

Summer/Autumn 2015

ADULT ACTIVITIES

Your local physical activity opportunities
in South Derbyshire



Your regular physical activity opportunities...

Monday

50+ Activity Morning

Badminton & Swimming
Etwell Leisure Centre
Time: 7-10am Price: £2.20

50+ Activity Morning

Badminton & Swimming
Green Bank Leisure Centre
Time: 9-12noon Price: £2.10

Health Walk

Hilton Brook Pub
Time: 10.30am Price: Free

Body Balance

Etwell Leisure Centre
Time: 10.30-11.30am Price: £2.10

Tai Chi

Baptist Church Swadlincote
Time: 11-12noon Price: £3

Health Walk

Calke Abbey
Time: 2pm Price: Free
(no walk 5th Monday of the month)

Tai Chi

Barrow on Trent Village Hall
Time: 2-3pm Price: £4

Chair Based Exercise

Melbourne Senior Citizens Centre
Time: 2-3pm Price: £1.50

Health Walk

National Memorial Arboretum
Time: 2.30pm Price: Free

Bootcamp

Etwell Leisure Centre
Time: 7-8pm Price: £4

SHOUT Disability Sports

(up to 24yrs)
Woodville Youth Centre
Time: 6-8pm Price: £2

Jog Derbyshire

Hatton Sports & Social Club
Scropton Road
Time: 5.30-6.30pm Price: Free

Nordic Walking

Rosliston Forestry Centre
Time: 6-7pm (May-Oct)
Price: £3 for pole hire/ £1.50 if you bring your own

Walking Football

Greenbank Leisure Centre
Time: 7-8pm Price: £3

Walking Football

Etwell Leisure Centre
Time: 7-8pm Price: £2

Tuesday

Jog Derbyshire

Hatton Sports & Social Club
Scropton Road
Time: 9.15-10.15am Price: Free

Nordic Walking

Etwell Leisure Centre
Time: 10am Price: £3 pole hire/
£1.50 if you bring your own

Chair Based Exercise (Otago)

Stanton Village Hall
Time: 10.30-11.30am Price: £2.50

Chair Based Exercise

Oaklands Village Swadlincote
Time: 11-12noon Price: £3

Social Sequence Dance

Gresley Old Hall
Time: 11am-1pm Price: £2

COPD Walk

Call 01283 563483 for info
Time: 1-1.45pm Price: Free
(for people with long term respiratory problems)

Health Walk

Call 01283 563483 for info
Time: 1.30-3pm Price: Free

Tai Chi

The Den (Mitre Fields) Repton
Time: 2-3pm Price: £4

GP Chair Based Aerobics

Green Bank Leisure Centre
Time: 2.30-3.15pm Price: £2

Tai Chi

Rosliston Forestry Centre
Time: 3-4.30pm Price: £3.50

Walking Football

Etwell Leisure Centre
Time: 6-7pm Price: £3

Jog Derbyshire

Greenbank Leisure Centre
(Intermediates)
Time: 6.15pm Price: Free

Jog Derbyshire

Etwell Leisure Centre
Time: 6.30pm Price: Free

Back to Netball

Etwell Leisure Centre
Time: 7-8pm Price: £3

Aqua Zumba

Green Bank Leisure Centre
Time: 7.15-8pm Price: £2.10

Jog Derbyshire

Picture of Health Gym Melbourne
Time: 8pm Price: £1.50

Table Tennis

The Den (Mitre Fields) Repton
Time: 8-10pm Price: £2

Wednesday

Jog Derbyshire

Albert Village Lake
Time: 9.30-10.30am Price: Free

GP Health Walk

Green Bank Leisure Centre
Time: 10am Price: Free

Nordic Walking

Elvaston Castle (meet in café)
Time: 10-11am Price: £3 for pole hire/
£1.50 if you bring your own

GP Chair Based Pilates

Etwell Leisure Centre
Time: 10.15-11am Price: £2.10

Chair Based Exercise

Willington Surgery
Time: 10-11am & 11.15-12.15pm
Price: £3

Postural Stability Group

Etwell Methodist Church
Time: 10.30-11.30am Price: £5

Swadlincote Buggy Walk

Sharpes Pottery Museum
Time: 10.30am Price: Free

Chair Based Exercise

Hatton Sports & Social Club
Time: 11-12noon Price: £2

Health Walk

Gresleydale Surgery
Time: 1pm Price: Free

Calke Long Walk

Calke Abbey
Time: 2pm Price: Free (every 3rd
Wednesday of the month)

Chair Based Exercise

Kendrick Close Hartshorne
Time: 2-3pm Price: £3

Social Ballroom Dance

Rosliston Forestry Centre
Time: 5.15-6.15pm Price: £3

Zumba

Doveside Club Hatton
Time: 6.45-7.45pm Price: £3.50

Social Ballroom Dance

Hilton Village Hall
Time: Beginners - 7pm,
Intermediate - 8pm Price: £3.50

Thursday

Nordic Walking

Rosliston Forestry Centre
Time: 10-11am Price: £3 for pole hire/
£1.50 if you bring your own

Strolling Strong Pushchair Exercise Walk

Rosliston Forestry Centre
Time: 10.30am Price: £1.50

Social Ballroom Dance

Melbourne Assembly Rooms
Time: 11am-12noon Price: £4

Social Ballroom Dance

Oaklands Village Swadlincote
Time: 11am-12noon Price: £3.50

Chair Based Exercise

Willington Surgery Kingfisher Lane
Time: 11am-12noon Price: £3

Chair Based Exercise

Glamorgan Way Church Gresley
Time: 11.15am-12.15pm Price: £3

Beginners Zumba

Green Bank Leisure Centre
Time: 11.30-12.30pm Price: £2.10

Health Walk

Willington Canal/ Picnic Area Car Park
Time: 1.30pm Price: Free

Health Walk

The Old Post Centre Newhall
Time: 2pm Price: Free

Tea Dance

Goseley Community Centre
Time: 2-4pm Price: £1.50

Jog Derbyshire

Hilton Village Hall
Time: 2.15-3pm Price: £2

GP Aqua Aerobics

Green Bank Leisure Centre
Time: 2.45-3.30pm Price: £2.10

Back to Netball

Green Bank Leisure Centre,
Time: 6-7pm Price: £3

Jog Derbyshire

Greenbank Leisure Centre
(Beginners & Intermediates)
Time: 6.30pm Price: Free

Social Ballroom Dance

Emmanuel Church Hall Swadlincote
Time: 6.30-7.30pm Price: £3.50

Intermediate Ballroom Dance

Oaklands Village Swadlincote
Time: 8-9pm Price: £3.50

Aqua Aerobics

Etwell Leisure Centre
Time: 8-8.45pm Price: £2.10



South-Derbyshire-Sport



@SDDCSPORT

Summer & Autumn Walks

June to October 2015



This summer the Get Active in The Forest & Environmental Education Projects based at Rosliston Forestry Centre have joined together to offer a range of walks around South Derbyshire & The National Forest.

Walks available include

Springwood to Breedon Church circular
(Melbourne)

Thursday 25th June - 10am

Mines, Mills & Murder (experience
Swadlincote, Midway & Bretby)

Tuesday 16th July - 10.30am

Tree Walk at Rosliston Forestry Centre

Sunday 9th August - 10am

Swarkestone to Barrow-on-Trent circular

Thursday 17th September - 10am

All walks are led by walk leaders and volunteers, for more information on walks in South Derbyshire contact Get Active in The Forest on 01283 563483

Sunday

Jog Derbyshire

Overseal Village Hall
Time: 9-10am Price: Free

Nordic Walking

Rosliston Forestry Centre
Time: 10-11am Price: £3 for pole hire/ £1.50 if you bring your own

Social Ballroom Dance

Repton Village Hall
Time: 6.30-7.30pm Price: £4

For more information on Events, Sports Directory, Club Development support and Summer Scheme visit www.south-derbys.gov.uk or scan this QR Code



CONTACTS FOR MORE INFO

- Green Bank Leisure Centre 01283 216269
- Etwall Leisure Centre 01283 735404
- Get Active in The Forest 01283 563483
- Village Games 07909 442996
- Sport & Health (SDDC) 01283 595772



Walking Football

It's the craze that is sweeping the country which is exactly like football but with one difference NO jogging, just walking!

Walking Football was first introduced to South Derbyshire in November and there are now 2 sessions in South Derbyshire which are:

Monday Evenings 7-8pm at Greenbank Leisure Centre £3/session

Tuesday Evenings 6-7pm at Etwall Leisure Centre £3/session

For more information about Walking Football in South Derbyshire contact:

Lee English Village Games Officer Tel: 01283 228752 Email: lee.english@south-derbys.gov.uk

Friendly.
Fun.
Fitness.



Jog Derbyshire is a network of walk, jog & run groups providing a friendly, informal way to get fit. Join us to stay motivated, achieve your goals, and have fun!



For a full list of sessions in South Derbyshire visit:

www.jogderbyshire.co.uk

or contact the Sport & Health Team on:

01283 595906



- Improve the strength of muscles and bones.
- Improve balance and coordination.
- All staff delivering these sessions are CYQ trained instructors and have been approved by the Falls Activity Advisors.



For more please contact:

Jo Briggs, Falls Prevention Service Coordinator

07837 277252

fallsprevention@ageukderbyandderbyshire.org.uk

Your local one-stop information shop for leading a healthy lifestyle

www.healthiersouthderbyshire.org

Search for: • News and events in the area

- Healthy eating advice
- Stop smoking advice
- Physical activity opportunities
- Mental wellbeing information and lots more!

