

# ADULT ACTIVITIES BROCHURE 2017

Your local physical activity opportunities  
**in South Derbyshire**



# Your regular physical activity opportunities...

## Monday

### Body Balance

Etwall Leisure Centre, Etwall  
Time: 10:15 - 11:00, Price: Ring for more information

### Body Balance

Greenbank Leisure Centre, Swadlincote  
Time: 10:30 - 11:15, Price: Ring for more information

### Strength and Balance Class

The Recreation Centre Aston on Trent  
Time: 10:30 - 11:30, Price: £3.00

### Hilton Health Walk

Hilton Brook Pub, Hilton  
Time: 10:30 - 11:30, Price: Free

### Serficts

Greenbank Leisure Centre, Swadlincote  
Time: 11:00 - 11:45, Price: Ring for more information

### Arthritis Care Tai Chi

Baptist Church, Swadlincote  
Time: 11:00 - 12:00, Price: £3.00

### Tai Chi

Village Hall, Barrow on Trent  
Time: 14:00 - 15:00, Price: £4.00

### Calke Abbey Health Walk

Calke Abbey, Ticknall  
Time: 14:00 - 15:00, Price: Free

### National Memorial Arboretum

National Memorial Arboretum, Alrewas  
Time: 14:30 - 15:30, Price: Free

### Nordic Walking

Rosliston Forestry Centre, Rosliston  
Time: 18:00 - 19:00, Price: £3.00 or £1.50 if you bring your own poles. Only runs from April to October

## Tuesday

### Body Conditioning

Melbourne Sports Pavillion, Melbourne  
Time: 09:30 - 10:15, Price: £4.00

### Nordic Walking

Oaklands Village, Swadlincote  
Time: 10:00 - 11:00, Price: £3.00 or £1.50 if you bring your own poles

### Pushchair Health Walk

Rosliston Forestry Centre, Rosliston  
Time: 10:30 - 11:30, Price: Free

### Chair Based Exercise/Otago

Stanton Village Hall, Stanton  
Time: 10:30 - 11:30, Price: £2.50

### Pilates

Melbourne Sports Pavillion, Melbourne  
Time: 10:30 - 11:30, Price: £4.00

### Otago

Oakland Village Hall, Swadlincote  
Time: 11:00 - 12:00, Price: £3.00

### Fitness Pilates

Greenbank Leisure Centre, Swadlincote  
Time: 12:15 - 13:00, Price: Ring for more information

### Chair Based Exercise

Oaklands Village, Swadlincote  
Time: 12:15 - 13:15, Price: £3.00

### Tai Chi

Hilton Village Hall, Hilton  
Time: 13:15 - 14:15, Price: £5.00

### Otago

Eggington Memorial Hall, Eggington  
Time: 13:15 - 14:15, Price: £3.00

### Overseal Walk

Starts from various locations  
Time: 13:30, Price: Free, Please ring to confirm starting location

### Tai Chi

The Den, Repton  
Time: 14:00 - 15:00, Price: £4.00

### GP Referral Chair Based Aerobics

Greenbank Leisure Centre, Swadlincote  
Time: 14:30 - 15:15, Price: Ring for more information

### Tai Chi

Rosliston Forestry Centre, Rosliston  
Time: 15:00 - 16:30, Price: £3.50

### Overseal Running Club

Overseal Village Hall, Overseal  
Time: 18:30 - 19:30, Price: Free

### Melbourne Joggers

Melbourne Assembly Rooms, Melbourne  
Time: 20:00 - 21:00, Price: Free

### Aqua Aerobics

Etwall Leisure Centre, Etwall  
Time: 20:15 - 21:00, Price: Ring for more information

## Wednesday

### LBT

Melbourne Sports Pavillion, Melbourne  
Time: 09:30 - 10:15, Price: £4.00

### Greenbank Leisure Centre Health Walk

Greenbank Leisure Centre, Swadlincote  
Time: 10:00 - 11:00, Price: Free

### Postural Stability

Willington Surgery, Willington  
Time: 10:00 - 11:00, Price: £3.00

### Nordic Walking

Elvaston Castle, Elvaston  
Time: 10:00 - 11:00, Price: £3.00 or £1.50 if you bring your own poles

### Chair Based Pilates

Etwall Leisure Centre, Etwall  
Time: 10:15 - 11:00, Price: Ring for more information

### Chair Based Exercise

Hatton Sports and Social Club, Hatton  
Time: 10:30 - 11:30, Price: £2.00

### Swadlincote Buggy Walk

Sharpe's Pottery, Swadlincote  
Time: 10:30 - 11:30, Price: Free

### Dance Fitness

Melbourne Sports Pavillion, Melbourne  
Time: 10:30 - 11:15, Price: £4.00

### Postural Stability

Etwall Methodist Church, Etwall  
Time: 11:00 - 12:00, Price: £5.00

### Serficts

Greenbank Leisure Centre, Swadlincote  
Time: 11:00 - 11:45, Price: Ring for More information

### Yoga

Melbourne Sports Pavillion, Melbourne  
Time: 11:30 - 12:30, Price: £4.00

### Gresleydale Surgery Health Walk

Gresleydale Health Centre, Church Gresley  
Time: 13:00 - 14:00, Price: Free

### Otago

Melbourne Assembly Rooms, Melbourne  
Time: 14:00 - 15:00, Price: £3.00

### Calke Abbey Long Walk

Calke Abbey, Ticknall  
Time: 14:00 - 15:30, Price: Free, Every 3rd Wednesday of the month

## Thursday

### Nordic Walking

Rosliston Forestry Centre, Rosliston  
Time: 10:00 - 11:00, Price: £3.00 or £1.50 if you bring your own poles

### Fitness Pilates

Etwall Leisure Centre, Etwall  
Time: 10:15 - 11:10, Price: £4.00 Payable to the instructor

### Chair Based Exercise

Willington Surgery, Willington  
Time: 11:00 - 12:00, Price: £3.00

### Dementia Walk

Oaklands Village Swadlincote  
Time: 11:00 - 12:00, Price: Free, A walk for people living with Dementia and their carers

### Chair Based Exercise

Gresleydale Health Centre, Swadlincote  
Time: 11:15 - 12:15, Price: £3.00

### Pure Pilates

Greenbank Leisure Centre, Swadlincote  
Time: 13:15 - 13:45, Price: Ring for more information

### Willington Health Walk

Canal car park, Willington  
Time: 13:30 - 14:30, Price: Free

### Chair Based Exercise

Hilton Village Hall, Hilton  
Time: 13:30 - 14:30, Price: £3.00

### Newhall Health Walk

Old Post Centre, Newhall  
Time: 14:00 - 15:00, Price: Free

### Swad Joggers

Greenbank Leisure Centre  
Time: 18:30 - 19:15, Price: Free

### Overseal Running Club

Overseal Village Hall, Overseal  
Time: 19:30 - 20:30, Price: Free

### Body Balance

Etwall Leisure Centre, Etwall  
Time: 20:00 - 21:00, Price: Ring for more information

### Aqua Aerobics

Etwall Leisure Centre, Etwall  
Time: 20:15 - 21:00, Price: Ring for more information

## Friday

### Yoga

Greenbank Leisure Centre, Swadlincote  
Time: 09:45 - 11:45, Price: Ring for more information

### Senior Cycling

Rosliston Forestry Centre, Rosliston  
Time: 10:00 - 11:00, Price: £3.00 or £1.50 if you bring your own bike

### Chair Based Exercise

The Old Post Centre, Newhall  
Time: 11:00 - 12:00, Price: £3.00

### GP Referral Only Pilates

Greenbank Leisure Centre, Swadlincote  
Time: 12:15 - 13:00, Price: Ring for more information

### Body Balance

Etwall Leisure Centre, Etwall  
Time: 12:30 - 13:30, Price: Ring for more information

### Oakland Village Health Walk

Oakland Village, Swadlincote  
Time: 14:00 - 15:00, Price: Free

### Tai Chi

Senior Citizens Centre, Melbourne  
Time: 14:00 - 15:00, Price: £3.00

### Swad Joggers

Greenbank Leisure Centre, Swadlincote  
Time: 18:15 - 19:00, Price: Free

## Saturday

### parkrun

Rosliston Forestry Centre, Rosliston  
Time: 09:00 - 10:30, Price: Free

### Couch to 5KM

Rosliston Forestry Centre, Rosliston  
Time: 10:30 - 11:30, Price: Free

## Sunday

### Overseal Running Club

Overseal Village Hall, Overseal  
Time: 09:00 - 10:00, Price: Free

# Dementia Walk, Oaklands Village



The Dementia Walk at Oakland Village in Swadlincote is specifically designed for those living with dementia and their carers. It follows the same route every week allowing those living with dementia to familiarise themselves with the route, the sights and the environment. The walk also gives carers a chance to enjoy Swadlincote Woodlands as well as chat to other carers and exchange information. Guided by two trained walk leaders, the route starts and finishes at Oakland Village. It is on hard paths throughout ensuring its suitability for wheelchair users.

For more information about our Events, Sports Directory, Club Development Support and Summer Scheme visit [www.south-derbys.gov.uk](http://www.south-derbys.gov.uk) or scan this QR Code



## CONTACTS FOR MORE INFO

- Sport and Health (SDDC) 01283 228752
- Green Bank Leisure Centre 01283 216269
- Etwall Leisure Centre 01283 735404
- Melbourne Sports Pavilion 01283 735404
- Get Active in The Forest 01283 563483
- Jog Derbyshire 01773 748907



For more information regarding dementia Services in South Derbyshire please contact Making Space on: Telephone: 01332 497640 Email: [Derbycity.dementia-services@makingspace.co.uk](mailto:Derbycity.dementia-services@makingspace.co.uk)



Find us on Facebook South-Derbyshire-Sport

@SDDCSPORT

## 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 Pingle School £3/session

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

For more information about Walking Football in South Derbyshire contact:

Alex Rowley- Kearns Sport and Health Coach Tel: 07966 490 813 Email: Alex.Rowley-Kearns@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](http://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](mailto:fallsprevention@ageukderbyandderbyshire.org.uk)

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

[www.healthiersouthderbyshire.org](http://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!

