



# DERBY ACTIVE

Autumn/Winter 2017/18

Inspired, energised, enthused



DERBY ARENA

SPRINGWOOD LEISURE CENTRE

MOORWAYS STADIUM

QUEEN'S LEISURE CENTRE

Cycling

Classes

Racket sports

Memberships

Athletics

Events

Swimming

Gym

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

# WELCOME



As the nights start to get darker, it's easy to stay at home on the sofa rather than go out and exercise but with so many great activities for your health, fitness and wellbeing on offer, it would be a shame to miss out.

There's loads of great **classes** you can attend including Les Mills and Clubbercise, our **gyms** are packed with a great variety of cardio and resistance machines as well as free weights and Queen's Leisure Centre is now offering a full **swimming** programme from all three pools.

The selection of **racket sports** on offer at Derby Arena is ever-expanding and now includes pickleball which is a cross between table tennis and badminton, and walking football for those with restricted agility.

**Why not drop in and see what's on offer?**

## CONTENTS

3 GYMS

4 CLASSES

6 MEMBERSHIPS

8 SWIMMING

10 CYCLING

12 SPORTS COURTS

14 FAMILY FUN

19 OVER 50s

20 PARKS & GOLF

23 EVENTS

## 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

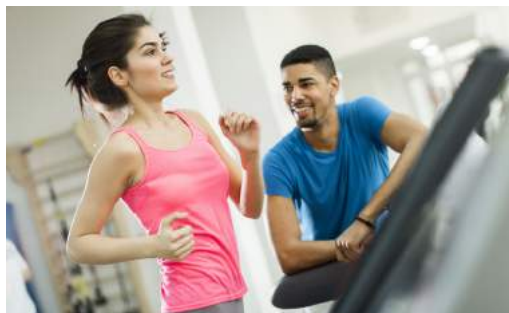


We have gyms in all three of our leisure facilities, whether you want to train at **Derby Arena**, **Springwood Leisure Centre**, or **Queen's Leisure Centre**.

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.

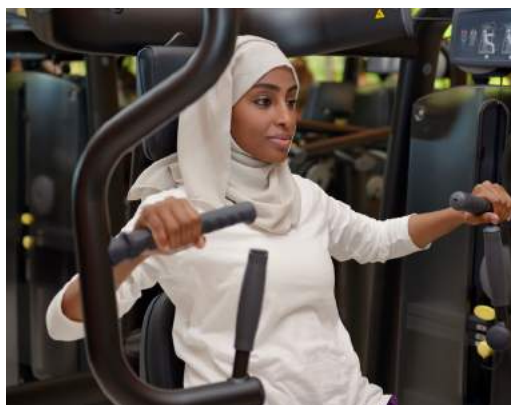
- Personalised training programmes
- Resistance machines
- Pure Strength resistance machines
- Cardio machines
- My Wellness app
- Kinesis stations, UNITY screens and Omnia machines available at Derby Arena



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 can start training straight away, you will need to sign our Health Commitment Statement or you can book an induction for your first visit.

*"I started my Derby Active membership over the summer, taking advantage of a great sign-up offer. The range of classes is fantastic and there always seems to be something available at times that suit me. I couldn't believe how large and well equipped the gym is. With all the other activities that happen at Derby Arena, there's always a vibrant atmosphere which is great!"*

**Clare Snape, member**





**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.



**Aqua Circuit** is a high energy and fun fitness class in which you perform a range of exercises in the pool, shown to you by our motivational instructors.

**AquaJog** gives you all the benefits of running but with less impact on your body. The water offers resistance and support for a great workout.

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



**HIIT BLT** is high intensity interval training for bums legs and tums. Improve strength and muscle tone in the lower body through a range of exercises.

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

**Pilates** uses controlled movements to improve flexibility, build strength and develop control and endurance in the entire body.



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

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

Visit [inderby.org.uk/workout](http://inderby.org.uk/workout) 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 27)



# 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**.



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



GYM



CLASSES



SWIM



Prices subject to change

# 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 £10.50 for adults and £5.25 for young people under 16. Our Family Leisure Card is available for up to two adults, to a maximum of five people.

The annual cost is £20.75



## 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 £5.25



## 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 £5.25



## 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 £2.75



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

Prices subject to change

# 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.

**FOR OUR POOL PROGRAMME VISIT [inderby.org.uk/swim](http://inderby.org.uk/swim)**

## 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 every day 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 LADIES ONLY

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

## SWIM AS A FAMILY

As a family you can swim in our public sessions, but we also have Family Splash sessions where there will be floats and toys for everyone to enjoy. For the younger swimmers come along to the Adult and Child sessions.

See [inderby.org.uk/holidays](http://inderby.org.uk/holidays) 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 Amateur Swimming Association (ASA) framework.



## UNDER 5S

### Ducklings - 3 months 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 of all abilities. As part of a group we will provide the necessary stepping stones to help your child build their confidence and have fun in the water.

## 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)

# CYCLING

As one of only 5 velodromes in the UK, we're really lucky in Derby to have such an amazing facility as Derby Arena on our doorstep. The 42° track is open to both experienced cyclists and those who are new to track cycling. There are some great taster sessions available so you can have a go and see if you like it, or try our accreditation scheme if you want to be the next Bradley Wiggins!



Derby Arena's 250m indoor cycle track has already been ridden by some of the world's top cyclists including Sir Bradley Wiggins, Dame Sarah Storey, Laura Kenny, Mark Cavendish, Joanna Rowsell-Shand and Ed Clancy.



Although we attract elite riders to our track, we have great recreational, training and racing opportunities for everyone including beginners, juniors, women, visually impaired, physically disabled, seniors and veterans.

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

**Taster 1**

**Improve 2**

**Advanced 3**

**Accreditation 4**

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.

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

For available dates please contact Derby Arena on 01332 640011

ONLY £150



# 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			•	
Volleyball	•			
Walking football	•			•

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.

# ATHLETICS

The refurbished Moorways running track has provided Derby with a first class athletic facility. Moorways Stadium 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
		

## 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**

# 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 12 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.

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 17



## GYMNASTICS

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. 7 to 16 year olds can also join our trampolining groups.

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

### SPRINGTOTS - PRESCHOOL GYMNASTICS

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.

Sessions are Tuesdays and Wednesdays, for walking-age up to their 5th birthday (or school age).

Visit [inderby.org.uk/gymnastics](http://inderby.org.uk/gymnastics) or call **01332 664433** for more information.



### SPRINGTOTS SESSION

Try for only **£1** with this voucher

Terms & conditions apply. See [inderby.org.uk/offers](http://inderby.org.uk/offers). Offer expires 6/12/2017  
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. For children aged 0 to 6 years. Parents participate in the session with their child.

**Thursdays 9.30am - 11.30am**

£2.50 each child. Booking is advised, call 01332 664433.



# BIRTHDAY PARTIES

SPRINGWOOD LEISURE CENTRE | DERBY ARENA  
QUEEN'S LEISURE CENTRE



BOUNCY CASTLE PARTY • • TRACK CYCLING PARTY  
SPORTS ACTIVITY PARTY • SPLASH PARTY • FUNCTION ROOM

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



**#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 £1.10 at Council leisure centres (12+)
- Confidential support to stop smoking (12+)
- 2-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

**livewell**

## HELPING YOU TO LIVE BETTER

Livewell offers a range of free 12-month supportive programmes to help people in Derby to:



### LOSE WEIGHT

Our no-nonsense, life-changing programmes for adults and children can help you manage your weight for good.



### STOP SMOKING

You're four times more likely to quit with us than going it alone. What's more, you can get free stop smoking medicine (conditions apply).



### GET FITTER

Along with our friends at DCFC, we offer group exercise programmes for men and women in a friendly environment.



### LOOK AFTER YOUR HEALTH

Our free 30-minute NHS Checks for 40 to 74 year olds includes a few simple tests to help you stay healthier for longer.

**TO FIND OUT MORE AND APPLY GO TO [livewellderby.co.uk](http://livewellderby.co.uk)**

# OVER 50s

We have a wide range of opportunities for over 50s to be active, have fun and make new friends.



## 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.



## FOREVER ACTIVE

Free 12 month physical activity programme for over 60s. Combining gentle exercise to boost balance, stability and strength with sociable get-togethers. Call the Livewell team on **01332 416140** for more information



## 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 10.



## 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...



## BOWLS

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



## RACKET SPORTS

Play badminton, table tennis, short tennis, pickleball or squash. See page 12 for where to play.



## 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.

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 23 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)

## 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)

## ALLESTREE PARK GOLF COURSE

This 18 hole course is set in mature parkland, with tree-lined fairways. To book call **01332 550616** or visit [teeofftimes.co.uk/allestree-park](http://teeofftimes.co.uk/allestree-park).



## MAKE GREAT SAVINGS WITH OUR RANGE OF GOLF OFFERS



VISIT THE  
WEBSITE TO  
SEE THE LATEST  
DEALS

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



# 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** and **Markeaton Park**. 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**.



# 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)

**DERBY LIVE** sinfonia **VIVA** Hannells  
**THE**  
**Hannells**  
**DARLEY PARK CONCERT**

Come along and be part of the 30,000 strong crowd at one of the UK's biggest outdoor classic concerts, in the stunning natural amphitheatre that is Darley Park.

**Sun 3 Sep**  
**Darley Park**  
£2.50 in advance, £5 on the day.  
Under 16s free with a ticket.



**DERBY COLOUR RUN**

Join with friends, family or colleagues and choose to run, walk or even dance around our 5k course where you will be 'blasted' with coloured powder, and cross the finish line wearing all the colours of the rainbow, and a huge smile! For more information visit [derbyhospitalscharity.org.uk](http://derbyhospitalscharity.org.uk)

**Sun 17 Sep, 10.30am - 2pm**  
**Darley Park**



**cycle derby sportive**

The North Derbyshire Challenge takes riders out into the Peak District, it will prove a memorable ride with gorgeous scenery and challenging hills.

**Sun 17 Sep, from 8am**  
**Markeaton Park**



**Rumpus Theatre Company**  
**THE RED ROOM**  
BY H.G. WELLS

Everyone warned against it, but stubbornness is a curious thing ... one night, entirely alone in an apparently haunted room. It's a familiar scenario, but the outcome is totally unexpected.

**Mon 25 & Tue 26 Sep**  
**Guildhall Theatre**  
£15.25



**Bess**  
The Commoner Queen  
A new play by Kevin Fegan

The life and times of Bess of Hardwick is in every way an epic life-telling. Bess takes centre stage in this one-woman show mixing theatre with film.

**Thu 28 Sep - Sun 1 Oct**  
**Guildhall Theatre**  
£15



**DERBY FESTE**

Derby Festé returns bigger, bolder and brighter than ever before. With events for all the family to enjoy make sure you put these dates in your diary.

**Fri 29 - Sat 30 Sep**  
**City Centre**  
Check [derbyfeste.com](http://derbyfeste.com) for details and ticket information.



**PR**  
Promotional

**Derby at 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.

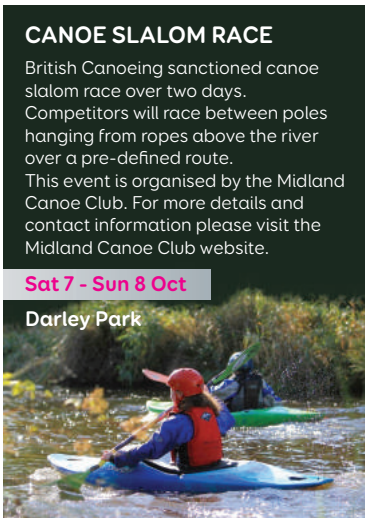
**Fri 6 - Sun 8 Oct**  
**Derby Cathedral Quarter**  
£24 - £88



**CANOE SLALOM RACE**

British Canoeing sanctioned canoe slalom race over two days. Competitors will race between poles hanging from ropes above the river over a pre-defined route. This event is organised by the Midland Canoe Club. For more details and contact information please visit the Midland Canoe Club website.

**Sat 7 - Sun 8 Oct**  
**Darley Park**



*Babbling Vagabonds with Derby LIVE*  
**A Stroppy Workshoppy**

A make, play, and take puppet making workshop from the wonderful creators of the Guildhall Theatre Christmas shows including this year's *Prince Stroppy Pants* and *the Christmas Caper*.

**Mon 23 - Wed 25 Oct**  
**Markeaton Park Community Room**  
**Thu 26 - Sat 28 Oct**  
**Guildhall Theatre Clubrooms**  
£4.50, 2 for £8,  
3 or more for £3.50 each





## OCTOBER HALF-TERM FUN FAIR

An array of children's and family attractions to enjoy.

**Fri 20 - Sun 29 Oct, 12noon - late**

### Market Place

See on site for prices



## SHEDS HOLLAND Markets

The historic buildings and streets of Derby's Cathedral Quarter are transformed into a food-craft-arts focused party for one night with dishes from all over the world, handmade crafts, vintage clothes, accessories, arts and much more..

**Thu 16 Nov, 5pm-10pm**

### Cathedral Quarter, Derby Free



## CHRISTMAS ARTS & CRAFT FAIR

The Christmas arts and craft fair returns for 2017. Offering a wide range of products from local traders and small businesses. A perfect place to find that different Christmas gift.

**Fri 1 - Sat 23 Dec, 10:30am - 4:30pm**

### Market Place Free entry



**lost boys**

# Ball

By Brian Lobel

Featuring Paul Broesmith

One man's funny story about cancer. Unexpected, quirky and provocative. Infusing the 'Cancer Story' with an urgency and humour which is sometimes salacious and always, above all else, honest and open.

**Thu 2 - Sat 4 Nov**

**Guildhall Theatre Clubrooms**

£13

## JAMES ACASTER

Classic Scrapes Book Tour

James Acaster is releasing his first book this year, *James Acaster's Classic Scrapes*, which is going to be a collection of self-deprecating anecdotes about scrapes James has got himself into over the years.

**Sat 4 Nov, 8pm**

### Guildhall Theatre

£17.25



**DERBY LIVE**

## CHRISTMAS LIGHTS SWITCH-ON

Join a festive parade and enjoy a variety of entertainment on the Market Place stage, leading up to the big switch-on event around 6pm.

**Sat 18 Nov, from 3:30pm**

**Market Place Free**

**gem**

STRONG DERBY 50

**CATHEDRAL QUARTER DERBY**

**3aaa**

## Christmas Ice Rink

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 1 Dec - Sun 31 Dec**

**Market Place**

£6.50 - £8.50

## FAMILY FESTIVITIES

AT MARKEATON PARK

**Sat 2 & Sun 3, Sat 9 & Sun 10, Sat 16 & Sun 17 Dec**

**Markeaton Park**

Free entry, see on site for attraction prices.

## JINGLE JOG

Feel the Christmas spirit as you line up with other Santas to support Derby Hospitals Charity. This 5km fun run takes you on a route through the picturesque Markeaton Park and is suitable for everyone. Sign up at [derbyhospitalscharity.org.uk](http://derbyhospitalscharity.org.uk)

**Sun 3 Dec, 10:30am - 1pm**

**Markeaton Park**

£10, or FREE to watch and support

Friends of Markeaton park  
**CHRISTMAS CRAFT FAIR**

Lots of craft stalls, preserves, Christmas plants and great ideas for Christmas presents.

**Sat 2 - Sun 3 Dec, 11am - 3:30pm**

**Markeaton Park  
Craft Village**

Free entry,  
prices on site



**STEPHEN K AMOS**

Brexit. Trump. No more Mary Berry on the *Great British Bake Off*. Things are looking bleak so wouldn't it be better to just forget all about it for the evening in the company of the 'effusively charming' Amos?

**Wed 17 Jan, 8pm**

**Guildhall Theatre**  
£18.75



LittleWOLF entertainment

# Beauty and the BEAST

CBeebies' Mr Bloom  
BEN FAULKS  
as *Idle Jacques*

Second  
headline star  
to be revealed

*Be our guest...*

Join us at Derby Arena for another spectacular, star-studded, traditional, family pantomime. All your favourite characters will be brought to life in this enchanting and spellbinding tale.

**Tue 5 - Sun 31 Dec**

**Derby Arena**  
£14.75 - £32.75

babbling vagabonds

# Prince Stropky Pants and the Christmas Caper

His Royal Highness is the stroppiest Prince ever. Find out if he can learn some manners in this fun family show.

**Thu 7 - Thu 28 Dec**

**Guildhall Theatre**  
£10 - £13.50

catsocks

# THE WIZARD OF OZ

Join the Scarecrow, Lion and Tin Man as they travel through the weird and wonderful land of Oz, encountering Wet Witches, Flying Monkeys, Poisonous Poppies and a multitude of Munchkins along the way! What could possibly go wrong?

**Tue 30 Jan - Sat 3 Feb**

**Guildhall Theatre**  
£13.50 - £17.50

**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.

**Thu 19 Apr, 8pm**

**Derby Arena**  
£29.50



**ED BYRNE** **SPOILER ALERT**

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

**SARAH MILLICAN**

Sarah Millican is not a control freak, she's a control enthusiast. She even controls her own insults, see? Funny, frank and unapologetically filthy.

**Sun 1 Jul, 8pm**

**Derby Arena**  
£29.50



**JASON MANFORD**

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 captivating wit, this is a show not to be missed.

**Sat 24 Nov 2018, 8pm**

**Derby Arena**  
£29.50







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**



**KEEP FIT FOR THE  
BRAIN**

**Free activities to keep your  
brain active**

Every Thursday  
Derby Central Library  
Drop in between 10.30am  
and 12 noon - all welcome  
Puzzles - Sudoku, word  
searches, cross words.



# 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](mailto: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  
مثنیٰ 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।



# SIGN UP ONLINE OR COMPLETE THIS FORM

For regular updates from Leisure & Culture  
[inderby.org.uk/signup](https://inderby.org.uk/signup)

☒ I'm happy to receive information by email

First name

Last name

Email address



All personal information provided will be treated in accordance  
with the Data Protection Act 1998.

Send your completed form to **Leisure & Culture Marketing Team,**  
**Assembly Rooms, Market Place, Cathedral Quarter, Derby, DE1 3AH**  
or scan and email to [lctmarketing@derby.gov.uk](mailto:lctmarketing@derby.gov.uk)

