



Adult Activity Brochure 2023

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

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 and 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

✉ Active.SD@southderbyshire.gov.uk
These classes include standing strength and balance exercises with the possibility of some seated strength work.

Walk & Tone

10:00am - 11:00am

Location changes each week -

Moirra, 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.

Walking - Hilton

10:30am - 11:30am

Hilton Brook Pub DE65 5FG

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around Hilton Village..

Chair Based Exercise

10:30am - 11:30am

Recreation Centre Shardlow Road

Aston-on-Trent DE72 2AN

Lindsay Robins ☎ 07874 862287

✉ Active.SD@southderbyshire.gov.uk

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

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

✉ Active.SD@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

✉ Active.SD@southderbyshire.gov.uk

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

The Magic of Movement

1:30pm - 2:30pm

Oaklands Village Hall Farm Road, Swadlincote

DE11 8LH

Douglas Mclay ☎ 07969 126940

✉ Active.SD@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.

Postural Stability Group (PSG)

1:45pm - 2:45pm

Melbourne Assembly Rooms, High street,

Melbourne DE73 8GJ

Rachel Hudson ☎ 07896 031084

✉ Active.SD@southderbyshire.gov.uk

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

Calke Abbey Walk

2:00pm - 3:15pm

DE73 7LE

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks around an hour and 15 minutes around the beautiful site of Calke Abbey.

T'ai Chi

2:00pm - 3:00pm

Village Hall Barrow-Upon Trent DE73 7HA

Lisa Dengate ☎ 07989 449875

✉ Active.SD@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 ☎ 07977 439309

Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around the National Memorial Arboretum.

Postural Stability Group (PSG)

3:15pm - 4:15pm

Methodist Church York Road, Church Gresley

DE11 9QQ Sue Washington ☎ 07875 952874

✉ Active.SD@southderbyshire.gov.uk

These sessions involve both chair based exercise 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 DE11 9QW

Derek Jameson ☎ 07896 887289

✉ jamesonderek17@gmail.com

Before doing archery, you must complete a prearranged beginners' course. Please get in touch if this is something you are interested in.

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 - 7:15pm

Granville Academy, Woodville DE11 7JR

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

Kettlebell and core exercises improve strength, endurance, flexibility, stability, balance and coordination making everyday life easier.

Walking Football

7:00pm - 8:00pm

Repton School DE65 6FH

✉ kip.marklew@gmail.com

Walking Football

7:00pm - 8:00pm

Green Bank Leisure Centre, Swadlincote

DE11 0AD Tor Adams ☎ 07977 439309

✉ Tor.Adams@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 (CBE)

10:00am - 11:00am

Church Broughton Community Hall,
Chapel Lane DE65 5BB

Helen Baker ☎ 07426 569780

✉ Active.SD@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 walk and talk

10:00am - 10:30am

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

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for the those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Balanced & Strong

10:30am - 12:00pm

Mickleover Memorial Hall DE3 0XL

Kev Flinton ✉ 24fitderby@gmail.com

An exercise and social session to help the elderly feel steadier on their feet and confident in getting around.

Chair Based Exercise

10:30am - 12:00pm

Mickleover Memorial Hall DE3 9GH

✉ elena.flinton@gmail.com

Chair Based Exercise (CBE)

11:00am - 12:00pm

Oaklands Village Hall Farm Road Swadlincote

DE11 8LH Lisa Dengate ☎ 07989 449875

✉ Active.SD@southderbyshire.gov.uk

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

Chair Based Exercise

1:00pm - 2:30pm

Evergreen Club in Allestree DE22 2FT

✉ elena.flinton@gmail.com

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.

T'ai Chi with Strength & Balance

(supported by Age UK Derby & Derbyshire)

1:00pm - 2:00pm

Gresley Church Community Hall, Church

Gresley DE11 9NR

☎ 07445 209725

✉ wildmindsnature@outlook.com

Postural Stability Group (PSG)

1:30pm - 2:30pm

Etwell School Room, Methodist Church,

Willington Road DE65 6HX

Emma Yates ☎ 07554 868161

✉ Active.SD@southderbyshire.gov.uk

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

Overseal Walk

1:30pm - 3:30pm

✉ ian53220@gmail.com

☎ 07956 299700

A friendly group that walk between 3-5 miles around various sites in South Derbyshire. If you would like to join the group, please contact Ian on the number above.

Chair Based Exercise

1:45pm - 2:45pm

Brook Close Community Room Brook Close

Derby DE65 6BJ

Jean Harrison ☎ 01283 703047

✉ Active.SD@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

T'ai Chi

2:00pm - 3:00pm

The Den, Mitre Drive, Repton DE65 6FJ

Lisa Dengate ☎ 07989 449875

✉ Active.SD@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 age. 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.

Walking Football

6:00pm - 7:00pm

Etwell Leisure Centre DE65 6HZ

✉ kip.marklew@gmail.com

Clubercise

6:30pm - 7:25pm

Stenson Fields Community Centre DE24 3FP

Kev Flinton ✉ 24fitderby@gmail.com

A blend of simple dance, toning and combat moves to uplifting dance hits in a darkened room with disco lights.

Swad Joggers

6:30pm

Meet outside Swadlincote Library, Civic Way,

Swadlincote DE11 0AD

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 ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group walk around various parts of Swadlincote. The walk lasts for an hour.

Nordic Walking

10:00am-11:00am

Elvaston Castle DE723EP

Meet outside the information centre.

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.

Walk & Tone

10:00am - 11:00am

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

✉ Active.SD@southderbyshire.gov.uk

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

Chair Based Exercise

11:00am - 12:30pm

St. John's Methodist Church,

Allestree DE22 2QL

✉ elena.flinton@gmail.com

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.

T'ai Chi for Wellbeing

12:00pm - 1:00pm (Every other week)

Sharpe's Pottery Museum,

Swadlincote DE11 9DG

☎ 07445 209 725

✉ contact@wildmindsnature.co.uk

Chair Yoga

1:00pm

Rosliston Village Hall DE12 8JW

Hayley Miller ☎ 07761 597663

✉ hayleymiller1979@outlook.com

Yoga for Wellbeing

1:15pm - 2:15pm (Every other week)

Sharpe's Pottery Museum,

Swadlincote DE11 9DG

☎ 07445 209 725

✉ contact@wildmindsnature.co.uk

The Magic of Movement

2:30pm - 3:30pm

Melbourne Assembly Rooms High Street

Melbourne DE73 8GJ

Douglas Mclay ☎ 07969 126940

✉ Active.SD@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.

T'ai Chi

2:30pm - 3:30pm

Oaklands Village, Hall Farm Road,

Swadlincote DE11 8LH

Lisa Dengate ☎ 07989 449875

✉ Active.SD@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.

Gym Circuit Training

6:30pm - 7:15pm

Granville Academy, Woodville DE11 7JR

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A sequential circuit providing a full body workout to improve cardiovascular, muscular and core strength and endurance.

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

7:00 - 8:00pm (Every other week)

Moira Furnace, DE12 6AT

☎ 07445 209 725

✉ contact@wildmindsnature.co.uk

This is an outdoor session. Don't forget torch and blanket!

T'ai Chi for Wellbeing

7:00pm - 8:00pm (Every other week)

Moira Furnace, DE12 6AT

☎ 07445 209 725

✉ 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 ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for the those looking to get back into exercise.

Measham Walking Group

10:00am - 12:00pm

Meting places vary. For further information

contact the walk leader ☎ 07956 299700

✉ ian53220@gamil.com

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

Measham walk and talk

10:30am - 11:00am

Peggs Close car park (alley), Measham,

DE12 7LJ Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for the those looking to get back into exercise. The group stops at the end to have a hot drink and a chat.

Dance - Social Ballroom and Sequence

11:00am - 12:00pm

Gresley Old Hall DE11 9QW

Karen Bailey ☎ 07720 571268

✉ klbailey@email.com

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

Chair Based Exercise (Dementia Friendly Group)

12:45pm - 1:45pm

Willington Village Hall DE65 6DE

Lisa Dengate ☎ 07989 449875

✉ Active.SD@southderbyshire.gov.uk

Willington Walk

1:30pm - 2:30pm

Canal/picnic area car park DE65 6BP

☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walk for around an hour around Willington. The group often stop for a hot drink afterwards.

T'ai Chi

2:00pm - 3:00pm

Willington Village Hall DE65 6DE

Lisa Dengate ☎ 07989 449875

✉ Active.SD@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.

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.

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.

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.

Beginners T'ai Chi

6:00pm - 7:00pm

Gresley Church Community Hall, Church

Gresley DE11 9NR ☎ 07445 209725

✉ wildmindsnature@outlook.com

Swad Joggers

6:30pm

Meet outside Swadlincote Library, Civic Way, Swadlincote DE11 0AD

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

Elvaston Castle Night Walk

7:00pm - 8:00pm

Starting from Thulston village green,

opposite Harrington Arms car park, DE72 3EY

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group who walk in the evenings around the Elvaston Castle site. Walks last for around an hour.

Zumba

7:00pm - 7:45pm

Egginton Memorial Hall DE65 6HP

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

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/ Buggybeat with Sue

9:30am - 10:15am

YHA Moira or 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! No need for childcare as parents or carers bring along babies/pre-school children.

Chair Based Exercise

10:00am - 11:00am

Parish Hall, Scropton Road, Scropton, Hatton

DE65 5DT

Michelle Cogan ☎ 07854 226631

✉ Active.SD@southderbyshire.gov.uk

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

Postural Stability Group (PSG)

10:30am - 11:30am

Swadlincote Fire Station, DE11 0AE

Rachel Hudson ☎ 07896 031084

✉ Active.SD@southderbyshire.gov.uk

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

Chair Based Exercise/Otago

1:30pm - 2:30pm

Newhall Village Hall DE11 0LH

Fit 4 Life Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A 'Strictly No Falling' class using resistance bands and light ankle weights to improve strength, balance and coordination.

Walking Football

6:30pm - 7:30pm

Melbourne Sports Park DE73 8DG

Peter Hass ☎ 07939 177110

✉ 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

8:00am - 9:00am

Moira Furnace, DE12 6AT

☎ 07445 209 725

✉ 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. This is an outdoor session.

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

9:00am - 9:45am

The Firebird Centre, 2 Witham Close,

Hilton DE65 5JR

Beautifully Balanced ☎ 07483 290030

✉ contact@beautifullybalanced.online

Wild MindsT'ai Chi for Wellbeing

9:30am - 10:30am

Moira Furnace, DE12 6AT

☎ 07445 209 725

✉ contact@wildmindsnature.co.uk

Zumba

9:30am - 10:25am

Mickleover Memorial Hall, DE3 0XL

24 Fit, Kev Flinton

✉ 24fitderby@gmail.com

Bootcamp

10:00am

Maurice Lea Memorial Park,

Swadlincote DE11 9NW

Carol ☎ 0737 5818589

✉ carol@cazannfitness.co.uk

Starting in the new year.

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!

Manipura Yoga mornings

9:30am - 10:30am

Overseal Pavilion DE12 6LU

☎ 07736 450006

✉ carlydakin471@gmail.com

A friendly yoga group ideal for beginners.

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.

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



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.

 Find us on Facebook

@ActiveSouthDerbyshire

 @ActiveSDerbys



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

Live Life BETTER DERBYSHIRE

A free healthy lifestyles service that helps you:

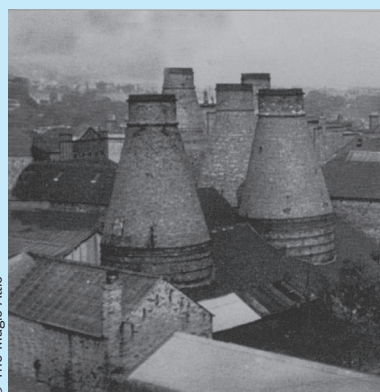
- Stop smoking
- Manage your weight
- Get more active
- Identify your health and wellbeing needs

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

15 March - 26 April 2023



Play the free, fun, walking, cycling and rolling game!

Visit beatthestreet.me to find out more.



Beat the Street Swadlincote has been commissioned by South Derbyshire District Council, the National Forest Company, Derbyshire County Council, Active Derbyshire and South Derbyshire Active Schools Partnership with support from the National Lottery via Sport England. It is being delivered by Intelligent Health.

CADLEY PARK is a new

park within the Swadlincote area, which will be opening in the Spring of 2023. The park is 3.89 hectares in size and forms part of a masterplan for the redevelopment of a former coalfield site. It has the aim of providing an environment which encourages and facilitates active travel, engagement in active environments and a rich biodiverse nature area for the local population of Swadlincote and the wider District to enjoy.

The park provides a mix of cycle features, with a circular family route for cycling and scooting, a pump track and a learn to ride zone, pedestrian walkways, natural play, and environmental and biodiversity resources as well as connectivity to the wider site and community.

Over the winter some 3,000 trees have been planted on the park by a range of local school children, volunteers from East Midlands Airport and our local MP and have been recorded as part of the Queen's Green Canopy.



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.

