

# ACTIVE together

## NORTH WEST LEICESTERSHIRE



Welcome to the new look North West Leicestershire Physical Activity guide for April – June 2011. We are pleased to offer a range of physical activities across the district to suit all tastes and abilities. 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 a week. Our key aim is to co-ordinate and increase opportunities, for all residents and employees in North West Leicestershire, to participate in Physical Activity sessions in a variety of community venues and settings for free or at a small fee.

## Your Physical Activity Development Officers

### Andrew Harris

Project Management: work place health and beginners classes  
Telephone: 01530 454606 or email [andrew.harris@nwleicestershire.gov.uk](mailto:andrew.harris@nwleicestershire.gov.uk)

### Zara Barnes

Project Management: dance, walks, swimming, inclusive sport, exercise referral, and healthy eating  
Telephone: 01530 454606 or email [zara.barnes@nwleicestershire.gov.uk](mailto:zara.barnes@nwleicestershire.gov.uk)

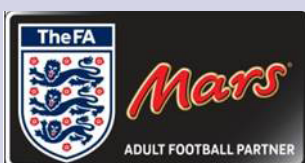
### Chris Mawbey

Project Management: NGB back to sports programmes, cycling, and older persons activities.  
Telephone 01530 454540 or email [christopher.mawbey@nwleicestershire.gov.uk](mailto:christopher.mawbey@nwleicestershire.gov.uk)

**Welcome to Fay Longdon**, the new Get into Football Officer in North West Leicestershire. Get into Football is a project being rolled out across the country by the Football Association (FA) in partnership with Sport England, County FAs and Local Authorities with the main aim of increasing participation for those aged 16+. The project will also be backed by Mars, The FA's new partner for adult football.

Fay's role will focus on increasing participation in football for both men and women aged 16 years and over. The main aims of the project are to grow and retain current clubs, teams and players whilst also working to bring people back to the sport and encourage those who have never been involved in football to take part, as a player, coach, official or volunteer.

If you would like further information contact Fay Longdon, Telephone: 07983 864 342 or email [Fay.Longdon@leicestershirefa.com](mailto:Fay.Longdon@leicestershirefa.com)



# 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](mailto:activetogether@nwleicestershire.gov.uk) unless otherwise stated.

Day	Activity			
Monday	Adult Beginners Tap Dance. 5.30 -6.15pm Brass House, Albert Road, Coalville, £2 per session	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 07576132340 or email <a href="mailto:megballet@hotmail.co.uk">megballet@hotmail.co.uk</a>		
Tuesday	Belly Dancing Brass House, Albert Road, Coalville, 5.30 – 6.30 pm £2 per session	Zumba, Packington Memorial Hall, LE65 1WH, 5.30-6.30pm £4 per session For more information contact Sam Leahy on Tel 07921880411 or email <a href="mailto:sam_tig@hotmail.com">sam_tig@hotmail.com</a>	Urban Rebounding, Brass House, Albert Road, Coalville, 7-7.45pm £2 per session	
Wednesday	Zumba Newbridge High school Dance Studio, Forest Road, Coalville 6.30 – 7.30pm £2 per session	No Strings Badminton The Hermitage Leisure Centre, Whitwick £3 per session		

Thursday	Belly Dancing, Thringstone House Community Centre, LE67 8NR, 5.45 – 6.45pm £2 per session	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	5v5 football for 16- 21 year olds men's and women's league running simultaneously Hood Park Astro Turf Kick off times will be between 6pm - 9pm Only £12 per team, per game (starts 21st April) Contact: Fay Longdon Tel 07983864342 or email fay. longdon@ leicestershirefa. com
Friday	Showtime Dance, St David's Church, Broomleys Road, Coalville 10-11am £2 per session	Tea Dance Thringstone House Community Centre, Thringstone 1.15-3.15pm £2 per session	Zumba, Breedon C of E Primary School, 5.30 – 6.30pm £4 per session for more information contact Sam Leahy on Tel 07921880411 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		
Sunday	Woodland Workout Moira Furnace, 10-11am £2 per session	16+ 'Back to Netball' Newbridge High School, Forest Road, Coalville 10.30-11.30am £1.50 per session	16+'Back to Netball' League, Newbridge High School, Forest Road, Coalville Sunday Matches £18 per team	

## FREE Health Walk Group

Meeting the first Friday of each month at the Hermitage Leisure Centre Car Park 10.30am

Enjoy walking but find it boring?  
Come along and join our regular walking group, the walks are free and are lead by our Walking for Health qualified leader Nita Pearson, Walks last between 45mins – 1 hour. A great way to socialise whilst getting active!

**For more information please contact Zara Barnes tel 01530 454606 or email [zara.barnes@nwleicestershire.gov.uk](mailto: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](mailto: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](mailto:R.Edwards15@ntlworld.com)

**Active Lifestyle Exercise Referral Programme** - contact Zara Barnes Tel 01530 454606 or email [zara.barnes@nwleicestershire.gov.uk](mailto:zara.barnes@nwleicestershire.gov.uk) or visit [www.nwleics.gov.uk/pages/exercise\\_referral](http://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](http://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/hermitagelc](http://www.nwleics.gov.uk/hermitagelc)
- Hood Park Leisure Centre, Ashby-de-la-zouch Tel 01530 412181 or visit [www.nwleics.gov.uk/hoodparklc](http://www.nwleics.gov.uk/hoodparklc)
- Ibstock Community College Tel 01530 265836 or visit [www.nwleics.gov.uk/ibstockcc](http://www.nwleics.gov.uk/ibstockcc)
- Measham Leisure Centre Tel 01530 274061 or visit [www.nwleics.gov.uk/meashamlc](http://www.nwleics.gov.uk/meashamlc)
- Castle Donington Community College Tel 01332 815175 or visit [www.nwleics.gov.uk/cdcc](http://www.nwleics.gov.uk/cdcc)

## Coming Soon...

- Well Families Clinics
- Park Run Launch 16th April 2011
- National Family Week – May 2011
- National Forest Walking Festival 21st May – 1st June 2011
- Men's health week – June 2011
- Leicestershire Walking Week 4th – 12th June 2011

Please check our web page regularly for the latest information [www.nwleics.gov.uk/pages/active\\_together](http://www.nwleics.gov.uk/pages/active_together)