

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.

EXERCISE 4 ALL

Located on the High Street, a few doors up from the post office, Exercise 4 All is a Fitness & Wellbeing Centre open Monday through to Saturday and available for anyone; any age, any ability. The Centre hosts a fitness suite, toning chairs, weight management classes, beauty and complementary therapy as well as a café.

Yearly Membership from just £14.95

3 sessions a week from just £3.00

GP referral available

THE BEAUTY ROOM

Located on the first floor within Exercise 4 All, The Beauty Room offers a wide range of Beauty and Holistic Therapies available to everyone. You do not have to be a member of Exercise 4 All to visit The Beauty Room.

Manicures | Pedicures | Massage | Tanning | Facials | Reflexology

Amazing **SPECIAL OFFERS** available each week/excellent prices all year round!

Visit our website for the full treatment menu. **GIFT VOUCHERS AVAILABLE.**

www.exercise4all.org.uk Tel: 01773 874454

FREDERICK GENT COMMUNITY SPORT & LEISURE

Bringing a brand new **Fitness Suite** to you! **OPENING SOON!**

Also available to book **NOW:**

Badminton Courts

MUGA

Cricket Nets

Fitness Classes

Contact the Community Sports Centre on **01773 814150** for further information.

OPENING TIMES: **Mon: 4pm-10pm**
Tues-Thurs: 6pm-10pm
Fri: 5pm-10pm
Sat-Sun: 9pm-10pm

THE JOWETT SCHOOL OF DANCE

The **Jowett School of Dance** is based at The Degas Studio in Tibshelf.

We aim to provide all ages with high quality tuition and develop confidence and ability in theatre dance.

Examinations can be entered in the I.D.T.A Syllabus or classes can be taken for the enjoyment of learning new skills. **£4 PER CLASS.**

The school holds an annual show in October at **The Pomegranate Theatre**, Chesterfield so all students can gain experience in performing professionally.

For more information please get in touch on **07543 286106** or email:

jowettschoolofdance@hotmail.co.uk

www.jowettschoolofdance.co.uk

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...

A GREAT PROGRAMME OF EXCITING ACTIVITIES FOR ALL!

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

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!

www.activebd.co.uk



A PROGRAMME OF FUN ACTIVITIES FOR ALL

TIME	ACTIVITY	LOCATION	PRICE	CONTACT DETAILS
MONDAY	4.15pm-5.15pm	Junior Netball	Pilsley Sport Centre	Free Hayley Bramley 07967 199667
	5pm-6.30pm	Blackwell Youth Club (Ages 5-11)	Blackwell Community Centre	£1 Karen 07814 383901
	6pm-7pm	Back 2 Netball	Tibshelf School Gym	£2 Hayley Bramley 07967 199667
	6.45pm-8.15pm	Blackwell Youth Club (Ages 11-16)	Blackwell Community Centre	£1 Karen 07814 383901
TUESDAY	6pm-7pm	Keep Fit	Tibshelf Village Hall	£2.50 Molly Ward 01773 872659
	6pm-7pm	Zumba	Tibshelf School Gym	£3 Exercise 4 All 01773 874454
	6pm-7pm	Yamagi Shotokan Karate (Beginners) (Ages 7 - Adult)	Tibshelf Town End Juniors	£3 (1st session free) Rob Anderton 07891 934109
	7pm-8pm	Yamagi Shotokan Karate (Senior Grades Only)	Tibshelf Town End Juniors	£3 Rob Anderton 07891 934109
	8pm-9.30pm	Street Sports	Tibshelf School (MUGA)	Free 01246 593058
WEDNESDAY	6.30pm-8pm	Yamagi Shotokan Karate (All Grades)	Tibshelf Methodist Hall	£3 (1st session free) Rob Anderton 07891 934109
THURSDAY	4.45pm-5.45pm	Gymnastics Keystage 1 (Please Book)	Tibshelf School Gym	£3 Rachel 07854 005428
	5.30pm-6.30pm	Gymnastics Keystage 2 (Please Book)	Tibshelf School Gym	£3 Rachel 07854 005428
	6.30pm-8pm	Yamagi Shotokan Karate (Beginners) (Ages 7 - Adult)	Tibshelf Community School	£3 (1st session free) Rob Anderton 07891 934109
	7pm	Jog Tibshelf	Exercise 4 All	£1 Exercise 4 All 01773 874454
FRIDAY				
SATURDAY	9am-10am	Football For All	Tibshelf School Fields	£3 Tony Gascoyne 07968 971015
	10am-11am	Mini Kickers	Tibshelf School Fields	£3 Tony Gascoyne 01909 721371
	11am-12.30pm	B.A.D.Y.S. Athletics (Ages 7+)	Tibshelf School Fields	£2 (1st 2 weeks free) Rob Platts 07913 959841
	11am-12.30pm	B.A.D.O.S. (Ages 14+ Jog Derbyshire)	Tibshelf School Fields	Free Rob Platts 07913 959841

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