

ACTIVE together

NORTH WEST LEICESTERSHIRE

July - September 2011
Active together newsletter

Welcome to North West Leicestershire Physical Activity guide July - September 2011 we are pleased to offer a varied range of physical activities covering different areas of the district to suit all tastes.

Active Together is a county wide scheme designed to encourage more people to take part in Physical activity and achieve up to and beyond 3x30mins of moderate Physical activity. Our key aim is to

co-ordinate and increase opportunities for all residents in North West Leicestershire to participate in Physical activity sessions in varied community venues and outdoors for free or at a small fee.

Your Physical Activity Development Officers

Andrew Harris - Main areas of work are Physical Activity Events & Workplace Wellness
Tel: **01530 454606**
Email: andy.harris@nwleicestershire.gov.uk

Zara Barnes - Main areas of work are Dance, Walking, Family Activities, Inclusive Sport, Exercise Referral
Tel: **01530 454606**
Email: zara.barnes@nwleicestershire.gov.uk

Chris Mawbey - Main areas of work are NGB Back to sports programme, Cycling, Older persons, Swimming
Tel: **01530 454540**
Email: christopher.mawbey@nwleicestershire.gov.uk



Play Days

National play day 2011 is on Wednesday 3rd August and the theme this year is making a stand for play. This is a great opportunity for families to take part in top quality, fun and free play sessions in local areas and to experience the benefits that play has to offer for everyone.

North west Leicestershire is extending its provision to last for the whole week with 6 scheduled play days so that more and more people around the district can join in and Play! Activities will include bottle rockets, making dens, power kites, tug of war, sports and activity sessions, active tots, arts and crafts and much much more. For more information please contact Angela Bexton on Tel: 01530 454603 or email angela.bexton@nwleicestershire.gov.uk



Please check our web page regularly for the latest information

www.nwleics.gov.uk/pages/active_together

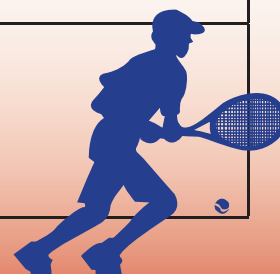
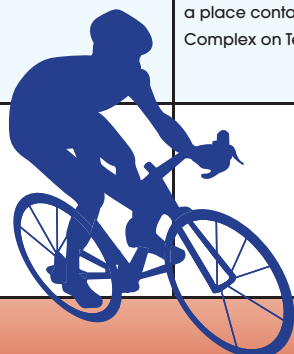
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Active Together NWL



Physical activity opportunities across North West Leicestershire

For more information on the physical activity sessions please contact the Active Together team, telephone 01530 454606 or email activetogether@nwleicestershire.gov.uk unless otherwise stated. For netball please contact Chris Mawbey, 01530 454540 or email christopher.mawbey@nwleicestershire.gov.uk

Day	Activity			
Monday	Adult Beginners Tap Dance 5.30 - 6.15pm Brass House, Albert Road, Coalville £12 for 4 sessions To book a place contact Megan on Tel: 07576 132340 or email: megballet@hotmail.co.uk	Zumba 6.15 - 7.00pm Brass House, Albert Road, Coalville £4 per session 4 weeks at £12 or 8 weeks at £20 To book a place contact Megan on Tel: 07576 132340 or email: megballet@hotmail.co.uk	16+ back to netball 7.00 - 8.00pm Measham Leisure Centre, £1.50	
Tuesday	Belly Dancing Brass House, Albert Road, Coalville 5.30 - 6.30 pm 16+ Back to netball New Bridge High School, Forest Road, Coalville £1.50 per session 6 - 7pm	Zumba Packington Memorial Hall, LE65 1WH 5.30 - 6.30pm £4 per session For more information contact Sam Leahy on Tel: 07921 880411 or email: sam_tig@hotmail.com	Urban Rebounding Brass House, Albert Road, Coalville 7.00 - 7.45pm £2 per session	Jogit Hermitage Leisure Centre Starts 26th July £1 per session Contact Andrew Harris on Tel: 01530 454606 or email: andy.harris@ nwleicestershire.gov.uk
Wednesday	Zumba Newbridge High school, Dance Studio, Forest Road, Coalville 6.30 - 7.30pm £4 per session Contact Rebecca Fowler on Tel: 07795 956771 or email: rebecca.fowler@hotmail.co.uk	No Strings Badminton Hermitage Leisure Centre, Whitwick £3 per session		
Thursday		Urban Rebounding, Brass House, Albert Road, Coalville 6 - 7pm £2 per session	Urban Rebounding Ibstock Community College, Sports Complex, Central Avenue, Ibstock 8 - 9pm £2 per session To book a place contact Ibstock Sports Complex on Tel: 01530 265836	
Friday	Showtime Dance Starting 26th Aug, St. David Church Hall, Broom Leys Road, Coalville 10 - 11am £4 per session Contact Charlotte on Tel: 07939 588092 or email: charlotte.tomlinson@hotmail.com	Tea Dance Thringstone Members Club, Loughborough Road 1.30 - 3.30pm £2 per session Contact Allan Toone on Tel: 01332 752201	Zumba Breedon C of E Primary School 5.30 - 6.30pm £4 per session For more information contact Sam Leahy on Tel: 07921 880411 or email: sam_tig@hotmail. com	16+ 'Back to Netball' Ashby Grammar Sport Hall 6 - 7.30pm £1.50 per session
Saturday	Running England Beginners Running group Meeting Upper Car Park, Sense Valley Forest Park, Ibstock 9 - 10am £2 per session	Urban Rebounding Ibstock Community College, Sports Complex, Central Avenue, Ibstock 10 - 11am £2 per session to book a place contact Ibstock Sports Complex on Tel: 01530 265836	Conkers Park run Conkers, Rowdon Road, Moir, DE12 6GA 9am, FREE Contact Andrew Harris on Tel: 01530 454606 or email: andy.harris@ nwleicestershire.gov.uk	
Sunday			Netball League, Newbridge High School, Forest Road, Coalville Sunday Matches 10am - 2pm £18 per team	





The FA Mars, Just Play! Coming to North West Leicestershire Soon!



Just Play is about playing football. As simple as that!

The FA and Mars, The FA's Adult Football Partner, have made it as easy as a 'one-two' to turn up and start playing the football that best suits you: whether it's a good old-fashioned kickabout or the more competitive game, like 5 or 11 a side.

To make playing footy as easy as possible, there is a new, fun and informal way to play the game. Just Play! Kickabouts are great for when you want to play without committing to a weekly game, a complicated league or fancy team strips. It's all about loose, casual play. So any excuses about fitness or levels of experience should be left where they deserve to be: at the bottom of your kit bag. Don't leave your love of football back in the day, book your place, turn up and Just Play!

Just go to www.marsbar.com/justplay to book a place at a site near you!

Get into Football - Get in touch

Getting in touch and staying in contact with North West Leicestershire's Get into Football Officer just got easier! You can now follow Fay on Twitter and Facebook for up to date news and football opportunities in the area. As well as phone/text 07983 864342 or e-mail fay.longdon@leicestershirefa.com



@NWLeics_GIF



Get into Football - North West Leicestershire



Free Family Activity Sessions

During the school Holidays there will be free weekly family activity sessions throughout the district which include rounders and many more outdoor games. Suitable for all ages, children must be accompanied by an adult areas include, Agar nook, Greenhill, Coalville, Whitwick, Thringstone, Measham, Ashby, Ibstock, Moira and Castle Donington. For more information please contact Zara Barnes on Tel: **01530 454606** or email: zara.barnes@nwleicestershire.gov.uk



For Information on:

Guided Ghost Walks around the Grace Dieu Priory - please contact John Dickinson Tel: **01530 458872** or email jmdick06@hotmail.com, Mondays - Fridays 9.30am-4.30pm.

Historical Sunday Guided Walks - contact Anne Petty on Tel: **01530 831895** Orienteering contact Roger Edwards Tel: **0116 2127547** or email R.Edwards15@ntlworld.com

Active Lifestyle Exercise Referral Programme - contact Zara Barnes Tel: **01530 454606** or email zara.barnes@nwleicestershire.gov.uk or visit www.nwleics.gov.uk/pages/exercise_referral LEAP: a free NHS weight management group with healthy eating and fun sports activities run by a Dietitian and a local exercise instructor. Each week there is a healthy eating topic to focus on and some group exercise. Visit www.nwleics.gov.uk/pages/leap or Tel: **0116 2727223**

Fitness sessions at the local leisure centres please contact:

- Hermitage Leisure Centre, Whitwick Tel: **01530 811215** or visit www.nwleics.gov.uk/hermitageclc
- Hood Park Leisure Centre, Ashby-de-la-zouch Tel: **01530 412181** or visit www.nwleics.gov.uk/hoodparklc
- Ibstock Community College Tel: **01530 265836** or visit www.nwleics.gov.uk/ibstockcc
- Measham Leisure Centre Tel: **01530 274061** or visit www.nwleics.gov.uk/meashamlc
- Castle Donington Community College Tel: **01332 815175** or visit www.nwleics.gov.uk/cdcc
- Well families Clinics contact Julie Summerton on Tel: **01530 454541** or email julie.summerton@nwleicestershire.gov.uk

Please check our web page regularly for the latest information

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