



**DERBY
ACTIVE**

GYM

CLASSES

CYCLING

GYMNASTICS

RACKET SPORTS

MEMBERSHIPS

EVENTS

FIND OUT MORE



**INSPIRED, ENERGISED & ENTHUSED
AT DERBY ARENA & SPRINGWOOD**

inderby.org.uk/active  



Derby City Council

WELCOME



Welcome to our Derby Active guide, providing you with information about facilities, activities and events at Derby Arena and Springwood Leisure Centre.

Our large **gyms** offer the most up-to-date equipment, with technology to support your fitness experience, space to train, enough equipment for everyone and **expert member support** from our highly trained, friendly **Wellbeing Advisors**.

We have over **100 classes** for you to choose from every week across both leisure centres, with additional Derby Active **at-home classes** using the **Derby Active App**.

There are **badminton, squash** or **football** courts to book, and coaching sessions including **gymnastics** and **trampolining**.

Join our **Cycling Hub** at Derby Arena, where you can enjoy the thrill of the **42° indoor track**, with experienced coaches to offer expert advice through the accredited riders' stages.

So read on and find out how you can get active.

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ACCESS

Most of our facilities and activities are accessible for all, including ramped or flat access, disabled changing rooms, lifts, disabled parking, automatic entrance doors and hearing induction loop systems. We have a ♿ Changing Places Facility at Derby Arena. If you require further information regarding access please contact the facility.



Make the pledge
#IWill #WeWill

Don't miss our **Family Fun in Derby** and **Derby LIVE What's On** guide's



MEMBERSHIPS



Enjoy **unlimited** access to two leisure facilities with our **Derby Active Unlimited membership**. Choose to workout at **Derby Arena** or **Springwood Leisure Centre**, with a choice of two gyms and a wide range of classes. Also enjoy free **online classes** and workouts through the Derby Active at Home App.

The most important aspect of our membership offer is that it is **personal to you**. Our team will work with you to discuss your **lifestyle, health**, and **goals** to ensure you get the most out of your membership. Every member is offered a free **Your Plan** personalised member journey, which includes our qualified **Wellbeing Advisors** meeting with you regularly to discuss your programme and fitness goals. Your membership is paid monthly by Direct Debit with no contract.

DERBY ACTIVE UNLIMITED MEMBERSHIPS



CLASSES

DERBY ARENA | SPRINGWOOD



GYM

DERBY ARENA | SPRINGWOOD



ONLINE CLASSES

DERBY ACTIVE AT HOME



Whether you're new to exercise, fancy a challenge or want to socialise, we have something to suit everyone.

Our varied programme includes Pilates, Zumba, Circuits, Les Mills™ Classes, DanceFit, Yoga, Clubbercise, Circuits and many more...

Our gyms have state-of-the-art gym equipment, made-up of a range of cardio, resistance, free weights and specialist machines such as Wattbikes, Power Rack, Free Runner treadmill and MY ZONE. We can offer you a full interactive programme.

Unlimited access to over 1,000 different online classes for you to enjoy from the comfort of your own home.

Join online inderby.org.uk/join

Call Springwood 01332 640333 or Derby Arena 01332 640011

or call in at a centre



JOIN with the Free Derby Active App



BENEFITS

- A free Your Plan, which includes an induction and personalised programme
- Professional and friendly Wellbeing Advisors available for support
- State-of-the-art equipment with spacious workout areas
- A range of cardio and resistance equipment, free weights and Wattbikes
- A varied class programme
- Online booking App with over 1,000 classes
- Discounts on other Derby Active activities
- No deposit on equipment hire
- Free parking

Joining fees may apply. Benefits and prices are subject to change, see Derby Active website for information.

Ask about our corporate, student and concessionary prices

FREE
TO ALL MEMBERS



GYM



YOUR PLAN

Guiding you through your first weeks of fitness and beyond



YOUR FITNESS INSTRUCTOR WILL SUPPORT YOU TO ACHIEVE YOUR GOALS

1

PERSONAL FITNESS PLAN

Start your workout



2

FITNESS PLAN DEVELOPMENT

Progress your workouts



3

FITNESS PLAN PROGRESSION

Take your workout to the next level



4

FITNESS PLAN REVIEW

Review your achievements & refresh your plan



We have gyms in both of our leisure facilities, choose to train at [Derby Arena](#) or [Springwood Leisure Centre](#).

Our gyms have state-of-the art equipment, ensuring you have an amazing fitness experience.

We pride ourselves on having a personalised attitude and approach towards our customers. We would like to take you on [Your Plan](#), which involves regular free catch up sessions with our Instructors and a personalised programme to ensure you reach your personal goals. Our gyms are accessible and open to people of all abilities, whether you are looking to tone up, improve overall well-being or are training to run 10k, we are here to help and advise.

See page 3 for membership packages.

PERSONALISED TRAINING PROGRAMMES

RESISTANCE MACHINES

PURE STRENGTH RESISTANCE MACHINES

CARDIO MACHINES

FUNCTIONAL TRAINING RIGS

After your first six weeks, stay on track with motivator sessions, fitness assessments or take part in a gym challenge.

JUNIOR GYM SESSIONS
12-16 YEAR OLDS
Inderby.org.uk/juniorgym



CLASSES



Whether you're new to exercise, fancy a challenge or want to socialise, Derby Arena and Springwood Leisure Centre have something to suit everyone. Our varied programme includes Pilates, Zumba, Circuits, Les Mills™ Classes, DanceFit, Yoga, indoor cycling, Clubbercise, Circuits, Rigtfit and many more. [See our class programme at inderby.org.uk/classes](http://inderby.org.uk/classes)



WORKOUT IN YOUR OWN TIME!

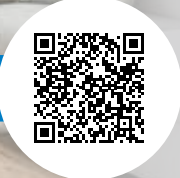


Members can enjoy online classes for free

Our **Derby Active at Home fitness app** can help you lose weight, tone up and keep you active at home. You can enjoy unlimited access to over 1000 online classes.

Terms & conditions apply.

[Join Derby Active at Home here](#)



Myzone is available at Springwood Leisure Centre. It is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately monitor heart rate, calories and time exercising that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness. Springwood offers masterclasses and seminar talks on training sessions, supporting your confidence and outcomes when using Myzone.

Find out more visit inderby.org.uk/myzone



DERBY ARENA GYM



SPRINGWOOD GYM



Derby Arena Cycle Hub is the bike-friendly place to meet, whether you are new to cycling or a bike enthusiast.

We are here for the road bike and track cyclists, the family or club users - everyone is welcome.

In addition to the indoor track, Derby Arena has a café (see p10), a fully equipped workshop for bike services and repairs, bike storage and a full programme of Cycle Hub activities.



BALANCE BIKES

Let your little one try out balance bike sessions at Derby Arena, providing them with the confidence to be an awesome cyclist. During the sessions, they will learn the basics of balancing, jumping, moving objects with fingers, hands and feet and stepping over objects. It's perfect for children just starting on bikes who want to learn more control whilst having fun. Ages: 2-4 years

derbyarena.co.uk/balancebikes



LED RIDES SPRING/SUMMER PROGRAMME

Are you passionate about cycling and getting the miles in? Do you want to ride with others, with no club rules but have a social experience? Well, join in our led rides, which start and finish at Derby Arena. The rides are for all abilities, levels bringing groups, singles and families together.

derbyarena.co.uk/ledrides



MECHANIC WORKSHOPS & BIKE SERVICING

Join a mechanic workshop; we'll cover topics to ensure your bike stays safe and roadworthy including changing an inner tube. We also offer a range of mechanic services from scrubbing in and gluing tyres, to full track bike build.

derbyarena.co.uk/cyclehub



STORAGE

We have a range of storage options to allow you to keep personal equipment on-site, for an annual fee.



PARTIES

Offer a truly special and exhilarating party for your child, the group can ride on the Olympic standard 42' banked cycling track at Derby Arena. Ages: 9+

inderby.org.uk/birthdays





THINKING ABOUT RIDING THE TRACK?

All cyclists will need to undertake a four stage pathway of accreditation before riding on the track.

ALREADY HOLD ACCREDITATION?

If you have significant track cycling experience, come in to Derby Arena for a Probationary Session to familiarise yourself with the velodrome.

YOUR CYCLE JOURNEY TO ACCREDITATION

If you're keen to develop your skills further and become an accredited rider on our track, our four-stage accreditation journey is the next step.

Stage 1: Track cycling taster

- experience the track
- have fun
- get basic understanding
- ride safely alongside others

Stage 2: Improving your track cycling

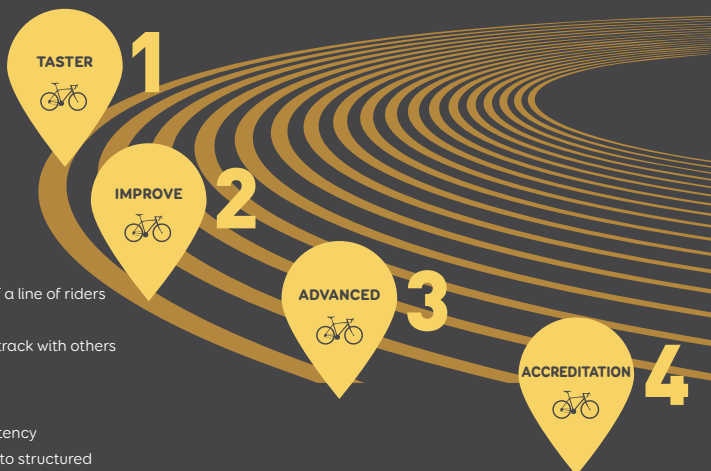
- build confidence
- control speed
- ride closer to others
- ride all parts of the track

Stage 3: Advanced track cycling skills

- change from the front to the back of a line of riders
- ride closely side by side in a group
- build confidence on all areas of the track with others

Stage 4: Track cycling accreditation

- develop racing techniques
- final assessment all areas of competency
- feel ready to try a race and to move to structured quality training



For more information on each stage and how to start your track journey, ask at Derby Arena reception or visit: derbyarena.co.uk/accreditation

Vouchers for track cycling are available from Derby Arena reception.



EVENTS & COMPETITIONS

We host a range of National and Regional events each year with National Titles up for contention where spectators attend from far and wide. For all information on our events programme visit derbyarena.co.uk/events or see Facebook events.



CORPORATES

Our cycling packages make a great team building activity and are available either standalone or as part of a wider package. Sessions are suitable for any level; our coaches will deliver a bespoke session to meet your needs.

derbyarena.co.uk/corporate

FAST TRACK ACCREDITATION ONE DAY COURSE

Do you have experience of track cycling and are looking for an intensive course to gain all the skills needed to gain full accreditation?

To find out prices and book your one day course, call **01332 640011** or visit derbyarena.co.uk/fasttrack



DERBY ARENA WELCOMES YOU, MAKE DERBY ARENA THE DESTINATION OF YOUR RIDE!



Our Derby Active gymnastic programme aims to ensure that every participant achieves their full potential whilst enjoying our coaching programme. Our Coaches will provide fun activities to engage children in gymnastic disciplines while achieving their Derby Active Gymnastic Awards.

Sessions available are:

Beginner 4-6 year olds

Beginner 7+ year olds

Intermediate

Advanced



For session days, times, prices and availability call Springwood Leisure Centre on **01332 640333** or visit inderby.org.uk/gymnastics




DERBY ACTIVE
Trampolining

Our Trampolining courses provide a safe environment for children to learn new skills and increase their confidence on the trampoline. Suitable for ages between seven and 16.

Trampolining courses run continuously throughout the year. Call **01332 640333** to book yours.

DERBY ACTIVE Springtots



Our sessions introduce your little one, walking - 5 years, to gymnastics in a fun and challenging way by exploring the soft play and gymnastics equipment. Children will start to learn basic fundamental movements which are the building blocks for a wide range of sports and will start to develop their confidence. As they grow, children will increase their strength and flexibility through fun themed activities.

Visit inderby.org.uk/gymnastics or call **01332 640333** for more information.



DERBY
ACTIVE

SPRINGTOTS
SESSION

Try for only **£1**
with this voucher

Terms & conditions apply. See inderby.org.uk/offers. Offer expires 31/12/24
Call 01332 640333 to book your space at Springwood Leisure Centre

Bouncy Castle & Soft Play

Join us at Springwood Leisure Centre with your little ones, walking to 5 years, and have great fun together on the bouncy castle and soft play equipment. Parents participate in the session with their child.

Booking is advised, call **01332 640333**.



SPORTS COURTS

Our sport facilities and parks offer a range of pitches and courts for you to hire for a quick game or as a regular booking for your club, school or organisation.



For court bookings at facilities call directly or book online at inderby.org.uk/activebookings

CLUBS IN OUR LEISURE CENTRES

For more information on clubs contacts and session times see inderby.org.uk/clubs or ask in a centre. Are you looking for a location for your club? Contact our leisure team on **01332 641234** or email leisure@derby.gov.uk



Café 42

Why not grab a healthy bite at Derby Arena's on site café after your game or workout?

Choose from a delicious selection of breakfasts, sandwiches, light bites, main meals, snacks and hot and cold drinks. Since the café is open throughout the week it's also the perfect location for meetings and a great place for fuelling up after a cycling session or a workout.



Photo credit: Graham Commons

OVER 50s

Derby Active leisure centres have something to offer everyone, no matter what your age or ability.

Being active makes you feel good, gives you a sense of well-being and is a great way to meet and socialise with friends. Whether you're new to exercise, an exercise fanatic, want to socialise or just have fun while being active, we have an activity for you. To find out more visit inderby.org.uk/50+ or ask at any centre reception.

Activity	Derby Arena	Springwood Leisure Centre	Derby Parks
Walking Football	•	•	
Walking Netball	•		
Gym	•	•	
Cycling	•		
Pickleball	•		
Classes	•	•	
Racket Sports	•	•	
Pitch & Putt, Disk and Mini Golf			•
Bowls	•	•	
Tennis			•
Fishing			•
Seated Volleyball	•		



There are over 300 parks and open spaces in Derby, providing a great opportunity for everyone to enjoy the outdoors. Our parks have nature reserves, wildlife, history and adventure, whether you're wanting a relaxing walk, family picnic or want to take part in an exhilarating sporting event our parks have something for you.

Six of our well-known parks have achieved Green Flag Award status, including Markeaton Park which has also achieved the Trip Advisor certificate of Excellence.

To find out more about parks in the city visit inderby.org.uk/parks
For events on parks visit inderby.org.uk/leisureevents



OVER 40 PLAY AREAS ACROSS THE CITY



ADIZONE OUTDOOR GYMS



NATURE & WILDLIFE WALKS AND TRAILS



EXTENSIVE LIBRARY CATALOGUE

DISCOVER YOUR FAMILY HISTORY

PROGRAMME OF LIBRARY EVENTS

INTERNET TASTER COURSES

eBOOKS & EREFERENCE LIBRARY

JOB CLUBS & VOLUNTEERING

FIND OUT MORE



inderby.org.uk/libraries

helping you to livebetter



lose weight



stop smoking



look after
your health



To find out more and to join, go to
www.livewellderby.co.uk

OUR PARTNERS



Moorways Sports Village and Water Park
everyoneactive.com | 01332 414310

Gayton Swimming Pool
gaytonpool.org.uk | 01332 773755

Lonsdale Swimming Pool
lsst.org.uk | 01332 516325

Facilities managed on behalf of
Derby City Council

EVENTS

For a full programme of events visit inderby.org.uk/events and derbylive.co.uk



**BRINGING YOU GREAT PERFORMANCES,
EVENTS AND FESTIVALS IN DERBY**

CORPORATE OFFER

Are you looking for a space for your upcoming event, conference, meeting or a corporate party? Or a unique and exhilarating team-building activity for an away-day?

Derby Arena, Markeaton Park and Springwood Leisure Centre have incredible flexible spaces, making an ideal venue for a wide range of activities and events.

Choose from a variety of Corporate Packages including Indoor Track Cycling, Wellbeing Days, Footgolf, Pitch and Putt and Sports Courts.

There are multi-purpose rooms that can be used as a breakout space or for smaller events, meetings, training, conferences and hospitality.

We have in-house catering who can cater for light refreshments, through to formal dinner dance menus.

Enquire online at inderby.org.uk/corporate
Call **01332 640011**
or email spacehire@derby.gov.uk



HIRE A SPACE

We have rooms available to hire across our range of facilities including **Derby Arena, Markeaton Park** and **Springwood Leisure Centre**.

Rooms are available for training courses, meetings, corporate events, exhibitions or as a classroom. Our meeting rooms have flip charts, whiteboards, screens and projector and TVs.

Our in-house catering and technical teams are on-hand to work with you to ensure we meet the needs of your event.

Our dedicated events team will work with you from your initial enquiry to post event to ensure smooth running, ensuring you receive an excellent standard of service.



To find out more or to make an enquiry please contact our space hire team on spacehire@derby.gov.uk or call **01332 640011**.


CONTACT US

You can find detail for our all individual venues and facilities online or by contacting us.



Royal Way, Pride Park, Derby, DE24 8JB
T: 01332 640011
E: derbyarena@derby.gov.uk
derbyarena.co.uk  



Springwood Drive, Oakwood, Derby, DE21 2RQ
T: 01332 640333
E: springwood.sports@derby.gov.uk
inderby.org.uk/springwood 



Derby LIVE, Sales & Information Centre, Guildhall Theatre, Market Place, Derby, DE1 3AE
T: 01332 255800
E: boxoffice@derby.gov.uk

The sales and information centre can take bookings for all of the above leisure centres and set up memberships.

JOIN US ON SOCIAL MEDIA



Don't forget to sign up for our InDerby e-newsletters. Just fill in your details at the bottom of the homepage of the In Derby website inderby.org.uk

InDerby
[derbylive](#)
[derbyarena](#)
[springwoodleisurecentre](#)
[derbycitylibraries](#)
[DerbyParks](#)

OTHER WAYS TO GET IN TOUCH

Text **07812 301233** | Typetalk **18001 01332 640640**

ALTERNATIVE FORMATS

We can give you this information in any other way, style or language that will help you access it. Please contact us on **01332 640640**, email derbylive@derby.gov.uk, text **07812 301233** or typetalk **18001 01332 640640**.

Túto informáciu vám môžeme poskytnúť iným spôsobom, štýlom alebo v inom jazyku ktorý vám pomôže k jej sprístupneniu. Skontaktujte nás prosím na tel.č: **01332 640640**.

01332 640640 یہ معلومات ہم آپ کو کسی دیگر ایسے طریقے، انداز اور زبان میں مہیا کر سکتے ہیں جو اس تک رسائی میں آپ کی مدد کرے۔ براہ کرم

Aby ulatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku. Prosimy o kontakt: **01332 640640**.

ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਟੈਲੀਫੋਨ **01332 640640**

BOOK YOUR PARTY ONLINE



BIRTHDAY PARTIES



BOUNCY CASTLE & SOFT PLAY PARTY



FOOTBALL & TRACK CYCLING PARTY



inderby.org.uk/birthdays

"Hollie had a fabulous party at Derby Arena, everyone loved it, the staff looked after the kids brilliantly. Café 42 did a great party tea, and looked after us really well. I can't thank you all enough, it was all absolutely perfect." **Julia**



Community Action



Department for Education

HOLIDAY ACTIVITIES

Derby City Council has activities for all Derby young people throughout school holidays. With activities in our parks, community centres, schools and leisure centres. We are also proud to support the Derby Holiday Activity and Food programme delivering free activities for Derby children receiving free school meals.

Scan here for more!



inderby.org.uk/holidays