



Spring/Summer 2018

Inspired, energised, enthused

DERBY ARENA

SPRINGWOOD LEISURE CENTRE

MOORWAYS STADIUM

QUEEN'S LEISURE CENTRE

Swimming

Gym

Cycling

Classes

Racket sports

Memberships

Athletics

Events

 [inderby.org.uk/active](http://inderby.org.uk/active)  

# WELCOME

There's so much on offer in our leisure centres this Summer that it's hard to know where to start. We're always adding to our fantastic **classes** programme with exciting new things to try. Our **gyms** are offering all kinds of personalised services from The Movement for under 16s to Motivate personal training at Derby Arena. We've included our **swimming** programme in this issue; and look out for some great artist's impressions of the new pool, development of which is underway.

If you're looking to fit your exercise around a working day, we've got you covered. Why not try Derby Arena's **sports courts** for only £1 in the morning and at lunch times? Or get yourself a **run pass** which gives you unlimited access to the Moorways Stadium track.

With all this and more, there's really no excuse this Summer for not taking advantage of those lighter evenings to get out there and get fit!

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## ACCESS

Most of our facilities and activities are accessible for all, including ramped or flat access, disabled changing rooms, lifts, pool hoists, disabled parking, automatic entrance doors and hearing induction loop systems. If you require further information regarding access please contact the facility.

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



# GYMS



We have gyms in all three of our leisure facilities, whether you want to train at **Derby Arena**, **Springwood Leisure Centre**, or **Queen's Leisure Centre**.

All of our gyms have state-of-the-art **Technogym** equipment and we pride ourselves on having a personalised attitude and approach towards our customers.

Our gyms are open to people of all abilities, whether you are looking to generally tone up or if you are working towards your own personal goal.



- Personalised training programmes
- Resistance machines
- Pure Strength resistance machines
- Cardio machines
- My Wellness app
- Kinesis stations, UNITY screens and Omnia machines available at Derby Arena

Choose from one of our membership packages, see page 6 or you can use the gym on a pay as you go basis. New gym users need to book an induction for your first visit.

*"I've been going to Derby Active gyms for several years now. It's handy for me as Springwood Leisure Centre is near home, Derby Arena is near work and Queen's Leisure Centre is right in the middle of town. I particularly like trying out new classes and swimming. I'm really looking forward to the new pool opening in 2020"*

**Laura Robinson, member**



## THE MOVEMENT

### AGED 12 TO 16 YEARS?

Why not join The Movement, to access discounted gym sessions in our facilities.

[themovementderby.co.uk](http://themovementderby.co.uk)





# CLASSES



Our class programmes are a great way to keep fit and have fun! We have something for everyone – whether you're new to exercise, pregnant, fancy a challenge or want to socialise.



**Les Mills™** offer a range of classes including BodyAttack™ (aerobic), BodyPump™ (weight training) and BodyCombat™ (boxing moves)



**Aqua Fit - Aerobics in the water.** Easy on your joints yet tones your muscles. Great if you need to lose weight or have limited mobility.



**Step aerobics** is a choreographed routine of stepping up and down on a platform for an intense cardio workout.



**Boxfit** incorporates age old boxing techniques and fresh new exercises resulting in an all over body workout that is also an excellent stress buster.



**Circuits** is where the studio is set up with various exercise stations. You move around each station and workout different muscle groups.



**Ashtanga Yoga** is a powerful healing practice using a specific sequence of postures linking breath and movement.



**Metafit** combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire.



**Zumba** is an aerobic dance workout with great music, you can burn loads of calories without even realising it.



Visit [inderby.org.uk/classes](http://inderby.org.uk/classes) for our programme and full A-Z of class descriptions.

## INDOOR CYCLING

Indoor cycling or spinning is a great workout for your heart and lungs while improving your posture and burning calories. Sessions are available at Springwood Leisure Centre and Queen's Leisure Centre. These sessions are led by motivational instructors to the latest music beats, providing a great fitness workout. Whether you're a beginner or advanced group cyclist, we have a class for you.



## WATTBIKE CYCLING

Are you looking for extra inspiration and motivation? Try a Wattbike session at Derby Arena. Our studio is equipped with the latest Wattbikes, which make you feel like you're actually riding a real bike. Wattbikes have the technology to allow you to match the set-up of your road bike, providing the ultimate experience indoors.



Pay for each session, or join as a member see page 6. You can book online for classes up to 7 days in advance or call the facility (contact details on page 35)

# MEMBERSHIPS

We have a range of flexible membership options designed to suit you whatever your needs.

Our memberships give you the flexibility of paying monthly by direct debit. 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.

Our memberships give you the choice of which facility to use, including **Derby Arena**, **Queen's Leisure Centre** and **Springwood Leisure Centre**.

## JUST

Choose one activity

## MIX & MATCH

Choose two activities

## FULL

All three included



GYM



CLASSES



SWIM



## BENEFITS

- No joining fee
- No contract
- No deposit on equipment hire
- Memberships to suit you
- Varied class programme
- 20% discount on most other activities
- FREE induction and initial consultation.
- Three facilities - one membership. Springwood, Queen's & Derby Arena
- Range of cardio and resistance Technogym equipment, free weights and Wattbikes.
- Qualified and friendly gym instructors, available to write you a FREE programme and keep you on track.

FIND A MEMBERSHIP PACKAGE TO SUIT YOU AT [inderby.org.uk/join](http://inderby.org.uk/join)



# LEISURE CARD

Our range of Leisure Cards offer great discounts on a range of sport and leisure activities.

## STANDARD/JUNIOR/FAMILY LEISURE CARD

If you live in Derby you can get a 20% discount at our sports centre and pools with our Leisure Card. 10% for non residents.

The annual cost is £11 for adults and £5.55 for young people under 16. Our Family Leisure Card is available for up to two adults, to a maximum of five people.



## CONCESSIONARY LEISURE CARD

Our Concessionary Leisure Card offers 40% discount on activities. It's available to Derby residents aged over 65 years, those with disabilities, people who are unemployed and full-time students. The criteria for getting the Concessionary Leisure Card is based on which benefits you receive.

The annual cost is £5.55



## OVER 75 SAVER CARD

If you're 75 and over you can use the gym, take part in a group exercise class or go swimming for just £1.20 from Monday to Friday 9am to 4pm and all weekend.

The annual cost is £5.55



## RECREATION LEISURE CARD

Our Recreation Leisure Card offers 6 months of discounted activities, including racket sports and public swimming from 9am to 4pm, Monday to Friday, and all day Saturday and Sunday. For Derby residents in receipt of certain benefits.

The six-month cost is £2.90



Prices subject to change, terms & conditions apply.

**FIND OUT MORE AND HOW TO APPLY AT [inderby.org.uk/leisurecard](http://inderby.org.uk/leisurecard)**

# SWIMMING



We offer a great range of swimming opportunities at Queen's Leisure Centre. Our pool programme includes a variety of sessions, whether you're looking for fitness, fun, lessons, family splash or a bit of chill out time.

## PUBLIC SWIM

Enjoy the water as a family, with friends or on your own, this session is for everyone to come along and swim. Our Public Swim sessions are available in the Gala pool, Family pool and Teaching pool.



## SWIM FOR FITNESS

Do you have a fitness goal to achieve? Our pool is a great place to improve your fitness, we have early morning sessions, Lane Swim and Aqua Fitness classes throughout the week.



## DISABLED SWIMMERS

Our pool programme is accessible to all. Our building has a ramped entrance, lifts to all floors, Minicom, disabled changing rooms, pool hoists and easy access steps.



## THIS GIRL CAN WOMEN ONLY

Our women only sessions allow women to feel comfortable swimming, whether for relaxation, socialising, health or enjoyment.



## SWIM AS A FAMILY

You can swim in our public sessions, but we also have Family Splash sessions where there will be floats and toys to enjoy. Younger swimmers can come along to the Adult and Child sessions.

## MEN ONLY SWIMMING SESSIONS

This session is for men only, whether you want to swim up and down the lanes or relax in the open pool with friends.



See [inderby.org.uk/six](http://inderby.org.uk/six) for details of our school holiday activity and pool programme.



# LEARN TO SWIM

Our Learn to Swim programme at Queen's Leisure Centre provides the opportunity for every individual regardless of age or ability to learn to swim at their own pace and achieve their own personal goals. Our qualified swim teachers will progress your child through the Swim England framework.



## UNDER 5S

### Ducklings - 3 to 5 years

The Ducklings Awards are designed to help children to explore and enjoy the fun of learning to swim. With the help of parents/carers, your child will develop confidence both in and out of the water, whilst working towards the Duckling Awards.

## 4 TO 16 YEARS

Our lessons cover a range of topics, including water confidence, stamina, stroke technique and much more.

All lessons are delivered based on the ability of each individual, so regardless of your child's experience we will make sure they feel comfortable and help them to build their own confidence at their own pace.



## SWIMMING FOR DISABLED CHILDREN

We offer Learn to Swim lessons for disabled children within our mainstream sessions. To find out more call the centre.

## ADULT SWIMMING LESSONS

As an adult would you like to go swimming, but have low confidence or fear of the water? Ask about our adult Learn to Swim lessons.

To book your lesson call **01332 641444** or visit [inderby.org.uk/learntoswim](http://inderby.org.uk/learntoswim)

# POOL PROGRAMME

MON	<div>Lane Swim 7am - 9.15am</div>	<div>Lane Swim 12 noon - 1pm</div>	
		<div>Under 5s 12 noon - 1pm</div>	
	<div>Public Swim 7.30am - 12 noon</div>	<div>Ladies Only Swim 12 noon - 1pm</div>	<div>Public Swim 1pm - 7pm</div>
TUE	<div>Lane Swim 7am - 9.15am</div>	<div>Lane Swim 12 noon - 1pm</div>	<div>Lane Swim 3pm - 4pm</div>
		<div>Under 5s 12 noon - 1pm</div>	
	<div>Public Swim 7.30am - 12.15pm</div>	<div>Aqua Circuits 12.15pm - 1pm</div>	<div>Public Swim 1pm - 6.30pm</div>
WED	<div>Lane Swim 7am - 9.15am</div>	<div>Lane Swim 12 noon - 1pm</div>	<div>Aqua Circuits 3pm - 4pm</div>
		<div>Under 5s 12 noon - 1pm</div>	<div>Take Heart 3pm - 4pm</div>
	<div>Public Swim 7.30am - 6pm</div>		
THU	<div>Lane Swim 7am - 9.15am</div>	<div>Lane Swim 12 noon - 1pm</div>	<div>Lane Swim 3pm - 4pm</div>
		<div>Under 5s 12 noon - 1pm</div>	
	<div>Public Swim 7.30am - 6pm</div>		
FRI	<div>Lane Swim 7am - 9.15am</div>	<div>Aqua Jog 12.15pm - 1pm</div>	<div>Lane Swim 3pm - 6pm</div>
		<div>Under 5s 12 noon - 1pm</div>	
	<div>Public Swim 7.30am - 5.30pm</div>		
SAT			<div>Pool Party 2.30pm - 3.30pm</div>
			<div>Family Splash 2pm - 4pm</div>
	<div>Lane Swim 9am - 10am</div>	<div>Public Swim 10am - 2.30pm</div>	
SUN			<div>Lane Swim 1pm - 4pm</div>
	<div>Family Splash 9am - 2.30pm</div>		
	<div>Lane Swim 9am - 10am</div>	<div>Public Swim 10am - 4pm</div>	

- PUBLIC SWIM
- FAMILIES
- BIRTHDAY PARTIES
- LEARN TO SWIM
- FITNESS CLASSES
- LADIES ONLY
- MEN ONLY
- LANE SWIM

Lane Swim 4pm - 6pm	POOL GALA
Men Only Swim 7pm - 8pm	TEACHING
Aqua Jog 7pm - 8pm	FAMILY
	GALA
	TEACHING
	FAMILY
Lane Swim 4pm - 6pm	GALA
	TEACHING
Lane Swim 6pm - 8pm	FAMILY
Lane Swim 9pm - 10pm	GALA
	TEACHING
Disability 6pm - 7pm	FAMILY
Ladies Only Swim 7pm - 8:30pm	FAMILY
Lane Swim 8pm - 9pm	GALA
	TEACHING
	FAMILY
	GALA
	TEACHING
	FAMILY
Lane Swim 8pm - 9pm	GALA
	TEACHING
	FAMILY

The pool programme may change on occasion, particularly during school holidays. Please go to [inderby.org.uk/swim](http://inderby.org.uk/swim) for updates or call reception on **01332 641444**

## UNDER 8s POLICY

We operate a policy for ratio admission of children of a certain age with an adult to swim in our pools.

### Teaching Pool

1 **adult** with up to 2 children **under 4** and 1 child **aged 5 to 7** years  
or 1 **adult** with up to 3 children **aged 5 to 7**.



### Gala & Family Pool

1 **adult** with up to 2 children **under 8**.



Children **8 years and over** can swim without adult supervision, depending on their confidence in water and swim ability.





# NEW SWIMMING POOL

Construction work for Derby's New Swimming Pool Complex on the Moorways site will begin this year and the facility will open to customers in 2020.

AMBITIOUS DERBY

50  
Pledges



The ambitious project will include a 50m ten lane pool, learner pool, leisure water, sauna & steam, gym, exercise studios, soft play and multi-use rooms.

The New Swimming Pool Complex is one of the Council's 50 pledges and Derby City Council has set aside £33 million for the ambitious facility.

To find out more visit [inderby.org.uk/newpool](http://inderby.org.uk/newpool)



# ATHLETICS

Moorways Stadium is Derby's quality athletic facility which hosts competition events, is available for club and individual training sessions and is home to Derby Athletic Club.

Floodlit running track	Synthetic full size football and hockey floodlit pitch	Long jump and triple jump
		
Throws, jumps and hurdles	Full size grass football pitches including one that's floodlit	Pole vault
		

## TRACK RUNNING

### NEW MOORWAYS RUN PASS

Enjoy running, but want somewhere safe to complete you're distance?

Why not join us at Moorways Stadium on the floodlit running track?

Unlimited use for only £30 for 3 months  
Mon to Thu, 10am - 8pm  
Fri, 10am - 7pm  
Sat & Sun, 9am - 3pm

Join online at [inderby.org.uk/run](http://inderby.org.uk/run)  
Terms and conditions apply, not available during events.



## STADIUM EVENTS

Moorways Stadium hosts a range of large and small sporting and social events each year including football, athletics, school sports and cyclocross.

If you're looking for a venue to host an event or occasion, we have great facilities on offer. Contact us to see if we can accommodate your event.

Facilities include car parking and changing rooms.  
To book facilities at Moorways Stadium call **01332 641234** or email [moorways.stadium@derby.gov.uk](mailto:moorways.stadium@derby.gov.uk)



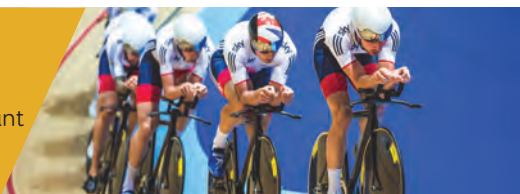


# CYCLING

As the only velodrome in the midlands Derby Arena offers a fantastic opportunity for you to get involved in the fast-growing sport of track cycling. This amazing facility on your doorstep provides cycling classes for all abilities. Have a go a taster sessions and find out what it's all about!



Derby Arena has become a hot bed for cycling talent and has already produced some of the world's best track cyclists and champions. It doesn't matter if you want to do it for fun or want to see just what you can achieve, our coaches are ready to take you on your track journey.



We have great opportunities for everyone including recreational, training and racing. There are a wide range of sessions for beginners, juniors, women, visually impaired, physically disabled, seniors and veterans.

Track cycling is a great experience and we welcome clubs, schools, groups, birthday parties and corporate bookings. We host our own track league and host local, regional, national and international track events.



## Join us and experience the thrill of the track for yourself!

### Cycle Hub

We have track bikes and all the equipment you'll need available for hire. You can also hire space in our secure cycle store.

### Gift vouchers

Vouchers for track cycling are available from Derby Arena website, the Sales and Information Centre or directly from the Arena.

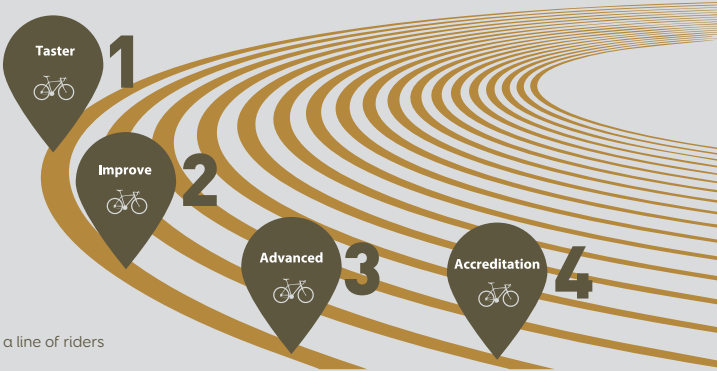


**BEGINNERS & RIDING FOR FUN**

Never been on a cycle track before?  
You don't need to be serious about track cycling to have a go - you can just enjoy the ride! The first session for any beginner (aged 12+) is our Track Cycling Taster.

**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

**Find out more about each stage of accreditation at [derbyarena.co.uk/accreditation](http://derbyarena.co.uk/accreditation)**

**Experienced cyclist, but new to Derby Arena track?**

We welcome experienced riders to Derby Arena, but you will need to attend an Accreditation session before you can ride the track.

**Do you hold an accreditation from another UK velodrome?**

You'll need to attend a Stage 4 Accreditation session to familiarise you with Derby Arena track and provide you with essential information before you start.



**FAST TRACK ACCREDITATION**  
**ONE DAY COURSES**

Fast Track accreditation is suitable for riders who have experience of track cycling and are looking for an intensive course to gain all the skills needed to gain full accreditation.

**ONLY £150**

[derbyarena.co.uk/fasttrack](http://derbyarena.co.uk/fasttrack)

For available dates please contact Derby Arena on 01332 640011

# 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.



	Derby Arena	Moorways Stadium	Parks	Springwood Leisure Centre
Athletics track & field		•		
Badminton	•			•
Basketball	•			•
Cricket			•	
Futsal football	•			
Grass pitches		•	•	
Handball	•			
Indoor cricket	•			•
Netball	•			•
Pickleball	•			
Racketball				•
Short mat bowls	•			•
Short tennis	•			•
Squash				•
Synthetic pitches		•	•	•
Table Tennis	•			•
Tennis			•	
Trampolining	•			•
Volleyball	•			
Walking football	•			•
Walking netball	•			•

For court bookings at facilities call directly or book online at:  
**[inderby.org.uk/activebookings](https://inderby.org.uk/activebookings)**  
To book a grass pitch for football or cricket call 01332 641234  
Tennis courts are available at Markeaton Park, booking not required.

# PLAY FOR £1

Morning and lunchtime badminton and table tennis sessions at Derby Arena

**MON - THU**  
**7am - 9am**  
**12noon - 2pm**  
**ONLY £1**  
**A SESSION**

## Café 42

Why not grab a healthy lunch at our on site café after your game?



### Trying to fit exercise around your working day?

Our sports courts are available to book for badminton and table tennis.

Derby Arena is centrally located on Pride Park. We have great changing facilities and you can even grab breakfast or lunch while your here at Café 42.

To book call **01332 640011**

Available at Derby Arena Mon-Thu 7am - 9am, 12 noon - 2pm.  
£1 per person to play 1 hour. Courts cannot be pre-booked.  
Subject to availability. Not available during school holidays, bank holidays and during events.

 [derbyarena.co.uk/playfor£1](http://derbyarena.co.uk/playfor£1)  



# FAMILY FUN

## SWIMMING

Our pool programme at Queen's Leisure Centre has Family Splash sessions with floats and toys, or take your little ones to the lunchtime Adult and Child sessions which help build their water confidence in a fun safe environment.

In Learn to Swim sessions, our qualified ASA swim teachers will support your children in their first steps to learn to swim or improve their techniques for more advanced swimmers. See our Learn to Swim programme page 9 or visit [inderby.org.uk/learntoswim](http://inderby.org.uk/learntoswim)



## UNDER 5s

Our Leisure Facilities have a fun and active programme for under 5s to enjoy with their parents. At Queen's Leisure Centre we have Adult and Child sessions and Swim Ducklings which is part of our Learn to Swim programme. On the drier side, at Springwood Leisure Centre we have Bouncy Castle and Soft Play sessions and Pre-school Gymnastics.



## CYCLING

If your child is 12 years and over they can ride the cycle track at Derby Arena. We also have family sessions during school holiday periods where children aged 9 years and over can ride.



## SPORTS COURTS

As a family why not try badminton, football, basketball, squash, tennis or racketball at our facilities. See page 16 for more information.



## FAMILY FUN IN DERBY

For all your Leisure and Culture family information see our **Family Fun in Derby** guide available in facilities and at [inderby.org.uk/family](http://inderby.org.uk/family)



HOLIDAY ACTIVITIES

Do your children tell you they are bored during school holidays? Bring them to our Leisure Facilities, we have sports coaching sessions, spy camps, swimming lessons, bouncy castle and soft play, splash sessions, track cycling, inflatable fun in the pool, racket sports and lots more! See our holiday programme at [inderby.org.uk/holidays](http://inderby.org.uk/holidays).



MUNDY PLAY CENTRE

Markeaton Park Mundy Play area has been refurbished with new exciting play equipment including a pirate ship, new footpaths and seating, plus our Adventure Hub. We still have the bouncy castle, crazy golf, electric cars and canoes, which are open every weekend throughout the year, weather dependant.



COACHING

We want to encourage children and young people to be active and learn new skills through our courses and club development in our facilities, our courses are listed below.

	Derby Arena	Moorways Stadium	Queen’s Leisure Centre	Springwood Leisure Centre
Gymnastics				•
Martial arts	•		•	•
Swimming lessons			•	
Football				•
Athletics		•		
Track cycling	•			
Trampolining	•			•

We have a variety of clubs that use our facilities from martial arts, soccer school, athletics to drama clubs. Contact the individual facilities to find out more, how to book and club information or visit [inderby.org.uk/coaching](http://inderby.org.uk/coaching).



Live IT helps children and their families to manage their weight by improving fitness, nutrition and self-esteem in a fun, friendly and supportive environment.

12 month free programme for 5 to 17 year olds.  
To find out more and to apply go to [livewellderby.co.uk](http://livewellderby.co.uk)

BIRTHDAY PARTIES

Looking for birthday party ideas? see page 22





Our gymnastic programme aims to ensure that every participant achieves their full potential whilst enjoying our coaching programme, which follows the British Gymnastics award scheme. There's sessions available for all ages, from walking-age up to 16 years.

For availability and prices call Springwood Leisure Centre on **01332 664433** or visit [inderby.org.uk/gymnastics](http://inderby.org.uk/gymnastics)

#### **Beginner four to six year olds**

Tuesdays, 4pm - 5pm  
Thursdays, 4pm - 5pm  
Saturdays, 9am - 10am

#### **Intermediate seven to ten year olds**

Tuesdays, 5pm - 6pm  
Thursdays, 5pm - 6pm  
Saturdays, 11am - 12 noon

#### **Beginner seven to ten year olds**

Saturday, 10am - 11am

#### **Advanced seven to ten year olds**

Tuesdays, 6pm - 7:30pm  
Thursdays, 6pm - 7:30pm  
Saturdays, 12 noon - 1:30pm



#### **All abilities seven to sixteen year olds**

Thursdays, 4:30pm - 5:30pm  
Thursdays, 5:30pm - 6:30pm  
Thursdays, 6:30pm - 7:30pm

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. Our classes follow the British Gymnastics Trampolining Award Scheme.

Trampolining courses run continuously throughout the year. Taster sessions are available. Call 01332 664433 to book yours.





# DERBY ACTIVE Springtots



Our sessions introduce your little one 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](http://inderby.org.uk/gymnastics) or call **01332 664433** for more information.

## Walking-age to three year olds

Tuesdays, 11:45am - 12:45pm

Wednesdays, 11:45am - 12:45am

## Age three to fifth birthday

Tuesdays, 10:45am - 11:45am

Tuesdays, 1:30pm - 2:30pm

Wednesdays, 10:45am - 12:45am

Wednesdays, 1:30pm - 2:30pm



## SPRINGTOTS SESSION

Try for only **£1**  
with this voucher

Terms & conditions apply. See [inderby.org.uk/offers](http://inderby.org.uk/offers).

Offer expires 30/9/18

Call 01332 664433 to book your space  
at Springwood Leisure Centre



## BOUNCY CASTLE & SOFT PLAY

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

## Age 0 to six years

Thursdays 9.30am - 11.30am

£3 each child. Booking is advised, call 01332 664433.



# BIRTHDAY PARTIES

SPRINGWOOD LEISURE CENTRE | DERBY ARENA  
QUEEN'S LEISURE CENTRE | MARKEATON PARK



BOUNCY CASTLE & SOFT PLAY PARTY • DISCO PARTY • FOOTGOLF PARTY  
TODDLER TEA PARTY • TRACK CYCLING PARTY • SPLASH PARTY

Let us take the headache out and put the fun into your next birthday party.  
Our flexible range of packages have something to suit everyone.

[inderby.org.uk/birthdays](http://inderby.org.uk/birthdays)

**#derbyfit**  
themovementderby.co.uk



Join The Movement and take part in loads of fun activities. Get support to stop smoking, manage weight, get fitter and live life to the full!

- Gym and swim sessions for just £1.20 at Council leisure centres (12+)
- Confidential support to stop smoking (12+)
- 12-months support for children and families to manage weight (5-17)

Our Movement membership is available to young people aged 11 to 16 years.

To find out more visit [themovementderby.co.uk](http://themovementderby.co.uk)

 @DerbyMovement  DerbyMovement  themovementderby



no weekly meeting  
fees, all the support  
and free exercise you  
could ever want!

join us today to  
achieve success.

**#feelfantastic**

[livewellderby.co.uk](http://livewellderby.co.uk)



A Derby City Council Project





# OVER 50s



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



## WALKING FOOTBALL

Join us at Derby Arena or Springwood Leisure Centre for this NEW activity for the football enthusiast. Meet others with the same passion for football. Individuals and groups welcome.



## GYM

Our qualified gym staff will provide you with a programme and advice to help you achieve your personal goals using our state-of-the-art Technogym equipment in a friendly supportive environment. See page 3.



## PICKLEBALL

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a pickle over a net. Play at Derby Arena.



## CYCLING

Experience the thrill of Derby Arena's cycle track. We have sessions for experienced accredited riders and taster sessions for new riders. See page 14.



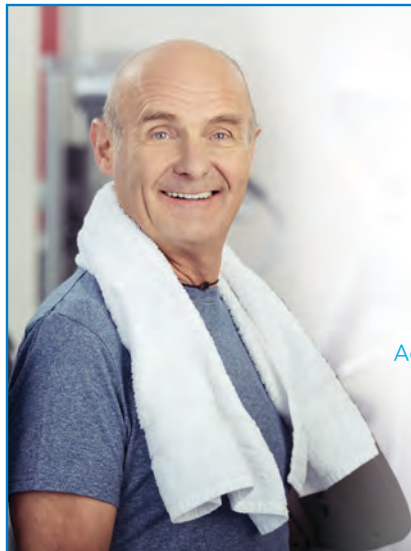
## SWIMMING

Join us at Queen's Leisure Centre for early morning swim sessions, Aqua Fit, lane swim or you can learn to swim with us.



## CLASSES

Our classes are a great way to keep fit, have fun and be social. Choose from relaxation classes, active living, aqua classes, zumba, step and more...



# NEW ACTIVE LIVING

at Springwood Leisure Centre

**Mon 1-3pm, £3.50 each**

Active fun including badminton, bowls and table tennis.  
Equipment is included and light refreshments.

Everyone welcome, all ages, abilities, single,  
couples or groups.

Just come along or call 01332 664433 to book.



## RACKET SPORTS

Play badminton, table tennis, short tennis, pickleball or squash. See page 16 for where to play.



## WALKING NETBALL

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.



## GOLF

The 18 hole course at Allestree Golf Park is set in mature parkland and has a par of 68 and is 5806 yards. 12 month season tickets can be bought at any time or pay as you go.



## BOWLS

Enjoy a game of indoor bowls at Springwood Leisure Centre and Derby Arena with old and new friends.



## LEISURE CARD

Save up to 40% on activities. Over 75s can get certain activities for a discounted price Monday to Friday and all weekend. See page 7.

## FUN WITH GRANDKIDS

See page 18 or visit [inderby.org.uk/six](http://inderby.org.uk/six) for great family friendly activities during term-time and in the holidays.



# SPORTS PITCHES

Artificial grass pitches are available at Springwood Leisure Centre, Alvaston Park, Racecourse Park and Moorways Stadium. All artificial pitches are floodlit and are available for one-off or block bookings.



Grass pitches are available to hire in some of our city parks. These pitches are available for pre-season and casual football; and cricket games. Hard-surface tennis courts are available to book at Markeaton Park.

**BOOK ONLINE AT [inderby.org.uk/pitches](http://inderby.org.uk/pitches) OR CALL 01332 641234**

## Hey Pitches!

ARTIFICIAL GRASS PITCH BOOKINGS

**ONLY £15 A HOUR**

**Sun 1 Apr - Sun 30 Sep 2018**

**Moorways Stadium**

Mon - Fri 9am - 4pm

Sat & Sun 9am - 1pm

**Springwood Leisure Centre**

Mon - Fri 9am - 4pm

Saturday 2pm - 7pm

To book visit [inderby.org.uk/pitches](http://inderby.org.uk/pitches)  
or call **01332 664433**

T&Cs: One-off bookings only.





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](http://inderby.org.uk/parks)  
For events on parks visit [inderby.org.uk/leisureevents](http://inderby.org.uk/leisureevents)



OVER 40 PLAY AREAS  
ACROSS THE CITY



ADIZONE OUTDOOR  
GYMS



NATURE & WILDLIFE  
WALKS AND TRAILS



SKATE PARKS AND BMX  
TRACK



CANOES, BOATS &  
PEDALOS



FISHING AND MODEL  
BOAT CLUBS



VOLUNTEER  
OPPORTUNITIES



ALLOTMENTS



MEALS & SNACKS AT OUR  
CAFÉS AND KIOSKS

See page 32 for some great events happening in Derby Parks this Spring and Summer.

# GOLF

Derby Parks has a fantastic range of opportunities to play golf in the city, from beginners having fun with the family through to the golf pro. Find out more at [inderby.org.uk/golf](http://inderby.org.uk/golf)

## ALLESTREE PARK GOLF COURSE

Set in Allestree Park this beautiful mature golf course has some of the best views in Derby. Golf offers a chance to socialise in the outdoors, playing a sport while walking about 5 miles. If you are 9 or 99 golf can be for you!

Playing at only 5728 yards, this par 68 golf course offers everything for both the novice and experienced golfer. From the demanding, uphill par 5 12th, to the gentle short par 3 14th.



For those who just want to try us then you can pay as you play for just:

**Monday to Friday** £10 per player

**Saturday and Sunday** £15 per player

To book call **01332 550616** or book online at [inderby.org.uk/allestreegolf](http://inderby.org.uk/allestreegolf)

# UNLIMITED GOLF

7 days a week of **unlimited golf**  
at Allestree Park Golf Course

JOIN & PLAY  
FOR LESS THAN  
**£8**  
A WEEK

[inderby.org.uk/unlimited](http://inderby.org.uk/unlimited)  



## CRAZY GOLF

Enjoy fantastic family fun at our 18 hole Crazy Golf course within Mundy Play Area at Markeaton Park. Open weekends and school holidays, weather permitting.



## PITCH AND PUTT

Suitable for anyone aged 8 years old and over, seasonal opening see our web page for details.



## FOOTGOLF

A combination of the best football and golf using a regular size football, seasonal opening see our web page for details.

## SINFIN GOLF

Sinfin Golf Course is managed by 7 Hills on behalf of Derby City Council. For details of the course, prices, opening times please visit [www.sivgolf.com](http://www.sivgolf.com)



# get into Golf

For those who are wanting to try out golf, from June to August why not take advantage of our **Get Into Golf** offer at Allestree Park Golf Course.

**£5 per player** with **free hire of clubs and balls** for anyone wishing to try.

Available Monday to Friday from 1pm.  
Pre booking is essential.

Call **01332 550616** to book or find out more at [inderby.org.uk/getintogolf](http://inderby.org.uk/getintogolf)



# CORPORATE EVENTS

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** and **Markeaton Park** 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, Footgolf, Pitch and Putt, Balance Boards, Falconry, Archery, Drumming, Make your escape challenges 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/markeatoncorporate](http://inderby.org.uk/markeatoncorporate)** or  
**[derbyarena.co.uk/corporate](http://derbyarena.co.uk/corporate)**  
Call **01332 287361** or email  
**[spacehire@derby.gov.uk](mailto:spacehire@derby.gov.uk)**.



# HIRE A SPACE

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



To find out more or to make an enquiry please contact our space hire team on **[spacehire@derby.gov.uk](mailto:spacehire@derby.gov.uk)** or call **01332 287361**.



Extensive Library catalogue

Manage your account online

Programme of library events

Internet taster courses

eReference library

Job clubs and volunteering



**CHILDREN'S CLUBS  
& STORYTIME**



**BOOK A COMPUTER**



**BORROW EBOOKS &  
EMAGAZINES**



**CODING CLUB FOR  
CHILDREN**



**HOMEWORK & STUDY  
SUPPORT**



**INTERNET TASTER  
COURSES**



# EVENTS

For a full programme of events visit  
[inderby.org.uk/events](http://inderby.org.uk/events) and [derbylive.co.uk](http://derbylive.co.uk)



Is life that bad or have we good reason to complain about it? Are we filled with righteous anger at a world gone wrong or are we all just a bunch of whiny little brats? Come and watch as Byrne takes this question, and shakes it until the funny falls out.

**Fri 20 Apr, 8pm**

**Derby Arena**  
£26

## ST GEORGE'S DAY CELEBRATIONS



Join us as we celebrate Merrie Olde England, with Morris dancing, a craft fair, a parade and lots of English eccentricity.

**Sat 21 Apr, 11am - 4pm**

**Derby City Centre**  
Free

See website for full programme



## RUSSELL BRAND

*Re:Birth*

Becoming a parent has presented Russell Brand with a number of questions. Join one of comedy's fiercest talents as he tries to make sense of life having just made a new one.

**Wed 9 May, 8pm**

**Derby Arena**  
£29.50



## SENSATION

ABBA Tribute Band

Dig out your platforms and flares and experience the unique ABBA sound recreated live on stage. Stunning replica costumes and plenty of sing-along moments.

**Thu 31 May & Fri 1 Jun**

**Guildhall Theatre**  
£18



Produced by the Chaddesden Partnership



**THE BIG 1**  
at Chaddesden Park

All the family favourites that guarantee a great day out for everyone to enjoy. A great selection of stalls, international food arena, dance, fun fair, live entertainment and the return of the fantastic dog show.

**Sun 3 Jun, 11am**

**Chaddesden Park**

Free entry. See on site for prices

Run For All & Asda Foundation

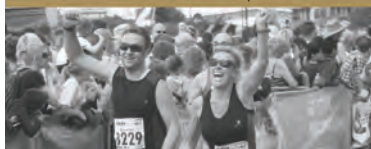
## DERBY HALF MARATHON

Formerly known as Ramathon, this already popular event aims to be just as successful in 2018. Attracting thousands of runners to come and join in with the fun! The course treats runners to a tour of the City's many vibrant sites and the atmosphere created by the City Centre crowds.

**Sun 3 Jun, 9:15am**

**Pride Park**

See [runforall.co.uk](http://runforall.co.uk) for race prices



Join us for an extended season of outdoor theatre & cinema in the picturesque setting of the Craft Village.

**Tue 14 Jun - Sat 11 Aug**

**Markeaton Park**



## SPIRIT OF CHELLASTON

Join us for this annual event as the Spirit of Chellaston bring together community groups to showcase their activities. A fun day out for all the family.

**Sat 16 Jun, 12 noon - 5pm**

**Swarkestone Road Park, Chellaston**

Free entry, see on site for prices



Open Road Productions

## GRACE

THE LIGHTHOUSE GIRL

Following the success of *The Same Sky* and *Silver Darling*, this brand new musical brings to life the remarkable and moving story of Grace Darling. Featuring a 12 piece band.

**Wed 27 - Sat 30 Jun**

**Guildhall Theatre**  
£15





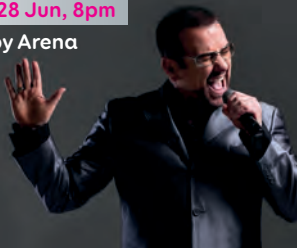
# Fast Love

A TRIBUTE TO  
GEORGE MICHAEL

Get ready for an unforgettable evening with a global superstar, as he puts the *Boom Boom* into your heart in the all new production, *Fast Love - A tribute to George Michael*.

**Thu 28 Jun, 8pm**

**Derby Arena**  
£27



## THE DERBY CHARITY Classic Car AND RETRO SHOW

Cars, vans, motorcycles, trikes, scooters, bicycles, whether original or modified will be on show, literally anything with wheels of all shapes and sizes. Exhibitors can apply at [derbylive.co.uk](http://derbylive.co.uk)

**Sun 8 Jul, 10am - 4pm**

**Markeaton Park**

Free (Car parking charges apply, exhibitors £5 per car)



Lots for the whole family to enjoy with live music, stalls, refreshments and entertainment throughout the day, including the Colour Rush 5K Fun Run where participants will be covered in a rainbow of colours, just for fun! For more information and to register visit [treetopshospice.org.uk/colour](http://treetopshospice.org.uk/colour)

**Sun 22 Jul, 11am**

**Markeaton Park**

From £15 adults, £10 children

## Race for Life



The 5k & 10k course is suitable for all abilities. This is thousands of women uniting with one purpose.

**Sun 1 Jul 9:30am**

**Markeaton Park**  
£14.99 to register

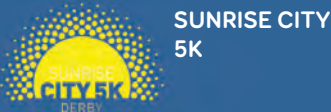
## PRETTY MUDDY 5K

A brilliant 5k muddy obstacle course. Raise valuable funds for beating cancer.

**Sat 30 Jun, 9:30am**

**Markeaton Park**  
£19.99 to register

See [raceforlife.cancerresearchuk.org](http://raceforlife.cancerresearchuk.org) for details.



## SUNRISE CITY 5K

This is a 5k run or walk that takes place at the unusual time of 5.30am. It is aimed at allowing people to see the cities they know in a different light. This is an experience not to be missed.

**Fri 13 Jul, 5:30am**

**Market Place**

Sign up at [sunrisecity.co.uk](http://sunrisecity.co.uk)



## ALVASTON PARK FAMILY FUN DAY

Lots of family fun! Live music stage, dancers, dog show, fair rides, craft stalls and charity stalls. Selection of food and drinks, face painters, characters and model boats.

**Sun 22 Jul, 12 noon - 4pm**

**Alvaston Park**

Free entry



## Rainbows Derby

## BUBBLE RUSH

As you run, dance, walk or skip around the 5K course you'll head through 4 different coloured bubble stations with high-powered foam cannons blowing out plenty of frothy coloured bubbles to get you covered from head to toe!

[rainbows.co.uk/bubble-rush](http://rainbows.co.uk/bubble-rush)

**Sat 7 Jul, 9:30am**

**Markeaton Park**

£25

Under 16s £7.50, under 3s free



## THE DERBY BEACH

The Beach will have an array of children's and family attractions, a sandy beach, deck chairs, traditional seaside rock, candy floss, ice cream, walk on water balls and all the fun of the seaside right in the heart of Derby. Open daily weather permitting.

**Sat 21 Jul - Sat 18 Aug  
11am - 7pm**

**Market Place**

Free entry, see on site for prices



## SUPERHERO PICNIC IN THE PARK

All you need to do to take part in the fun is dress up like a superhero, bring a picnic and enjoy the activities! Prizes for best dressed superhero.

**Tue 31 Jul - Thu 2 Aug**

**Derby Parks**

Free



# BIG FUN RUN DOG jog

Big Fun Run and Dog Jog are both 5k events suitable for the whole family. There's no pressure, just lots of laughs. Run for fitness, run for charity, run for fun...just run! Enter at [bigfunrun.com](http://bigfunrun.com) and [dogjog.co.uk](http://dogjog.co.uk).

**Sat 18 Aug 11am & 2pm**

## Markeaton Park

Big Fun Run - £13.50

Dog Jog £13



## NATIONAL MADISON & OMNIUM

An exciting two days of racing, showcasing the best regional and national riders. This Omnium will be the third time Derby Arena has hosted the national title race and we expect it to be as fast paced and thrilling as ever before.

**Sat 13 & Sun 14 Oct**

## Derby Arena

£12 a day



## FAMILY FESTIVITIES AT MARKEATON PARK



**Sat 1 - Sun 2 & Sat 8 - Sun 9 Dec**

## Markeaton Park

Free entry, see on site for attraction prices.

## THE HANNELLS DARLEY PARK CONCERT



An evening of classic music and fireworks. Don't forget your picnic!

**Sun 2 Sep**

## Darley Park

£7.50 on the day (from £3.50 in advance), Under 16s £2.50 on the day (from FREE in advance)

## JASON MANFORD

### Muddle Class

Featuring a wealth of new material about Jason growing up 'working class' then finding, over the years, that part of him has become 'middle-class' - causing much confusion! Delivered with Jason's amiable charm and wit, this is not a show to be missed.

**Sat 24 Nov, 8pm**

## Derby Arena

£29.50



## THE Dinosaur WHO CAME FOR CHRISTMAS

Babbling Vagabonds conjure a rawsome Christmas story of mammoth proportions!

**Fri 7 - Sun 30 Dec**

## Guildhall Theatre

£11.50 - £13.50



## Derby Folk Festival

Derby Folk Festival returns once again with another exciting list of performers including **Show of Hands**, **Oysterband** and **False Lights**

There will also be dance displays throughout the streets, and free fringe music performances.

Visit [derbyfolkfestival.co.uk](http://derbyfolkfestival.co.uk) for details.

**Fri 6 - Sun 8 Oct**

## Derby Cathedral Quarter

£24 - £88



Whether out with a group of friends, spending time as a family or looking for a venue for a work Christmas party, a spin on the Ice Rink, made of real ice, will be a fabulous festive treat!

**Fri 30 Nov - Sun 6 Jan**

## Market Place

£7.50 - £9.50



## Little WOLF entertainment

## Jack and the Beanstalk

The team behind the smash hit *Beauty and the Beast* are back with the BIGGEST panto of them all with marvellous moosic, cow-ntless costumes and an udderly ridiculous dame.

**Sat 8 Dec - Sat 5 Jan**

## Derby Arena

£14.75 - £32.75

# 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 664433  
E: springwood.sports@derby.gov.uk

inderby.org.uk/springwood 



Cathedral Road, Derby, DE1 3PA  
T: 01332 641444  
E: queens.sports@derby.gov.uk

inderby.org.uk/queens



Moorlane, Allenton, Derby, DE24 9HY  
T: 01332 641234  
E: stadium.moorways@derby.gov.uk

inderby.org.uk/moorwaysstadium



Sales & Information Centre, Market Place, Derby DE1 3AH  
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.**

## OTHER WAYS TO GET IN TOUCH

Text **07812 301233** | Minicom **01332 640666** | 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 **inderby@derby.gov.uk**, text **07812 301233**, minicom **01332 640666** 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 640666**  
Minicom **01332 640666**

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  
منی کام **01332 640666** پر ہم سے رابطہ کریں۔

Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku. Prosimy o kontakt: **01332 640640** Tel. tekstowy: **01332 640666**

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** ਮਿਨੀਕਮ **01332 640666** ਤੇ ਸੰਪਰਕ ਕਰੋ।





Visit the new In Derby website for loads of great leisure and culture activities



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

 [inderby.org.uk](http://inderby.org.uk)  