

Kickstart

Supporting you to do your 30 a day



www.bactivederby.com/kickstart

Have a go just for women

For more information on any session contact b-active on 01332 641240

Type of activity	When	Where	Cost	Other
Self defence for women	Monday 6.45pm to 7.45pm	St James Centre Malcolm Street Derby DE23 8UL	Prices vary, please discuss with instructor at 1st session Arrive 10mins before start to sign up.	For women & girls over 7 years. Guaranteed female instructor.
Introduction to Aerobics	Wednesday 9.45am to 11am School term time only	St Augustine's Community Ctr Almond Street Derby DE23 6LX	£3.00	Guaranteed female instructor
Aerobics	Monday 7pm to 8pm	Shaftesbury Sports Centre Shaftesbury Crescent Derby DE23 8NA	£2.90 Standard & Passport to Leisure Card £2.70 Concessionary & Concess Passport Card	Guaranteed female instructor

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Type of activity	When	Where	Cost	Other
Bollywood Dancercise	<p>Wednesday 6.30pm to 7.30pm for girls aged 6 - 16 years</p> <p>7.30pm to 8.30pm for over 16's</p>	<p>Normanton Park Community Ctr Warwick Avenue Normanton Derby DE23 8DA</p>	<p>Surtal members: £2 Non-members: £4</p>	<p>Guaranteed female instructor. Delivered through Surtal Asian Arts. To book a place contact Gopa Nath on 01332 720730.</p>
Kickboxing with Jon Jepson Blackbelt Academy	<p>Wednesday 7pm to 8pm</p>	<p>Jon Jepson Blackbelt Academy East Mill, Darley Abbey Mills Haslams Lane Derby, DE22 1EB</p>	<p>Call Nikki on 07884 236569 for prices and booking information</p> <p>Guaranteed female instructor</p>	
	<p>Friday 6.30pm to 7.30pm</p>	<p>Springwood Leisure Centre Springwood Drive Oakwood Derby, DE21 2RQ</p>	<p>Call Nikki on 07884 236569 for prices and booking information</p> <p>Guaranteed female instructor</p>	
	<p>Sunday 11am to 12 noon</p>	<p>Springwood Leisure Centre Springwood Drive Oakwood Derby, DE21 2RQ</p>	<p>Call Nikki on 07884 236569 for prices and booking information</p> <p>Guaranteed female instructor</p>	

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Type of activity	When	Where	Cost	Other
Kickboxing (continued) with Jon Jepson Blackbelt Academy	Sunday 1pm to 2pm	Heatherton Community Centre Hollybrook Way Heatherton Derby	Call Nikki on 07884 236569 for prices and booking information Guaranteed female instructor	
Gym	Monday 11am to 12 noon	Queen's Leisure Centre Cathedral Road Derby DE1 3PA Passport to Leisure card	£4.20 £2.70 Concessionary £3.80 Passport to Leisure £2.50 Concessionary	Not guaranteed female staff
	Monday 2pm to 3pm	Shafesbury Sports Centre Shafesbury Crescent Derby DE23 8NA	£2.85 £2.65 Concessionary	Guaranteed female staff
	Monday 6.30pm to 9pm	Pakistan Community Centre 103 Harrington St Pear Tree Derby, DE23 8PB	£1	For women aged 14 years and over. Guaranteed female instructor.
	Tuesday 5.30pm to 10pm	Woodlands Community School Blenhiem Drive Allestree Derby DE22 2LW	£20 to join the gym £3.50 a session	Guaranteed female staff

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Type of activity	When	Where	Cost	Other
Gym (continued)	Wednesday 10am to 11 noon	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£4.20 £2.70 Concessionary £3.80 Passport to Leisure £2.50 Concessionary Passport to Leisure card	Not guaranteed female staff
	Wednesday 2pm to 3pm	Shaftesbury Sports Centre Shaftesbury Crescent Derby DE23 8NA	£2.85 £2.65 Concessionary	Guaranteed female staff
	Wednesday 5.30pm to 10pm	Woodlands Community School Blenhiem Drive Allestree Derby DE22 2LW	£20 to join the gym £3.50 a session	Not guaranteed female staff
	Wednesday 6.30pm to 9pm	Pakistan Community Centre 103 Harrington St Pear Tree Derby, DE23 8PB	£1	For women aged 14 years and over. Guaranteed female instructor.
	Thursday 11am to 12 noon	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£4.20 £2.70 Concessionary £3.80 Passport to Leisure £2.50 Concessionary Passport to Leisure card	Not guaranteed female staff
	Friday 10am to 11am	Shaftesbury Sports Centre Shaftesbury Crescent Derby DE23 8NA	£2.85 £2.65 Concessionary	Guaranteed female staff

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Type of activity	When	Where	Cost	Other
Gym (continued)	Friday 6.30pm to 9pm	Pakistan Community Centre 103 Harrington St Pear Tree Derby, DE23 8PB	£1	For women aged 14 years and over. Guaranteed female instructor.
	Friday	Woodlands Community School Blenhiem Drive Allestree Derby DE22 2LW	£20 to join the gym £3.50 a session	Not guaranteed female staff. Call 01332 551921 ext 869 for more information
	Saturday 9am to 1pm	Woodlands Community School Blenhiem Drive Allestree Derby DE22 2LW	£20 to join the gym £3.50 a session	Not guaranteed female staff. Call 01332 551921 ext 869 for more information
Netball	Friday 7.15pm to 8.15pm	Shaffesbury Sports Centre Shaffesbury Crescent Derby DE23 8NA	£2.85 £2.65 Passport to Leisure card	Guaranteed female instructor
Swimming	Monday 12 noon to 1.15pm	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£2.65 £1.95 Concessionary £2.20 Passport £1.55 Concessionary Passport Free swimming for over 60's and under 16's	Women only Not guaranteed female staff - please call the centre on 01332 641444 to check

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Type of activity	When	Where	Cost	Other
Swimming (continued)	Tuesday 7.30am to 9.15am	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£2.65 £1.95 Concessionary £2.20 Passport £1.55 Concessionary Passport Free swimming for over 60's and under 16's	Women only Not guaranteed female staff - please call the centre on 01332 641444 to check
	Thursday 7.30am to 9.15am	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£2.65 £1.95 Concessionary £2.20 Passport £1.55 Concessionary Passport Free swimming for over 60's and under 16's	Women only Not guaranteed female staff - please call the centre on 01332 641444 to check
	Thursday 12.15pm to 1.15pm	Queen's Leisure Centre Cathedral Road Derby DE1 3PA	£2.65 £1.95 Concessionary £2.20 Passport £1.55 Concessionary Passport Free swimming for over 60's and under 16's	For women and children aged under 5 years. Not guaranteed female staff - please call the centre on 01332 641444 to check
	Sunday 10.30am to 11.30am School term time only	Lonsdale Swimming Pool Chevin Avenue Mickleover Derby DE3 9GW	£2.20 £1.60 under 16's	For women and girls Female lifeguards for all sessions

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Type of activity	When	Where	Cost	Other
Women's Activity Morning	Tuesday 9.30am to 11.30am	Springwood Leisure Centre Springwood Drive Oakwood Derby DE21 2RQ	£2.95 £2.65 Passport to Leisure card	Includes Cardio Cruch class and badminton session
	Friday 9.30am to 11.30am	Springwood Leisure Centre Springwood Drive Oakwood Derby DE21 2RQ	£2.95 £2.65 Passport to Leisure card	Cardio Cruch class