am-11.30am	Tang Soo Do (Martial Arts)	Kissingate Leisure Centre	£5	Colin Baldantoni 07971 431386
	2pm-3pm	Pre-school Gymnastics (Ages 3-5)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
	3pm-4pm	Beginners Gymnastics (Ages 5-8)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
	4pm-5pm	Beginners Gymnastics (Ages 5-8)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313
	5pm-6pm	Gymnastics (Ages 9-15)	Kissingate Leisure Centre	£3	Kissingate Leisure Centre 01623 748313

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