ACTIVE together
CHARNWOOD

Activity Programme
Aged 16+
October 2011 to March 2012
The Active Together project started in 2007 and since then over 8500 people have joined the project, taking part in 100’s of sessions across the borough of Charnwood, our participants have ranged in age from 16-93 so there really is something for everyone!

But how much is enough?
Current physical activity recommendations suggest we should aim to do 150 minutes of physical activity a week, aiming to be active on most days for bursts of at least 10 mins. In addition to this you should also aim to do some strength building activities such as using weights, or body weight activities, twice a week.

Whilst the amount of activity recommended, is the same for anyone over the age of 18, suitable activities vary depending on age and fitness level, those over the age of 65 should also aim to incorporate activities to help improve balance and coordination such as yoga and tai chi. Whilst those aged 16 - 18 should aim to be active for at least 1 hour daily.

What is moderate intensity physical activity?
Any activities which increase your heart and breathing rate, and make you feel slightly warmer counts, you don’t have to run or play sport, or go to the gym, taking a brisk walk with the dog or to the shops counts.

But what are the benefits of physical activity?
- Helps lower or maintain body weight
- Lower high blood pressure
- Reduce risk of developing coronary heart disease, stroke, type II diabetes and some forms of cancer
- Lowers cholesterol
- Reduce stress and anxiety
- Improves self esteem

Tips from the Active Together team
Try something new – we’ve got loads of different activities, so why not try something new! Variety is the key, along with finding activities you enjoy. If you’re struggling for motivation then why not find a friend to exercise with, going for a walk or playing badminton is an ideal opportunity to get active whilst socialising.
**Name:** Jo Grant  
**Job title:** Physical Activity Development Officer  
**How long worked for Active Together:** 2.5 years  
**Background:** I’ve always worked in sport and physical activity as a gym and exercise referral instructor and coaching sport to children, although I have also studied for a master in sustainable energy technology.  
**Weak spot:** Chips  
**What physical activities do you do during the week?** Running, playing hockey and badminton, cycling, geocaching  
**What Active Together means to you?** I love the fact Active Together gives people the chance to try new things, I love being active and want the help others try and get more active to!

**Name:** Sam Chamberlain  
**Job title:** Physical Activity Development Officer  
**How long worked for Active Together:** 1 year  
**Background:** I’ve always worked within the leisure industry from a young age starting as a life guard, then a gym instructor & swimming instructor, I have always been passionate about sport and physical activity and want to encourage my passion & enthusiasm to others.  
**Weak spot:** Crisps (any flavour will do)  
**What physical activities do you do during the week?** Running, spinning and body pump  
**What Active Together means to you?** Active Together provides a wide range of exercise classes from aerobics to the latest crazes such as Zumba and Hula Hooping! There is definitely something for everyone.

**Name:** Helen Smith  
**Job title:** Physical Activity Development Officer  
**How long worked for Active Together:** 2 years  
**Weak spot:** Red wine and chocolate  
**What physical activities do you do during the week?** Walking the dog everyday, badminton, walks and albeit not physical activity, relaxation and meditation  
**What Active Together means to you?** Makes everyone active, makes you have fun, meet lots of people and plenty of variety.

**Name:** Hannah Holmes  
**Job Title:** Active Together Administrative Assistant  
**How long worked for Active Together:** 2 Years  
**Weak spot:** I love all junk food but I love cake the most, yum!  
**What physical activities do you do during the week?** Tennis, body pump, commuting via cycling and walking.  
**Background:** This is my first role in sport and active recreation but I’ve always been very sporty since a young age. Working for Active Together has given me invaluable experience and I love seeing the project developments unfold, and the variety of people we engage with.  
**What Active Together means to you?** With a wide range of sessions on offer and at great prices, there’s something for every adult!
PARENT AND TODDLER SESSIONS

Can’t find time with your children? Want to spend more time with your children? Want to be active too? Well here’s your chance! Active Together have a selection of activities for you to enjoy together and to help both of you get active whilst having lots of fun!

**Parent & Tot Yoga**
Classes are introduced through story telling and magical adventures that will inspire their imagination while having a whole lot of fun. Long term benefits include stronger sense of self esteem, respect for one another and values of a healthy lifestyle.

*Mountsorrel Library*
**Tuesdays from 1st November - 20th December**
**11.30 – 12.15pm class costs just £1.50 per adult.**

**Buggy Walks with the Play Rangers (0-4 years old)**
Get out in the autumn leaves, splash in the puddles and enjoy the local beauty spots with the Play Rangers!

*Every Thursday from Gorse Covert Community Centre, Loughborough, LE11 4RX* 2-3pm FREE

*Every Friday from Shelthorpe Children’s Centre, Loughborough, LE11 2NF* 2-3pm FREE

**Early Years (2-5 years old) Mini Tunes**
Dance, movement and physical activities

*Cobden Children’s Centre, Loughborough, LE11 1AF*
**Monday 1.30-2.30pm**

*Good Shepherd Church, Shelthorpe, Loughborough, LE11 2HJ*
**Tuesday 10-11am**

*Syston Community Centre, LE7 1HN*
**Wednesday 1.45-2.45pm**

*Shepshed Children’s Centre, LE12 9DA*
**Friday 9.30-10.30am**

**BOOKING ESSENTIAL**
Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
**STEP INTO DANCE**

Put on your dancing shoes, place your right foot forward, and come and enjoy our variety of dance sessions! For Active Together sessions it’s £3 per session or £12 (paid in advance at the first session) for five weeks.

**Family Dance (Suitable for all the family)**

A fun energetic dance class suitable for all the family! Learn simple routines with party favourites from the 70’s up to present, dance the night away and work up an appetite for tea. A great opportunity to improve fitness levels & burn off that additional energy built up through out the day.

**Quorn Village Hall**
**Wednesdays from 29th October – 21st December (excluding 30th Nov)**
**5.30- 6.30pm**

**Ballet Fit**

A fun, friendly dynamic class for adults 16+ and open to all abilities. The class incorporates basic ballet moves to contemporary music.

**Syston Community Centre**
**Tuesdays from 25th October - 22nd November 7 - 8pm**

**Line Dancing**

This class is suitable for beginners wanting to learn the traditional concepts of line dance or those who just want to dance their way to fitness. Sessions will include a sequence of easy to follow dance steps to form a sequence all too traditional country music.

**Barrow Scout Hut**
**Mondays from 14th November - 12th December 5.30-6.30pm**

**Sileby Community Centre**
**Mondays from 16th January - 13th February 2012 2-3pm**

**Zumba Tone**

The hottest fitness craze currently in Charnwood which combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally whilst having a total blast.

**Gorse Covert Community Centre, Loughborough**
**Fridays 11th November – 9th December, 6.15-7pm.**

**Join the Zumba party near you!**

Quorn Village Hall Tuesday 10-11am
Roundhill Community College, Thurmaston Wednesday 6.30-7.30pm
Venia Byrom 07787784439

Anstey Jubilee Hall Monday 7.30-8.30pm
Sileby Community Centre Saturday 9.30-10.30am
Joanna Holt 07825239310

Gorse Covert, Loughborough Tuesday 6.30-7.30 & 7.30-8.30pm
Gorse Covert, Loughborough Thursday 6.15-7.00 & 7.15-8.00pm
Karen Lyndall 07570923363

**BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm**

Call 01509 632534 or email active.together@charnwood.gov.uk
## Sports Opportunities

### Boxing-Mania
A Boxercise fitness programme which is designed for both men & women from the age of 16+, sessions will involve various Boxing technique & fitness drills. Sessions will be taught by Ex-Pro Boxer Kelton McKenzie.

**Syston Community Centre**  
**Wednesday 19th October - 14th December (excluding 9th November) 7-8pm. Cost just £2 per session.**

### New Age Kurling
An adaptation of original curling and played indoors on a hard surface. Teams compete with the aim of rolling their Kurling stones closest to the centre of the target. The stone can be rolled from a seated or standing position and can be pushed using your hands, feet, stick or ramp. All abilities welcome! Sessions will be delivered by a professional coach and include game based drills, skills and competitive tournaments.

**Loughborough Leisure Centre, Friday 11th November - 3rd February (excluding 25th November, 23rd & 30th December) 1 - 2pm. Cost £2.50 per session.**

### New Age Bowls
New Age Bowls is a new activity, which can be played on any flat surface. These sessions are held indoors, and use soft bowls with a bias which can be aimed at either a jack or target. This activity is ideal for all ages and abilities.

**Anstey Jubilee Village Hall every Thursday starting 19th January 10 - 11am. Cost £2.50 per session.**

### Back Into Netball
Enjoyed playing netball at school? Stopped playing and would love to start again? Looking for a fun, new activity? Contact Sharon on shazkirk@yahoo.co.uk for more information on your nearest local club.

### HulaAerobics
The new fitness craze sweeping the world using weighted hula hoops, it’s fantastic for toning up the abdominals and trimming the waist... it’s also the most fun you will ever have in a fitness class.

**Soar Valley Leisure Centre**  
**Mondays from 17th October – 5th December 1-1.45pm Cost £2.50 per session**

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**BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm**  
**Call 01509 632534 or email active.together@charnwood.gov.uk**
Disability Session
Multi skills sports disability session, which includes tennis, dodgeball, badminton, walking, and new age kurling.

Loughborough University Netball Centre 10.30-11.30am 50p per person.
Mondays on 10th October, 24th October, 31st October, 7th November, 14th, 21st November, and 5th December.

These sessions will continue in 2012. For further dates please contact the Active Together team.

Back to Golf
An ideal start for those who have played before and want to get back into the sport. Sessions include professional coaching on the golf course.

Charnwood Forest Golf Club, Loughborough, LE12 8TA
4 sessions for £15

12th February 1.30 - 3.30pm
26th February 1.30 - 3.30pm
11th March 1.30 - 3.30pm
18th March 1.30 - 3.30pm

Beginner Golf
The coaching programme consists of 8 x 2 hour lessons. Absolutely no experience is required and all equipment can be hired during the sessions.

Shelthorpe Golf Club, Poplar Road, Loughborough, LE11 2JS
8 sessions for £24

22nd October 1.30 - 3.30pm
22nd October 3.30 - 5.30pm
5th November 1.30 - 3.30pm
5th November 3.30 - 5.30pm
19th November 1.30 - 3.30pm
19th November 3.30 - 5.30pm
3rd December 1.30 - 3.30pm
3rd December 3.30 - 5.30pm
17th December 1.30 - 3.30pm
17th December 3.30 - 5.30pm
14th January 1.30 - 3.30pm
14th January 3.30 - 5.30pm
28th January 1.30 - 3.30pm
28th January 2-3.30 - 5.30pm
11th February 1.30 - 3.30pm
11th February 3.30 - 5.30pm

No Strings Badminton
No Strings Badminton is open to everyone of all ages, levels and abilities. Our current sessions are ideally suited to complete beginners. Not got a partner to play with? That doesn’t matter; our No Strings coordinator will team you up with other players of similar levels, skills and abilities. All equipment is provided, so no need to buy your own racquet or shuttlecocks. Simply wear comfortable clothing suitable for exercise and trainers.

Mondays 7-8pm Soar Valley Leisure Centre £3
Wednesdays 7-8pm Loughborough Leisure Centre £3

New session starting 3rd November
Thursdays 12-2pm Loughborough Leisure Centre £2

BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
HEALTH CHECKS AT LIBRARIES

These FREE health checks will cover body fat percentage, blood pressure, metabolic rate, weight, water percentage plus much more! Checks take 15 minutes and are carried out by Exercise Professionals.

**Booking Essential**

**Loughborough**
Wednesdays 2nd November, 11th January, 7th March 2-5pm
Call 01509 632534 to book

**Mountsorrel**
Monday 16th January, 2-5pm Call 0116 3055892 to book

**Syston**
Thursdays 17th November, 12th January, 8th March 1.30-4pm
Call 0116 3053500 to book

**Anstey**
Tuesdays 8th November and 14th February 2-4.30pm
Call 0116 3053536 to book

**Birstall**
Thursdays 20th October, 15th December, 16th February 10am-1pm
Call 0116 3058756 to book

**Rothley**
Mondays 7th November and 13th February 2-5pm
Call 0116 3053671 to book

**Shepshed**
Friday 30th March 10am-1pm Call 0116 3053678 to book

**Thurmaston**
Tuesdays 6th December and 6th March 2-5pm
Call 0116 3053678 to book

GENTLE EXERCISE

**Seated Exercise**

A seated class that aims to improve co-ordination, balance, muscular strength and bone density.

*The Annex, Woodhouse Eaves* Tuesdays from 10th January – 14th February 2012 1-2pm. Cost £3 per session.

**Seated Exercise Community Class**
East Goscote, St Hilda’s church hall, every Monday 10-10.45am cost just £3.50 per session

**Young at Heart Community Class**
Syston Malthouse suite, conservative club, every Tuesday 10-11am costs just £3

**Aerobics Body Tone**
Gorse Covert Community Centre, Loughborough Tuesdays 9-10am
Annette Holliday 07798704167

**Fit 4 You (Beginners Pilates)**
Gorse Covert Community Centre, Loughborough Tuesdays 10-11am
Annette Holliday 07798704167

**Tai Chi**
Advanced Trinity Methodist Church Tuesdays 12.30-2pm £4
Beginners Trinity Methodist Church Tuesdays 2-3pm £3.50
Ian Springthorpe 07547099222

BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
WALKS

Why Walk?
Want to get more active but not sure where to start? Walking is one of the best and easiest forms of physical activity to get involved in.

Regular walking is an ideal activity as it is cheap, is easy to fit into your daily routine, and can provide numerous health benefits, including reducing your risk of many health complaints, reduce stress and help you maintain or reduce your body weight.

So why not start by joining us on one of our short walks around one of Charnwood’s Villages and see how you get on. Our short walks are suitable for all, they are predominantly flat, don’t include stiles and so are suitable for parents with buggies and wheelchair users. We take the walk at a gentle pace and will always ensure all participants are comfortable with the activity.

2 miles Thursday 8th December 10am
Meet at School Lane, Birstall

2 miles Tuesday 10th January, 10am
Meet at South Charnwood Leisure Centre, Syston, LE7 1LY

2 miles Thursday 12th January at 10am
Meet at East Goscote Village Hall, LE7 3ZL

2 miles Tuesday 21st February, 10am
Meet at Elizabeth Park, Thurmaston, LE4 8FN

2 miles Thursday 23rd February at 10am
Meet at Community Centre Hathern, LE12 5LJ

Fancy walking a bit further then why not try one of our WALKABOUT sessions, these walks meet in Anstey on the first Friday of the month, Burton on the Wolds on the 2nd Monday of the month, and Quorn on the 3rd Wednesday of the month, for a walk of between 2.5 and 5 miles.

Quorn (meet at Station Road car park)
3 miles - Wednesday 19th October 10am
4 miles - Wednesday 16th November 10am
3 miles - Wednesday 21st December 10am
4 miles - Wednesday 18th January 10am
3 miles - Wednesday 15th February 10am
4 miles - Wednesday 21st March 10am

BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
**Burton on the Wolds (meet at Village Hall)**

3 miles - Monday 14th November 2pm  
3 miles - Monday 12th December 2pm  
5 miles - Monday 9th January 2pm  
3.5 miles - Monday 13th February 2pm  
4 miles - Monday 12th March 2pm

**Anstey (meet at The Nook car park)**

3 miles - Friday 4th November 10am  
4 miles - Friday 2nd December 10am  
3 miles - Friday 6th January 10am  
4 miles - Friday 3rd February 10am  
2.5 miles - Friday 2nd March 10am Anstey Hedges

**FREE volunteer walk leader training course**

Are you a regular walker? Would you like to become a walk leader? The Active Together team are always looking for new volunteer leaders; the qualification is a one day course and is free to take part in.

Tuesday 15th November at Charnwood Borough Council offices, situated on Southfields Rd, Loughborough 9.30am – 3.00pm.

Charnwood Borough Council in partnership with Fusion also produce an annual walks programme which includes walks of a variety of distances and intensities all walks are graded dependent on distance, speed, surface, gradient and whether they include stiles. These walks vary from 2-8 miles, so again there is something for everyone. If you would like to have a copy of this programme, please contact us at active.together@charnwood.gov.uk

Please note you will be required to fill in a quick health questionnaire at the start of your first walk. Remember to dress suitable for the weather conditions, in suitable footwear, and bring a drink.

**Nordic Walking**

Nordic Walking uses poles to help propel the walker along, this introduces the upper body into walking, and means the walker works harder; although the support from the poles makes walking feel easier. It is suitable for all levels of fitness, it is easier on the joints and the increased use of the upper body helps tone the whole body and also means you burn more calories.

Cost £3.50 per session

**Venue Main Street Car Park, Woodhouse Eaves**

Saturday 25th February 2.30pm  
Saturday 3rd March 2.30pm  
Saturday 10th March 2.30pm  
Saturday 17th March 2.30pm  
Saturday 24th March 2.30pm  
Saturday 31st March 2.30pm

**BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm**

Call 01509 632534 or email active.together@charnwood.gov.uk
Geocaching

Geocaching is one of the Active Together team’s favourite activities, and is an ideal activity for all the family. Geocaching uses a GPS device to find hidden caches that have been placed around the world, and there are hundreds right here on our doorstep, as they are hidden all over Charnwood. The Active Together team have put on a number of taster sessions to give you the chance to find out more so why not come along and give it a go. All sessions cost £2.50 per person.

14th October meet at Derby Road Playing fields, Loughborough 9.30 - 12 noon
3rd November meet at Sycamore Road, Burton on the Wolds 1.30 - 4.30pm
20th January meet at Meadow Lane, Watermead Park, Birstall 10 - 12.30 noon
8th February meet at Oakley Road Park, Shepshed 10 - 12 noon
12th March meet at Charnwood Water, Loughborough 10 - 12 noon

The Active Together team are also offering the opportunity for residents to hire out their GPS devices to allow them the chance to try the sport in their own time. We can give you a quick lesson in how the units work and also lend info sheets, with maps and coordinates of caches hidden in various areas of the borough.

Current sheets include:
• Watermead Park – Birstall
• Prestwold Trail – Prestwold
• Hathern Trail
• Geo Trail - Anstey
• The Outwoods – Loughborough
• Beacon Hill – Woodhouse Eaves
• Castle Hill Walk – Anstey

The cost to hire the unit is £15, £10 of which will be returned when you return the unit. You are able to keep the GPS for up to 3 days.

Want to find out more about Geocaching then contact Jo Grant jo.grant@charnwood.gov.uk or call 01509 632535. Or check out the Geocaching website www.geocaching.com

Why not give it a try and come along to one of our taster sessions.
NEW EVENTS

Sport Relief
Market Place, Loughborough

Sunday 25th March 2012
This event includes 1, 3 and 6 mile runs
visit http://www.comicrelief.com/get-involved/sport-relief-2012

Move More 4 Less

Need to lose that Christmas weight but not sure where to start, or not sure what’s the right activity for you? Then why not come and take part in one of our taster sessions running as part of Move More 4 Less Week.

Following on from last years success which saw 234 people take part in 21 different sessions across the borough, Move More 4 Less is returning for 2012, and this year’s event intends to be bigger and better.

Running from the 16th-23rd January 2012 all sessions cost just £1 and will include Walking, Geocaching, Dance, New Age Bowls, Urban Boot Camp and Nordic Walking and much more! It’s the ideal way to kick start that New Years Resolution.

For more information please contact the Active Together team at active.together@charnwood.gov.uk, 01509 632535

BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
Workplace Football and Rounders Tournament

Rawlins Community College
11th March 2012 9.30 - 1pm

After two successful Corporate Football Tournaments, we are holding another one on 11th March 2012. Not only will football be back but we are introducing Rounders as well! Both competitions will be held on the same day at Rawlins Community College 9.30-1 pm. If your workplace is interested in competing, please let us know and we will send you the details nearer the time.

In the meantime, health check sessions are available. 3M, Fisher Scientific, Concentrix, and Tesco have already joined us, why don’t hop on board and see your workplace grow healthier!

Physical Activity helps people to manage stress, back pain, weight and medical conditions - all of which may lead to absenteeism and loss of production.

Physically active employees take 27% fewer days of sick leave. (Physical Activity Task Force 2003).

Active people report less illness and recover more quickly from the illnesses they do get (Shepard 1997).

Employees engaged in physical activity initiatives have reported greater enjoyment of their work, increased concentration and mental alertness and improved cooperation and report with colleagues (Shepard 1997, 2002).

The support of physical activity initiatives presents a positive image both to the outside world and employees.

A workplace environment that fosters physical activity and good health can contribute to the health well being of all employees.

Competition!

WIN BIG WITH 1 CLICK!

‘Like’ Active Together Charnwood on Facebook and be in with a chance to win a great prize in our Christmas Prize Draw!! First name out wins BIG! We’re giving away a £30 Go Ape! Voucher and runner up prize of FREE block course on one of Active Together Charnwood sessions of your choice.

So click and start liking today! GOOD LUCK!

Whether it’s prizes, offers or staying up-to-date- Following us is a must!
Updates are regularly made on our Facebook page, and Twitter @CharnwoodBC, or http://www.charnwood.gov.uk/pages/activetogether_current_activities

Deadline: Wednesday 21st December. Winners will be notified by Thursday 22nd December.
COMING TO CHARNWOOD IN 2012!

**Urban Boot Camp**
Urban Boot Camp is described by creator Andy Osborne as ‘a military style outdoor fitness training programme for everybody who is bored with the gym and training outdoors. This highly effective programme provides a unique and exciting way to maximum body results.

Last autumn, Active Together worked with Urban Boot Camp to run outdoor exercise sessions, on Southfields Park in Loughborough, sessions ran 2 days a week for 6 weeks, with 47 different people attending over the course and a total of 153 attendances.

Participants’ feedback includes “This is an ideal session for someone wanting to try something a bit different and effective at improving fitness”.

“I enjoyed my sessions at Urban Boot Camp immensely and have continued to attend sessions in Loughborough twice a week. I loved the variety of the exercise and the help and advice I received from them. It’s good to be able to do a variety of exercises at your own pace. I have also made some great new friends”.

“Since going to the boot camp I have joined a class and lost nearly a stone in weight so it did start me off in the right direction”.

New sessions start in Shepshed week commencing 16 January 2012 - for further information contact the Active Together team.

**Tennis**
“Game, Set & Match” sessions at Loughborough Lawn Tennis Club were designed as a perfect way to get back into playing tennis or start playing from scratch. The unique sessions gave Charnwood residents the chance to play tennis without committing to attend every week. Each session ran for an hour, no booking in advanced was required and equipment was provided by the tennis club.

It was a huge success and Jonny (coach) from Inside Out Tennis witnessed residents who took part, playing a friendly game of tennis and many of them playing 2-3 times a week.

The tennis club has continued to run the sessions after the 8 week course, and offered reduced membership to those who attended the “Game, Set & Match” session. Sessions to start in the new year!

**Active Together Roadshows**
Coming soon to Loughborough Town Centre!! Advice on local physical activity sessions, stopping smoking FREE health checks and freebies!! The health checks will be administered by a trained professional from the Active Together team and will include measuring body fat percentage, weight, blood pressure, body composition, basal metabolic rate, muscle mass and total body water percentage.

BOOKING ESSENTIAL - Call Monday - Thursday 9am - 2pm
Call 01509 632534 or email active.together@charnwood.gov.uk
Charnwood Borough Council’s key aims are to co-ordinate, develop and increase opportunities for all Charnwood residents to participate in positive leisure, health and physical activity initiatives and to work in partnership with other health related agencies and key community groups to address local leisure/health issues and needs.

In addition to the Active Together programme, we have a number of other exciting initiatives available for Charnwood residents to take part in, including:

**THE WILD CARD**
Valid for 5-16 year olds and people with disabilities of any age, offering fantastic discounts at a range of sport, leisure and arts facilities/activities all year round. For more information please call Will Blanche 01509 634966.

**THE EXERCISE REFERRAL SCHEME**
A scheme offering people with certain health conditions, or who are inactive, the chance to take part in safe, effective exercise in Leisure Centre facilities and also out in the community at village halls and local venues. For more information please call Nita Pearson 01509 634594.

**HEARTSMART**
A scheme offering people who have undergone heart surgery or have heart problems, the chance to take part in exercise as part of their recovery. For more information please call Carol Dixon (Thursdays only) 01509 634587.

**EARLY YEARS PHYSICAL ACTIVITY PROGRAMME (0-4 YEARS OLD)**
It is the role of the Early Years Physical Development Officer to organise co-ordinate and promote the delivery of a physical activity family learning programme in the Sure Start reach areas. For further information please contact Satinder Samaria 01509 634673.

**PLAY RANGERS (0-4 YEARS OLD)**
The Play Rangers deliver activities for 0-4 years in targeted areas of Charnwood. Their sessions are designed to get under 5’s playing and having fun whilst developing fundamental skills. Sessions can include mini movers (dancing and singing), exploring the outdoors through nature walks and picnic and play. The sessions are reviewed every 3 months. For more information visit www.charnwood.gov.uk/playrangers or contact Roy Porter or Sue Monk on 01509 634673.
Can’t find the activity you’re looking for? The team can help you find a class that is suitable for you. We have access to information on many physical activity sessions across the borough. Contact the active together team for more information on 01509 632534 or alternatively email active.together@charnwood.gov.uk

For further information or to book a place on any of our sessions please call

01509 632534

between 9.00 - 4.00pm Monday-Friday only

All sessions correct at time of printing, Booking is essential

Session Changes / Cancellations: We will do our utmost to ensure that sessions run as planned in our brochure, but we reserve the right to alter/ cancel sessions if due to unforeseen circumstances it becomes necessary. If you are unable to attend your activity, you should contact the Active Together team as soon as possible. A refund will only be given if 1. The place can be re-allocated or 2. Due to accident or injury. We will endeavour to change your activity/ date or time within the same programme.

This information is available in different formats. To access these phone (01509) 634560

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This information is available in different formats. To access these phone (01509) 634560

Can’t find the activity you’re looking for? The team can help you find a class that is suitable for you. We have access to information on many physical activity sessions across the borough. Contact the active together team for more information on 01509 632534 or alternatively email active.together@charnwood.gov.uk

For further information or to book a place on any of our sessions please call

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between 9.00 - 4.00pm Monday-Friday only

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