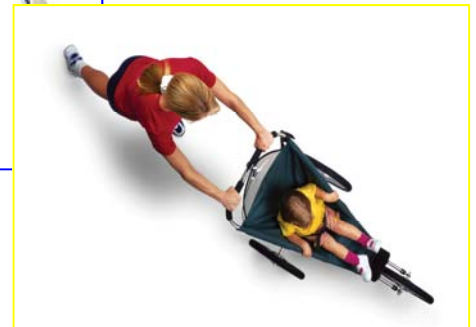




Let's Get Moving!



HARBOROUGH DISTRICT ACTIVITY GUIDE July-Sept 2009



Harborough District Sport and Activity Alliance



Welcome to the summer edition of Lets Get Moving!

In the last quarter Active Together Harborough had some brilliant news in that we over exceeded in our scheme target to get more of Harborough residents doing 3 x 30 mins moderate intensity physical activity per week.

That is all down to your efforts to become more active and lead a healthier happier lifestyle, so well done!

On behalf of everyone who is a part of Active Together



We would like to thank you all for supporting Active Together. Remember 3 x 30mins physical activity is key to your health.

A handwritten signature in black ink, consisting of a stylized 'S' followed by a large 'e' and a trailing flourish.

Steve Scales
YOUR Physical Activity Co-ordinator

We STILL need you!

Active Together Harborough has achieved its initial target of a more active District

However we need a final push from all Harborough residents to become more active and contribute towards achieving our goal of making.....

Harborough District the most active in the Leicestershire!

We are urging all residents to try and achieve their 3 x 30 minutes of moderate intensity physical activity a week, it is not as big a task as you might think, for example;

If we are awake for 16 hours or 960 minutes a day that means 3 x 30 mins will only take up approximately 1.4% of our waking hours every week!

REMEMBER PHYSICAL ACTIVITY DOESN'T NECESSARILY NEED TO BE SPORT!



Activity Photo Gallery



Cycle Ride: Pedal Power all the way in Lutterworth! - Ready to start again in July!



Walking trip: The beautiful scenery enjoyed by the walkers on the trip to Fermyn Woods-Look out for the August Trip!



The Buggy Walk: Mum's and their tots!

If you have any photos of you getting active at one of our sessions throughout the district please get in contact!

WHY 3 X 30 MIN?

Research shows that at least 30 minutes of moderate Intensity Physical Activity is necessary for health benefits to be achieved.

Your 3 X 30 minutes can even be achieved in three ten minute bouts throughout the day. So take a brisk walk rather than catch the bus/take the car for a short journey!

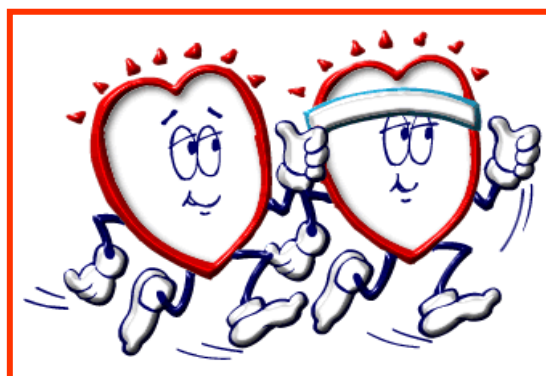
In achieving this target of 3x30 you will be reducing the risk of premature death from:

Cardiovascular Disease and some cancers
Type Two Diabetes

It will also.....





Help with Weight management
Improve psychological well-being and mental illness
Help delay the progression of osteoporosis

What more reason do you need to start moving!









HEALTHY WALKS APRIL-JUNE

WALKS, all year round!

WHEN	MEET	DETAILS	LEVEL
Every Mon at 10.30am	Billesdon, Billesdon Baptist Chapel,	Walk and Talk! A short leisurely guided walk exploring the local area. No cost, just turn up on the day and enjoy tea and coffee afterwards!	
Every Mon at 12.30pm	Welland Park Café, Market Harborough	Healthy Harborough Walkers! Meeting every Monday throughout the year come rain or shine! A short guided walk for all abilities with a stop at the café for coffee and a chat afterwards.	
Every Mon at 1.30pm	Lutterworth Sports Centre	Fun for All! Walks led by volunteer walk leaders. Various distances setting off from the sports centre all year round! Everyone welcome!	
Every Weds at 10am	Welland Park Café, Market Harborough	Healthy Harborough Walkers! Guided walks taking in various routes in and around Market Harborough, Little Bowden or the canal. Suitable for all ages and abilities.	



Walks continued...

WHEN	MEET	DETAILS	LEVEL
Every Thurs at 1.30pm	Thomas Estley Community College, Broughton Astley	Rural Wanders. A walk in and around the village of Broughton Astley. Every Thursday, enjoy the company of other walkers and a coffee and chat afterwards.	
Every Monday 10.30am	Welland Park Café (£2.50)	Push and Play! A parent and toddler group. Meet every Monday and start with a short walk to blow away the cobwebs followed by talks from guest speakers and refreshments.	
Every Tuesday 2.30pm *(call to check location)	Fleckney Library or Kibworth Methodist Church	Fleckney and Kibworth Wanders... Community Walks setting off from Fleckney and Kibworth alternately. A fun sociable way to keep healthy with refreshments afterwards!	
Every Thursday at 10am	Lutterworth Sports Centre	Buggy Walk! Bring the kids for a brisk health walk! The walks set off from the sport centre and are usually no more than a couple of miles. Join us afterwards for refreshments in the café.	
Every Monday Evening	Various Locations in District	Kibworth Social Walkers. Join Kibworth walkers for the chance to explore some of the more unknown areas of the district. A different location each week!	
various	Various locations	Nordic Walking! Try this fantastic full body walking workout that burns more calories than normal walking. Hire of the poles is free as part of a 5 wk taster session for £20.00	





ACTIVE together
HARBOROUGH



All Healthy Walks have been accredited from Natural England. All of the walks are available for new beginners and do not involve crossing styles or uneven ground.

All walks last between 30mins and 1 hour and you have the option to stay and socialise with your fellow walkers in the Café/tea room afterwards.

Healthy Walks are led by fully trained walk leaders and are held in many areas and different routes around the Harborough District.

LEVEL



Slow paced walks, lasting between 30mins and 1 hours.
Walks do not involve uneven ground/styles



More intense walks that last over 1 hours. May involve walking off path/uneven ground

For More information please contact Steve Scales on 01858 821284 or email s.scales@harborough.gov.uk

Useful Links

Walking the Way to Health www.whi.org.uk

Rural Community Council

Take a look at www.ruralcc.org.uk/guidedwalks for more walking opportunities in the rural areas in Leicestershire.



WALKING TRIP

On the 29th May, the Active Together Team arranged a bus trip for the walkers from all of its health walks to Fermyn Woods Country Park in Northamptonshire,

The bus picked up in Broughton Astley, Lutterworth and in Market Harborough before taking the walkers to Fermyn Woods, where they had a choice of guided walks, including 1 mile, 2.5 mile and 6 mile walks, as well as been given plenty of time to explore the park and café in their own time.

The Active Together team will be running another bus trip in August, we are looking into Bosworth Battlefield as a venue the trip will cost £4 for the day

If you would like more information on the bus trip please contact;

Steve Scales or Jo Elliot on 01858 828282 or email s.scales@harborough.gov.uk

Physical Activity

WHEN	MEET	DETAILS	CONTACT
Every Sun 10-12pm (Running for 50 weeks of the year!)	Welland Park Community Tennis Courts, Market Harborough (Welland Park courts are free to use every day, all year round)	Tennis for Free. Free tennis, coaching and equipment for all ages (4+). If you have never played be- fore or want to brush up on your skills this is for you!	Andrew Watson 01858 828282
Every Thurs at 8pm	Harborough Leisure Centre	Dodgeball! Open to adults 16+, a fun unique way to keep fit! Come as a team or join a team on the night. Just £2.50 pp.	Steve Scales 01858 828282
Every Mon 6.45pm- 7.45pm	Arnesby Village Hall	Legs Bums & Tums Concentrates on toning and tightening those all important areas. Term time only runs 6- 7 week blocks.	Nicole Blount 0116 279 2865
Every Tues 7.30pm	Kibworth Village Hall	Hi/Lo Aerobics A great whole body workout to music. Just £4.00 per class.	Nicole Blount 0116 279 2865
Every Thurs 9.15am- 10.15am	Kibworth Grammar School Hall, Kibworth Beauchamp	Legs, bums & Tums! An early bird class to get you en- ergised for the day ahead! Newcomers always welcome!	Nicole Blount 0116 279 2865
Wednesday 7pm-8.30pm	Lutterworth High School with David Lomer & Kibworth Grammar School with Karen Lomer	Tai Chi classes. Learn the traditional Chinese martial art that uses slow controlled movements and various pos- tures. Taught by highly quali- fied professional instructors. £5.00 per session.	David / Karen Lomer 01858 469028



PHYSICAL ACTIVITY CONT...

WHEN	MEET	DETAILS	CONTACT
Thursday 7pm-9pm Jan-Sept	Stoneygate RFC Scraptoft	American Football: Contact sport for all shapes and sizes! Leicestershire flacons are the only adult full contact team in Leicestershire. Fully Qualified and experienced coaches.	Steve Scales 01858 828282
Every Thurs 2-4pm	Lutterworth Town Hall, Lutterworth	Line Dancing! Get in line for a fine time! Come and join in the fun line dancing classes for beginners or take some time out playing board games.	Steven Scales 01858 828282
Fri 10.30- 11.30am	Lutterworth Town Hall, Lutterworth	Seated Exercise! A gentle chair based class designed to strengthen muscles and maintain flexibility for older adults.	Age Concern Lutterworth 01455 557116
Monday Beginners 7-8pm Continuers 8-9.30pm	Robert Smyth School, Market Harborough	Egyptian dance Classes! Learn the art of Egyptian dance with a professional dance instructor. Have fun and get fir with something new!	Rosie 01536 522720 Or 07736489842
Wed 1:45pm- 2:45pm	Broughton Astley Village Hall,	Line Dancing Classes "We have over 13 years experience of teaching line dancing. Everyone is welcome, just come along."	Glenis on 01455 212189

PHYSICAL ACTIVITY CONT...



WHEN	MEET	DETAILS	CONTACT
Tues at 9.30am	Kibworth	Pilates Energise your body with Pilates. Suitable for mixed levels. (6 wk course £42)	Louise Humphrey 07779578712
Tues at 6pm or 7pm	Great Bowden Village Hall	Pilates Suitable for beginners/ mixed level (6 wk course £42)	Louise Humphrey 07779578712
Weds at 9.30am 2pm	Great Bowden Village Hall	Pilates Suitable for mixed level (6 wk course £42)	Louise Humphrey 07779578712
Thurs at 10am	Great Bowden Village Hall	Pilates Suitable for mixed level (6 wk course £42)	Louise Humphrey 07779578712
Mon 7.30pm- 8.30pm	Thomas Estley CC, Broughton Astley	Ladies 40+ Fun, Light exercise for ladies over 50. Just £2.50	Aprille ward 01455 283790
Tues at 9.40am- 10.30am & Fri 9.40am- 10.30am	Thomas Estley CC, Broughton Astley	Exercise In Retirement! Start as you mean to go on! Morning exercise for ladies and gents. Just £1.50	Aprille Ward 01455 283790
Tues 7:30pm- 8:30pm	Thomas Estley CC, Broughton Astley	Ladies Only! Low impact aerobic class for the girls! Just £2.50	Aprille Ward 01455 283790
Weds 9.30am- 10.15 &Thurs 8-9pm	Thomas Estley CC, Broughton Astley	Body Tone and Stretch Treat your body and mind! Just £2.00	Aprille Ward 01455 283790



PHYSICAL ACTIVITY CONT...

WHEN	MEET	DETAILS	CONTACT
Every Monday 10-11am	Houghton on the Hill, Village Hall	Aerobics Exercise to music to suit all levels (£4.00)	Carol Thomas 0116 241 2070
Every Weds 10-11am	Coplow Centre Billesdon	Aerobics Exercise to music to suit all levels! (£4.00)	Carol Thomas 0116 241 2070
2nd Monday of the month	Lutterworth Town Hall,	Indoor Carpet Bowls! Come and try carpet bowls in a friendly atmosphere. Only £ 3 per session with tea / coffee afterwards	Age Concern Lutterworth, 01455 557116
Every Weds 1.45pm — 2.45pm	Welland Park College	Hi-Lo Aerobics for 50+ Perfect to help keep you fit and healthy a mixture of high and low intensity! Just £3.50	Louise Bolton 01858 464539
Monday 7.15pm-8.15pm	Jubilee Hall, Congregational Church, Market Harborough	Moving to Music! Aerobics class to banish the Monday blues and get your body in tip top shape for summer!	Louise Bolton 01858 464539
Weds 7-8pm	Welland Park College	Ballroom and Latin! Get moving and grooving with dance for beginners. Instructor runs various other classes and dance nights. (Starts again September)	Glen Badham 07712310399
Wednesdays 6-6:45	Lutterworth Town Hall	Beginners Pilates Good for core strength and energising your body (6 week course £30)	Helen North 07809 869582

PHYSICAL ACTIVITY CONT...



WHEN	MEET	DETAILS	CONTACT
Thursday evenings 7:45	Enigma, Market Harbor- ough	Salsa Solamente Drop in style classes no need to turn up just book!	Kath Pearce, 01858 433637
Weds 7pm- 7.45pm	Lutterworth Town Hall	Improvers Pilates class. Improve your core strength and posture with this class. Pilates is designed to elongate, strengthen and re- store the bodies balance. Sign up now get first week free.	Helen North 0116 284 1217
Thurs evenings 7.15-8pm	Futurefaces, Lutterworth. (Next to Dun- ton Bassett football ground)	Adult Dance Classes! (Beginners) Tap your feet into touch! An enjoyable and rhythmic form of dance. Coming soon, call for more details.	Future faces 01455 553878
Various Days (contact for details)	Harborough Leisure Centre,	Harborough District Indoor Bowls Club! Try your hand at bowls. Fun ac- tivity for adults and it doesn't matter if you have never played before!	Leisure Centre 01858 410115
Thursday 16th July 6:30	Archway House, Coventry Road, market Harbor- ough	Leisure Rides! Meeting at Lutterworth Sports Centre. Leisure ride of around 6 miles throughout Lutterworth	Steven Scales 01858 828282



Learn to Dance Salsa - Drop in style classes - no need to book, just turn up;

Every Thursday evening
Beginners 7:45pm - 8:45pm ,

Improvers & Intermediate 8:45pm - 9:45pm
£6 per session.

Enigma (entry via Cafe Bar)

18 Coventry Road

Market Harborough,
LE16 9BZ

Special Offers available for 'STEP OUT' attendees

For more information please contact;

Contacts: info@salsasolamente.co.uk Telephone: 07804961619



serco



COME AND TRY BOWLS!!

With Harborough District Indoor Bowls Club at Harborough
Leisure Centre
Northampton Rd, Market Harborough, Leics, LE16 9HF

Instruction available for all ages
All abilities welcome
Equipment provided
Come along and try something new!

For more information please contact reception on
01858 410115

www.harboroughleisurecentre.com





Harborough District Sports and Activity Alliance!

The HDSAA is your point of information for the development of sport and physical activity opportunities for all in the Harborough District.

The Sports Alliance also issue funds and grants to individuals and groups for a number of sports projects

If you would like more information on HDSAA you can view the website, www.harboroughsport.co.uk or contact Andrew Watson, Sport Development Officer on 01858 821289

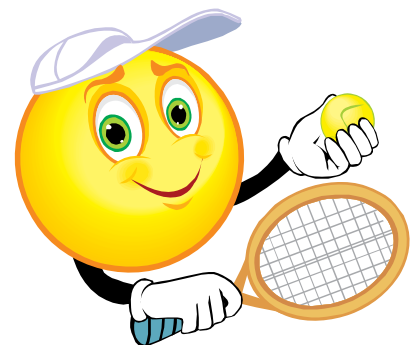
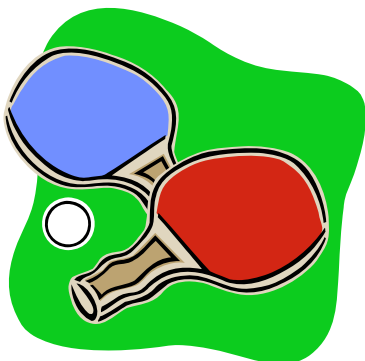


Calling all Over 50's!!!

Active Together Harborough is committed to providing exercise opportunities for older people and has been working closely with Harborough Leisure Centre and Lutterworth Sports Centre to provide an extensive programme of physical activity for over 50's.

Re launched in January 2009 the introduction of **tennis** and **table tennis** sessions to Harborough Leisure Centre and

table tennis sessions to Lutterworth Sports Centre



Over 50's Continued...

For only £2.85*, you can use the gym, go swimming or play badminton and now play tennis and table tennis!!!

50+ Group Exercise Sessions

There is also the chance to take part in specific 50+ exercise sessions which are designed to address your changing body's needs and to inspire you to get in the best shape of your life, they are:

Harborough Leisure Centre

Legs, Bums and Tums and Body Pump

Lutterworth Sports Centre

Aerobics and Aqua Aerobics



For the full timetable of activities at both centres, please call Steve on 01858 828282 or email s.scales@harborough.gov.uk, alternatively you can contact the two centres directly:

Harborough Leisure Centre: 01858 410115

Lutterworth Sports Centre: 01455 200800

*prices and times are correct at time of printing and are subject to change



It's free to swim in **Harborough district** for people aged 60 and over from 1 April 2009

Whether you're a seasoned swimmer, want a bit of practice or you're a complete beginner, there's never been a better time to dive in! **Harborough Leisure Centre and Lutterworth Sports Centre** are free for you to use

For more information visit us online or call www.harboroughleisurecentre.com or (01858) 410115 or www.lutterworthsportcentre.com (01455) 200800



Free Indoor Bowls



Lutterworth Town Hall
10:30am-12:00pm

THE SECOND MONDAY OF EVERY MONTH

Sessions are £3 and informal.
So don't worry if you've never played before!

For more information on this activity or any other activities call the
Physical Activity Coordinator Steve Scales on 01858 821284

Keep a check on your health!

Free health checks will be available at
The following libraries at varying dates/times throughout
August and September, keep an eye out in your local paper!

Market Harborough/ Lutterworth/ Fleckney/ Kibworth and
Broughton Astley

Please Contact Steve Scales on 01858 828282 for more infor-

Blood Pressure



Muscle Mass

Body water %

Body Fat %

Metabolic Age

All measurements taken will be explained and
recommendations may be given.

The health checks will be operated on a drop in basis with
a signing in sheet at reception.

Please note the health checks have proved very popular so
arrive early on the day to book your time slot.



For more information contact Steve on 01858 828282 or email s.scales@harborough.gov.uk

Booking:

It is not essential to book any of the activities listed in our brochure, however we would advise you contact us to confirm the sessions are on in order to avoid disappointment.

Mailing List:

If you are not on our mailing list and would like to receive this Brochure on a quarterly basis please do not hesitate to contact us.

- **Would you like more information?**
- **Would you like your class or activity to be listed in this brochure?**
- **Would you like to try an activity not listed in this brochure?**

Then contact your Physical Activity Co-ordinators, we would be more than pleased to help!

Steve Scales

01858 828282

s.scales@harborough.gov.uk