

# New Year new you!

**Getting fit in 2007 your New Year's resolution? With two leisure centres and a swimming pool, you're in the right place to shed those Christmas pounds in Charnwood.**

There are plenty of activities available for residents of all ages at Loughborough Leisure Centre and Soar Valley Leisure Centre, in Mountsorrel, plus the South Charnwood Swimming Pool, in Syston, to help you stick to your New Year goals.

Swimming, for example, which is available to the public at more places in Charnwood than ever before - including all Council-owned leisure centres, Loughborough University, Quorn Swimming Pool at Rawlins Community College plus Longsdale Community College in Birstall - is recognised as an excellent way of improving fitness.

Cllr Sandie Gough, Charnwood Borough Council's Cabinet member for Leisure, said: "Remember, it's never too late to take the plunge!

"It doesn't matter what standard of swimmer you are - Charnwood's three swimming pools have sessions available to suit everyone."

If making a splash doesn't suit you, Loughborough and Soar Valley Leisure Centre also boast between them fitness studios, squash courts, sauna and steam rooms, sports hall, exercise studios and an astro turf pitch



## There's plenty of activities to keep people fit

- so there really is something for everyone!

Charnwood is also welcoming two new Physical Activity Officers to encourage you to exercise more.

As a result of successful partnership funding, of which Charnwood Borough Council has contributed, the Leicester-Shire and Rutland County Sports Partnership have created 11 new Physical Activity Co-ordinators posts, which make up the county wide 'Active Together' programme.

This innovative project is a county wide initiative with Local Authorities to increase the levels of physical activity.

Ian Matthews (left) has successfully been appointed to the post of Charnwood and North West Leicestershire Physical Activity Development



**FITNESS DRIVE:** Many people make New Year's resolutions to keep fit and get healthy and Charnwood Borough Council's leisure centres and swimming pool offer a wide range of activities to help people stay on track.

Officer:

Ian's objectives are to:

- break down barriers to participation at local level within rural areas
- encourage non-participants and hard to reach groups to take part in physical activity
- help individuals to change their lifestyles
- contribute to the whole project target of 7,000 adults more physically active by March 2009.

Ian said: "I am looking forward to my new role as physical activity development officer and can't wait to get out and about to deliver physical activity sessions throughout the communities of Charnwood and North West Leicestershire.

"The sessions that I will be delivering will be targeted specifically at inactive adults aged 16 plus and will range from organised guided walks and cycling to music/circuit classes."

Nicki Brenton (right) has been appointed as the district based

officer and will be hosted by Loughborough College.

The Active Together Charnwood project is working towards increasing the physical activity levels of local businesses and workers.

Nicki is looking to create a wide range of sessions for local businesses to choose from to help their staff become more active.

These will include gym/swim sessions, local walks, workplace challenges, yoga, chair-based exercise sessions, exercise classes and physical activity and nutrition workshops.

If you are interested in getting active, or work with local groups that you think would benefit from increasing their physical activity levels, please contact either Ian on (01509) 634 836 or email [ian.matthews@charnwood.gov.uk](mailto:ian.matthews@charnwood.gov.uk).

Nicki can be contacted by calling (01509) 515 408 or emailing her at [nicki.brenton@loughcoll.ac.uk](mailto:nicki.brenton@loughcoll.ac.uk).

For further information, visit the Council's website - [www.charnwood.gov.uk/leisure/home.html](http://www.charnwood.gov.uk/leisure/home.html)



## Surestart helping children get active

SURESTART Loughborough East, in Partnership with Charnwood Borough Council, provides lots of physical activities for families with children under four years old.

One of the most popular activities for families living in the SureStart area are the Water Babies session as this activity enables families the chance to get their children swimming at an early age.

Jane Harding, Charnwood Borough Council's Early Years Physical Activity Development Officer, said: "We are very proud of our young swimmers and would like to say well done to all the children who have just passed their Duckling Adult and Child Grade 1.

"As well as this fantastic activity we have lots of other great sessions. Chill Out Swim and Yoga gives the parents the chance to chat, relax and unwind while we look after the kids.



**POPULAR:** Water Babies sessions.

"We also have the fun Boogaloo Club which is a great way to let your kids boogie to all their favourite tunes - and you can join in too"

If you live in the SureStart area (Shelthorpe, Hastings and South Leymington) and have a child under four years old, you can come along free of charge to any of these activities and much more.

For more information about any of these activities, call Jane on freephone 0800 6556123.

# Enjoy the benefits of going Wild

**YOUNGSTERS** can now go wild at two new attractions.

Charnwood Borough Council's popular Wild Card offers members a whole host of discounts at more than 50 sport, leisure and arts attractions across Charnwood and the East Midlands.

Now two new venues have agreed to make card holders feel like the privileged few - much to the delight of the scheme's dinosaur mascots (pictured above and below).

From the beginning of April, the Tamworth Snowdome and Nottingham Ice Centre will be offering money off to youngsters aged five to 16 and people with disabilities who are eligible to sign up.

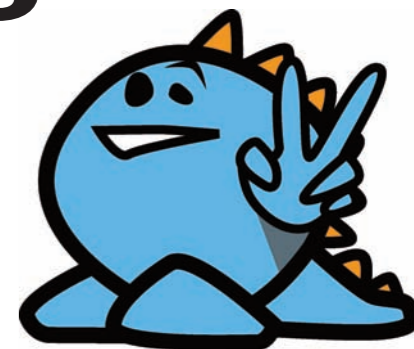
They join the likes of Snibston Discovery Park, Waterworld, Conkers, The Tales of Robin Hood, Manor Farm Animal and Donkey Sanctuary, Great Central Railway, Pedal Power, VR, The Tack Shack in Loughborough, Cyclops Cycles (Syston) and City Cycles (Thurmaston).

Money can also be saved at Loughborough Leisure Centre, Soar Valley Leisure Centre, the South Charnwood Swimming Pool and Charnwood Borough Council's holiday activity programmes.

Members can receive up to 50 per cent discounts on some of the events that take place during school holiday activity programmes.

Cllr Sandie Gough, Charnwood Borough Council's Cabinet member for Leisure, said: "It's fantastic that two well-known and popular tourist attractions like

the Tamworth Snowdome and Nottingham Ice Centre have agreed to offer discounts to Wild Card members.



New attractions sign up to offer card holders more discounts

"We want to encourage youngsters and people with disabilities to take part in physical and social activities during their own leisure time and the Wild Card is the ticket to experiencing fantastic activities at discounted rates all year round."

**The Wild Card is valid for one year and normally costs £3 but is on offer at only £1.50 if purchased before Friday, 16th February.**

It is free if youngsters receive free school meals.

The card is available to buy from Charnwood Borough Council's Southfields office, Loughborough Leisure Centre, Soar Valley Leisure Centre, South Charnwood Swimming Pool, Loughborough Town Hall and Charnwood Museum.

Anyone wanting to find out more about the Wild Card, should log onto [www.charnwood.gov.uk/leisure/charnwoodleisurepass-wildcard.html](http://www.charnwood.gov.uk/leisure/charnwoodleisurepass-wildcard.html) or call Charnwood's Leisure Services Team on (01509) 634 673.

