



Adult Activity Brochure 2022

Your local physical activity opportunities in South Derbyshire



**Active South
Derbyshire**

MONDAY

Badminton

9:00am - 11:00am

Green Bank Leisure Centre Swadlincote DE11 0AD

☎ 01283 216269

Zumba

9:30am - 10:25am

Mickleover Memorial Hall, DE3 0XL

24 Fit, Kev Flinton 24fitderby@gmail.com

Yoga Flow

9:45am - 10:30am

Hilton Village Hall DE65 5GH

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Yoga Flow - a mind-body practice that incorporates the breath, postures (asanas) and relaxation.

Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

Netherseal Nordic Walking

The Memorial Field, Netherseal DE12 8DB

Melanie Taylor ☎ 07814 029023

✉ info@thenordicwalker.co.uk

Nordic Poles provided. Contact session provider for session times.

T'ai Chi Qigong

10:00am - 11:15am

Swadlincote Town Hall DE11 0AH

Michael Cashmore ☎ 07714 215216

Slow Movement and Stationary Work for increased physical, mental vitality and a variety of benefits for stress related illnesses.

Postural Stability Group (PSG)

10:00am - 11:00am

Willington Village Hall DE65 6DE

Emma Yates ☎ 07554 868161

✉ Mark.wozniak@southderbyshire.gov.uk

These classes include standing strength and balance exercises with the possibility of some seated strength work.

Chair Based Exercise

10:30am - 11:30am

Recreation Centre Shardlow Road

Aston-on-Trent DE72 2AN

Lindsay Robins ☎ 07874 862287

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Walking - Hilton

10:30am - 11:30am

Hilton Brook Pub DE65 5FG

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

Walk & Tone

10:30am - 11:30am

Location changes each week -

Moira, Donisthorpe, Albert Village

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with 5 minute circuits of body weight and resistance exercises to provide a full body tone.

Pilates - 24Fit

10:45am - 12:00pm

Mickleover Memorial Hall DE3 0XL

Elena Flinton

✉ elena.flinton@gmail.com

Chair Based Exercise

11:15am - 12:15pm

Willington Village Hall DE65 6DE

Emma Yates ☎ 07554 868161

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Postural Stability Group (PSG)

1:30pm - 2:30pm

St Matthews Community Centre, Woodville

Road, Overseal DE12 6JG

Sue Washington ☎ 07875 952874

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions involve both CBE and some supported standing exercises using light ankle weights to improve lower body strength and balance.

Postural Stability Group (PSG)

1:45pm - 2:45pm

Melbourne Assembly Rooms, High street,

Melbourne DE73 8GJ

Rachel Hudson ☎ 07896 031084

✉ Mark.wozniak@southderbyshire.gov.uk

These classes include standing strength and balance exercises with the possibility of some seated strength work.

The Magic of Movement

1:45pm - 2:45pm

Oaklands Village Hall Farm Road, Swadlincote

DE11 8LH

Douglas Mclay ☎ 07969 126940

✉ Mark.wozniak@southderbyshire.gov.uk

A gentle exercise class for those who are concerned about losing or who want to improve their mobility. Exercises standing or seated to improve leg strength and balance.

Tai Chi

2:00pm - 3:00pm

Village Hall Barrow-Upon Trent DE73 7HA

Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

Originally a Chinese martial art practiced for defence training, it is now widely practised for its health benefits including increased balance, co-ordination and core strength.

Drop in Gardening

2:00pm - 4:00pm

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

Site based tasks and training in wildlife surveys.

Please contact for more details. Not Bank Holidays. Please bring own gloves.

Walking - National Memorial

Arboretum Walk

2:30pm - 3:30pm

National Memorial Arboretum DE13 7AR

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

Postural Stability Group (PSG)

3:15pm - 4:15pm

Methodist Church York Road, Church Gresley

DE11 9QQ Sue Washington ☎ 07875 952874

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions involve both CBE and some supported standing exercises using light ankle weights to improve lower body strength and balance.

Archery - Mercia Archers

6:00pm - 10:00pm

Gresley Old Hall Swadlincote DE11 9QW

Derek Jameson ☎ 01283 536670

🌐 www.mercia-archers.co.uk

Beginners course available please contact for more information

Walking Football

6:00pm - 7:00pm

Etwall Leisure Centre DE65 6HZ Phil Platts

✉ philplatts111@gmail.com

Pilates

6:00pm - 8:00pm

Rosliston Village Hall DE12 8JW

mjohnstonpilates@gmail.com

A low impact exercise that targets core muscle groups to align and stabilise the spine. Improving posture, flexibility and strength.

Kettlebells & Core

6:30pm

YHA National Forest, Moira DE12 6BA

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A strength and conditioning class to improve cardiovascular endurance, muscular and core strength.

Disco Zumba

7:00pm - 7:55pm

Swadlincote Town Hall, DE11 0AG

24 Fit, Kev Flinton 24fitderby@gmail.com

Walking Football

7:00pm - 8:00pm

Green Bank Leisure Centre, Swadlincote DE11 0AD

Mark Wozniak ☎ 07966490813

✉ Mark.wozniak@southderbyshire.gov.uk

Whether you're looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this.

Dance - Beginners Social Ballroom and Sequence

8:30pm - 9:30pm

Repton Village Hall DE65 6GR

Karen Bailey ☎ 07720 571268

✉ klbailey@email.com

Classes are open to all and come together or on your own.

TUESDAY

Chair Based Exercise/Otago

10:00am - 11:00am

Church Broughton Methodist Church School

Room Chapel Lane DE65 5BB

Helen Baker ☎ 07426 569780

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions involve both CBE and some supported standing exercises using light ankle weights to improve lower body strength and balance.

Rosliston Rangers

2nd/4th Tuesday of each month

10:00am - 3:00pm

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

No booking required. Site based tasks and training in wildlife surveys. Please contact for more details

Netherseal Nordic Walking

The Memorial Field, Netherseal DE12 8DB

Melanie Taylor ☎ 07814 029023

✉ info@thenordicwalker.co.uk

Nordic Poles provided. Contact session provider for session times.

Senior Adults Tennis Group

10:00am - 12:00pm

Maurice Lea Memorial Park Swadlincote DE11 9NW

For further information contact:

The Parklife Officer ☎ 01283 228766

✉ parksandgreenspaces@

southderbyshire.gov.uk

Free Tennis sessions for over 50s. Borrow kit for free or bring your own if you prefer. Friendly group of players of mixed ability. New members always welcome.

Measham & Ashby Walk

10:00am - 10:30am

Peggs Close car park (alley), Ashby, DE12 7LJ

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

Chair Based Exercise/Otago

11:00am - 12:00pm

Oaklands Village Hall Farm Road Swadlincote

DE11 8LH Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions involve both CBE and some supported standing exercises using light ankle weights to improve lower body strength and balance.

Archery - Mercia Archers

11:00am

Gresley Old Hall Swadlincote DE11 9QW

Derek Jameson ☎ 01283 536670

🌐 www.mercia-archers.co.uk

Beginners course available please contact for more information

Seniors Golf Session

11:00 - 12:00pm

Swadlincote Golf Centre DE11 0BB

Adam Mason ☎ 07821075277

✉ adamjmasongolf@gmail.com

Beginners course available please contact for more information

Postural Stability Group (PSG)

1:30pm - 2:30pm

Etwall School Room, Methodist Church,

Willington Road DE65 6HX

Emma Yates ☎ 07554 868161

✉ Mark.wozniak@southderbyshire.gov.uk

These classes include standing strength and balance exercises with the possibility of some seated strength work.

Yoga Flow

1:00pm - 2:00pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597662

✉ hayleymiller1979@outlook.com

Yoga Flow - a mind-body practice that incorporates the breath, postures (asanas) and relaxation.

Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

Chair Based Exercise

1:45pm - 2:45pm

Brook Close Community Room Brook Close

Derby DE65 6BJ

Jean Harrison ☎ 01283 703047

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Netherseal Table Tennis

2:00pm - 4:00pm

St Peter's Sports Club DE12 8DB

Richard Baxter ☎ 07951 726703

✉ acresford@gmail.com

Table Tennis - Bat & Chat

2:00pm - 4:00pm

Melbourne Assembly Rooms DE73 8GF

Carl Barcock ☎ 07539 329966

✉ melbourneswifts@gmail.com

Tai Chi

2:00pm - 3:00pm

The Den, Mitre Drive, Repton DE65 6FJ

Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

Originally a Chinese martial art practiced for defence training, it is now widely practised for its health benefits including increased balance, co-ordination and core strength.

Ashby Croquet Club

5:00pm - 8:00pm (earlier after the end of August)

Moira Miners Welfare Sports & Social Club

grounds at Bath Lane, Moira, DE12 6BP

Arthur Rowe ☎ 01332 774296

enquiries@ashbycroquetclub.org.uk

Croquet is an enjoyable, sociable game that can be played by people of any ages. It is a friendly game combining ball skills as well as tactics, it's relatively easy to understand, and it's fun to play. We are always pleased to receive new members, of any age or level of experience from beginner to advanced.

Yoga Flow

6:00pm - 7:00pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597662

✉ hayleymiller1979@outlook.com

Yoga Flow - a mind-body practice that incorporates the breath, postures (asanas) and relaxation.

Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

Outdoor Circuit Training

6:00pm - 6:45pm

Albert Village Recreation Ground DE11 8HA

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A sequential circuit containing a variety of different body weight and resistance exercises providing a full body workout to help you to look and feel great!

Walking Football

6:00pm - 7:00pm

Etwall Leisure Centre DE65 6HZ

Phil Platts

✉ philplatts111@gmail.com

Swad Joggers

6:30pm

Gresley Park, Swadlincote DE11 0AA

Tracy Parker ✉ swadjoggers@gmail.com

Friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Melbourne Joggers

7:00pm

Melbourne Assembly Room DE73 8GF

Suzanne Adams

✉ suziadams@icloud.com

Beginners groups will be led walks/jogs. Registration and warm up will take place inside, followed by jogs outside (dress up warm in the colder months), then stretches inside.

Zumba

7:25pm - 8:10pm

Hilton Village Hall DE65 5GH

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Yoga Flow

7:30pm - 8:30pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597662

✉ hayleymiller1979@outlook.com

Yoga Flow - a mind-body practice that incorporates the breath, postures (asanas) and relaxation.

Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

Overseal Running Club

7:30pm

Overseal village hall DE12 6LU

✉ info@orc.run

All standards are welcome. We are a friendly group of runners/joggers with a range of abilities so why not come along, say "Hi" and give it a go!

Wind Down Yoga

8:15pm - 9:00pm

Hilton Village Hall DE65 5GH

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Wind Down Yoga - a gentle body and mind practice.

Each class is designed to stretch out the body and quieten the mind, helping you to release any tension and wind down for the evening. Different options will be provided to cater for a mix of abilities, including beginners. Known to support a good nights sleep!

WEDNESDAY

Walking - Green Bank

10:00am - 11:00am

Green Bank Leisure Centre, Swadlincote DE11 0AD

Meet in the café area inside the leisure centre.

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

T'ai Chi for Wellbeing

10:00am

Maurice Lea Memorial Park, Swadlincote (Band Stand)

DE11 9NW ✉ contact@wildmindsnature.co.uk

Walk & Tone

10:30am - 11:30am

Location changes each week - Moira,

Donisthorpe, Albert Village

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with 5 minute circuits of body weight and resistance exercises to provide a full body tone.

Chair Based Exercise

11:00am - 12:00pm

Jubilee Hall, 74 Station Road,

Hatton DE65 5EL

Helen Baker ☎ 07426 569780

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Ashby Croquet Club

11:00am - 1:00pm

Moira Miners Welfare Sports & Social Club

grounds at Bath Lane, Moira, DE12 6BP

Arthur Rowe ☎ 01332 774296

✉ enquiries@ashbycroquetclub.org.uk

We are always pleased to receive new members, of any age or level of experience from beginner to advanced.

Chair Yoga

1:00pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597663

✉ hayleymiller1979@outlook.com

The Magic of Movement

2:30pm - 3:30pm

Melbourne Assembly Rooms High Street

Melbourne DE73 8GJ

Douglas Mclay ☎ 07969 126940

✉ Mark.wozniak@southderbyshire.gov.uk

A gentle exercise class for those who are concerned about losing or who want to improve their mobility. Exercises standing or seated to improve leg strength and balance.

Tai Chi

2:30pm - 3:30pm

Oaklands Village Hall Farm Road, Swadlincote

DE11 8LH Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

Originally a Chinese martial art practiced for defence training, it is now widely practised for its health benefits including increased balance, co-ordination and core strength.

Yoga Flow

6:00pm - 7:00pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597662

✉ hayleymiller1979@outlook.com

Yoga Flow - a mind-body practice that incorporates the breath, postures (asanas) and relaxation.

Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

Dance - Intermediate Social

Ballroom and Sequence

6:30pm - 7:30pm

Hilton Village Hall DE65 5GH

Karen Bailey ☎ 07720 571268

✉ klbailey@email.com

Classes are open to all and come together or on your own.

Yoga Flow

7:00pm - 8:00pm

St John's Mickleover DE3 9HD

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Wild Minds Evening Meditation

7:30pm (Every other week)

Moira Furnace, DE12 6AT

✉ contact@wildmindsnature.co.uk

See Thurs listing. Don't forget torch and blanket!

T'ai Chi for Wellbeing

7:30pm (Every other week)

Moira Furnace, DE12 6AT

✉ contact@wildmindsnature.co.uk

THURSDAY

Badminton

9:00am - 11:00am

Green Bank Leisure Centre Swadlincote DE11 0AD

☎ 01283 216269

Yoga Flow

9:15am - 10:00am

Mickleover Community Pavilion DE3 0ED

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Manipura Yoga

9:30am - 10:30am

Stanton Village Hall, DE15 9TJ

Carly ☎ 07736 450006

✉ carlydakin471@gmail.com

A friendly yoga group ideal for beginners.

Yoga Flow

9:30am - 10:30am

Coton in the Elms Community Centre,

Elms Road DE12 8HD

Hayley Miller ☎ 07761 597662

✉ hayleymiller1979@outlook.com

Nordic Walking

10:00am

Rosliston Forestry Centre DE12 8JX

Meet at the picnic area.

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

Developed by Nordic skiers as part of their summer training programme. This is a great way to enhance balance and co-ordination as well as being very social.

Measham & Ashby

10:00am - 10:30am

Peggs Close car park (alley), Ashby, DE12 7LJ

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

Measham Walking Group

10:30am - 11:30am/12:00pm

Meeting places vary. For further information

contact the walk leader ☎ 07956 299700

✉ ian53220@gmail.com

Walks last between 60 and 90 minutes and may have some stiles. The walks are suitable for those already active and want to improve their fitness, health and wellbeing.

Archery - Mercia Archers

11:00am

Gresley Old Hall Swadlincote DE11 9QW

Derek Jameson ☎ 01283 536670

🌐 www.mercia-archers.co.uk

Beginners course available please contact for more information

Dance - Social Ballroom and Sequence

11:00am - 12:00pm

Gresley Old Hall Swadlincote DE11 9QW

Karen Bailey ☎ 07720 571268

✉ klbailey@email.com

Classes are open to all and come together or on your own.

Ladies Golf Session

11:00 - 12:00pm

Swadlincote Golf Centre DE11 0BB

Adam Mason ☎ 07821075277

✉ adamjmasongolf@gmail.com

Beginners course available please contact for more information

Chair Based Exercise (Dementia Friendly Group)

12:45pm - 1:45pm

Willington Village Hall DE65 6DE

Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

T'ai Chi for Wellbeing

1:00pm

Moira Furnace, DE12 6AT

✉ contact@wildmindsnature.co.uk

Chair Based Exercise/Otago

1:30pm - 2:30pm

Hilton Village Hall, Peacroft Lane DE65 5GH

Annie Serrano ☎ 07779 575752

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions involve both CBE and some supported standing exercises using light ankle weights to improve lower body strength and balance.

Walk Derbyshire - Willington Walk

1:30pm - 2:30pm

Walk not started yet, please call for more information

Canal/Picnic area car park, DE65 6BP

Tor Adams ☎ 0797 7439309

✉ Tor.Adams@southderbyshire.gov.uk

For anyone who enjoys walking in groups, we have a range of walks suitable for all.

Tai Chi

2:00pm - 3:00pm

Willington Village Hall DE65 6DE

Lisa Dengate ☎ 07989 449875

✉ Mark.wozniak@southderbyshire.gov.uk

Originally a Chinese martial art practiced for defence training, it is now widely practised for its health benefits including increased balance, co-ordination and core strength.

Ashby Croquet Club

3:00pm - 6:00pm

Moira Miners Welfare Sports & Social Club grounds at Bath Lane, Moira, DE12 6BP

Arthur Rowe ☎ 01332 774296

✉ enquiries@ashbycroquetclub.org.uk

We are always pleased to receive new members, of any age or level of experience from beginner to advanced.

Senior Bowls Group

2:00pm - 4:00pm

Maurice Lea Memorial Park Swadlincote DE11 9NW

For further information contact:

The Parklife Officer ☎ 01283 228766

✉ parksandgreenspaces@southderbyshire.gov.uk

Free bowls sessions for over 50s. Borrow kit for free or bring your own bowls if you prefer. Friendly group of players of mixed ability. New members always welcome.

Pilates

6:00pm - 8:00pm

Rickmans Corner, Linton DE12 6PD

mjohnstonpilates@gmail.com

A low impact exercise that targets core muscle groups to align and stabilise the spine. Improving posture, flexibility and strength.

Swad Joggers

6:30pm

Gresley Park, Swadlincote DE11 0AA

Tracy Parker ✉ swadjoggers@gmail.com

Friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Zumba - 24Fit

6:30pm - 7:25pm

Mickleover Memorial Hall DE3 0XL

Kevin Flinton

✉ kev.flinton@gmail.com

Table Tennis - Casual Night

7:00pm - 9:00pm

Melbourne Assembly Rooms DE73 8GF

Carl Barcock ☎ 07539 329966

✉ melbourneswifts@gmail.com

Yoga

7:00pm - 8:00pm

Crown Kickboxing, Swadlincote DE11 9DG

Amy  @Yogamyuk

Disco Zumba

7:00pm - 8:00pm

Midway Community Centre, DE11 0FH

24 Fit, Kev Flinton

✉ 24fitderby@gmail.com

Zumba

7:00pm - 7:45pm

Egginton Memorial Hall DE65 6HP

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Wild Minds Evening Meditation

7:30pm (Every other week)

Moira Furnace, DE12 6AT

✉ contact@wildmindsnature.co.uk

The sessions run for an hour and take attendees through several different types of meditation practice including visualisation, walking meditations and Buddhist meditation to name a few. (Don't forget your torch & blanket)

Zumba

7:15pm - 8:15pm

Rosliston Village Hall DE12 8JW

Kylie Watson ☎ 07896 973471

✉ kyliewatson123@yahoo.co.uk

Overseal Running Club

7:30pm

Overseal Village Hall DE12 6LU

✉ info@orc.run

All standards are welcome. We are a friendly group of runners/joggers with a range of abilities so why not come along, say "Hi" and give it a go!

Wind Down Yoga

7:50pm - 8:35pm

Egginton Memorial Hall DE65 6HP

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

FRIDAY

Outdoor Circuit Training

9.30am - 10:15am

YHA National Forest, Moira DE12 6BA

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A sequential circuit containing a variety of different body weight and resistance exercises providing a full body workout to help you to look and feel great!

Chair Based Exercise

10:00am - 11:00am

Parish Hall, Scropton Road, Scropton, Hatton DE65 5DT

Michelle Cogan ☎ 07854 226631

✉ Mark.wozniak@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Swadlincote PSG

10:30am - 11:30am

Swadlincote Fire Station, DE11 0AE

Rachel Hudson ☎ 07896 031084

✉ Mark.wozniak@southderbyshire.gov.uk

These classes include mainly standing strength and balance exercises with the possibility of some seated strength work.

Archery - Mercia Archers

6:00pm - 10:00pm

Gresley Old Hall Swadlincote DE11 9QW

Derek Jameson ☎ 01283 536670

 www.mercia-archers.co.uk

Beginners course available please contact for more information

Walking Football

6:30pm - 7:30pm

Melbourne Sports Park DE73 8DG

Peter Hass

✉ pkhasshh@gmail.com

Whether you're looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this.

SATURDAY

Wild Minds Morning Meditation

7:30am

Moira Furnace, DE12 6AT

📧 contact@wildmindsnature.co.uk

The sessions run for an hour and take attendees through several different types of meditation practice including visualisation, walking meditations and Buddhist meditation to name a few.

park run

9:00am Free

Rosliston Forestry Centre, Burton Road,

Rosliston, Swadlincote, DE12 8JX

park run organise weekly 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. Parking charges apply.

Boxing Bootcamp

9:00am - 10:00am

Eureka Park Swadlincote DE11 0BA

Mark Pearce 📞 07879 770544

📧 mapfitness@outlook.com

Fun and friendly 'boxing for fitness' outdoor bootcamp. Mix of boxing techniques and bodyweight exercises built into a full body workout. No boxing experience required

Zumba

9:15am - 10:00am

Hilton Village Hall DE65 5GH

Beautifully Balanced 📞 07483 290030

📧 contact@beautifullybalanced.online

Wild Minds T'ai Chi for Wellbeing

9:30am

Moira Furnace, DE12 6AT

📧 contact@wildmindsnature.co.uk

Zumba

9:30am - 10:25am

Mickleover Memorial Hall, DE3 0XL

24 Fit, Kev Flinton

📧 24fitderby@gmail.com

Zumba

9:30am - 10:25am

Stenson Fields Community Centre, DE24 3FP

Kev Flinton 📧 24fitderby@gmail.com

Bootcamp

10:00am

Maurice Lea Memorial Park Swadlincote DE11 9NW

Carol 📞 0737 5818589

📧 carol@cazannfitness.co.uk

SUNDAY

Overseal Running Club

9:00am

Overseal village hall DE12 6LU

📧 info@orc.run

All standards are welcome. We are a friendly group of runners/joggers with a range of abilities so why not come along, say "Hi" and give it a go!

Bird Watching for Beginners - Monthly Walk

Rosliston Forestry Centre, Burton Road,

Rosliston, Swadlincote, DE12 8JX

📞 01283 535039

📧 birdingfor@gmail.com

Contact for more information and dates.

Archery - Mercia Archers

12:00pm

Gresley Old Hall Swadlincote DE11 9QW

Derek Jameson 📞 01283 536670

🌐 www.mercia-archers.co.uk

Beginners course available please contact for more information

Ashby Croquet Club

2:00pm - 5:00pm

Moira Miners Welfare Sports & Social Club

grounds at Bath Lane, Moira, DE12 6BP

Arthur Rowe 📞 01332 774296

📧 enquiries@ashbycroquetclub.org.uk

We are always pleased to receive new members, of any age or level of experience from beginner to advanced.

All information listed is correct at the time of printing and subject to change without notice.

The quality of sessions cannot be guaranteed. It is strongly advised the you check:

- Coaches and volunteers are appropriately qualified in their sports/activities.
- Adequate insurance cover is in place.
- The availability of each session/class before attending



@ActiveSouthDerbyshire



@ActiveSDerbys



For more information about our Events, Active Community Directory, Club Development Support and Summer Activities information visit www.southderbyshire.gov.uk or scan the QR Code to visit our Facebook Page.





Stay Active and Independent for Longer (S.A.I.L)

The new Stay Active and Independent for Longer (S.A.I.L) project is a physical activity initiative aimed at providing adults living within South Derbyshire the opportunity to become more physically active, improve mental wellbeing, remain independent for longer, meet new people and explore new groups. Whatever your starting point or current activity levels the S.A.I.L project has plenty of ideas and advice to help you get started.

Contact the S.A.I.L team for further details via email mark.wozniak@southderbyshire.gov.uk or by telephone 07966 490813

WE ARE UNDEFEATABLE

Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England. Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

www.weareundefeatable.co.uk



Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active as we deal with coronavirus restrictions. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely.

www.sportengland.org/jointhemovement



A free healthy lifestyles service that helps you:

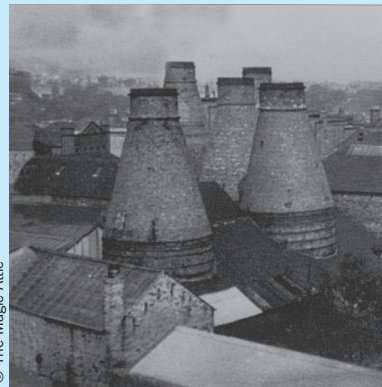
- Stop smoking • Manage your weight
- Get more active • Identify your health and wellbeing needs

To find out more call: 0800 085 2299 or 01629 538200
lifelifebetterderbyshire.org.uk



(GAIF) is an outdoor activity programme designed to increase participation in sport and physical activity. Most of the events and activities take place outdoors and make the most of our natural environment.

For more information please contact:
07977 439309 or 01283 228752
Get.Active@southderbyshire.gov.uk



© The Magic Attic

Sharpe's Pottery Museum

Swadlincote Heritage Trails

Our local history archive, The Magic Attic, contains a vast number of photographs and resources from Swadlincote's past. These, along with research and photographs from individuals, have been used to create a two part trail around Swadlincote - Swadlincote Town Centre and Swadlincote Villages (Church Gresley, Midway, Newhall, Woodville and Hartshorne). The Heritage Trail includes some plaques around the town.

For more information ring 01283 535039 or visit
www.southderbyshire.gov.uk/heritagetrails



If you would like this information (Adult Activity Brochure) in a different format or need help, please call our customer services team on 01283 595795, Monday – Friday or email customer.services@southderbyshire.gov.uk

Whilst every care has been taken to ensure the accuracy of the information supplied in this booklet, South Derbyshire District Council cannot accept responsibility for any errors omissions or subsequent changes. South Derbyshire District Council is not responsible for any information supplied/activities provided by other agencies, which is included in this publication.

