

INSPIRED, ENERGISED, ENTHUSED

DERBY ARENA

SPRINGWOOD LEISURE CENTRE

MOORWAYS STADIUM

QUEEN'S LEISURE CENTRE

Swimming

Cycling

Classes

Racket sports

Football

Memberships

Athletics

Gym

Events

 inderby.org.uk/active  

WELCOME



Welcome to our 2019 Derby Active guide, providing you with information about all that's on offer in our leisure facilities. We have courts, sports and activities throughout the city for everyone to enjoy.

Book a **badminton** or **squash** court at Springwood Leisure Centre, experience the thrill of the **cycle track** at Derby Arena, play **football** on our outdoor pitches at Moorways Stadium or make a splash at Queen's Leisure Centre.

We have lots to offer to get you and your family active, with **fitness classes**, **gyms**, **children's coaching courses** or why not try our new **Atlantis Splash slide**.

Get active and enjoy!

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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.



Make the pledge
#IWill #WeWill

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



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
- 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

Membership packages are subject to change

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 **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 3.
New gym users need to book an induction for your first visit.



SPRINGWOOD GYM

"Coming to the gym in the morning sets me up for the rest of the day and it helps me feel energised."

Eileen Farley, member

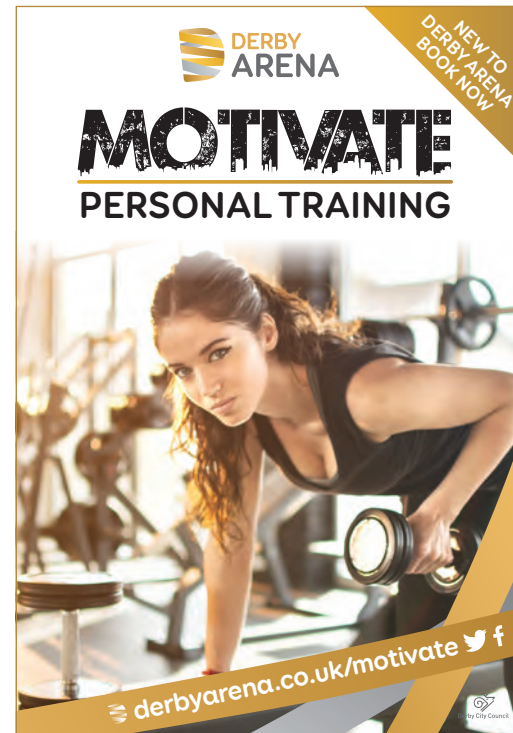


"My experience has shown that not only are the instructors fantastic at giving fitness advice but they are also very conscious of wellbeing."

Steph, member



QUEEN'S GYM



"I've been taking Motivate Personal Training Sessions with my partner Emma at the Arena Gym. The staff in the Gym are just brilliant; challenging me with tough but achievable exercises. I can thoroughly recommend the Motivate sessions. I've not really worked with an Instructor in this way before, I wish I'd done it years ago!"

Graham Watson, member



DERBY ARENA GYM

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).



Body Conditioning will help you sculpt, tone and re-shape a better you. Delivering all-round benefits from head to toe.



Aqua Classes

Try Aqua Fit, Aqua Jog or Aqua Circuits, we have the class for you. Whatever your age, ability or experience our classes are upbeat, fun and inclusive.



Boxercise incorporates boxing techniques and 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.

Visit inderby.org.uk/classes for our programme and full A-Z of class descriptions.



Yoga is a powerful healing practice using a specific sequence of postures linking breath and movement. See our programme for PiYo and Pilates.



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.

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.



POWER CYCLING

At Springwood Leisure Centre

Personalised sessions and programmes to meet your personal goals and needs.



Contact Springwood for more information

Pay for each session, or join as a member see page 3. You can book online for classes up to 7 days in advance or call the facility (contact details on page 35)

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.



UNDER 8s POLICY

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

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.



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.



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.



See the website at inderby.org.uk/six for details of our school holiday activity and pool programme.

Gala & Family Pool

1 adult with up to 2 children under 8.



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.



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

For more information on our pool programme visit inderby.org.uk/swim

MEN ONLY SWIMMING SESSIONS

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

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 - and why not try Atlantis Splash Run. Younger swimmers can come along to the Adult and Child sessions, under 5s swim for free.



ATLANTIS SPLASH RUN

TAKE THE CHALLENGE AT QUEEN'S LEISURE CENTRE



LEARN TO SWIM

Our Learn to Swim programme at Queen’s Leisure Centre follows the Swim England Learn to Swim Programme which is the leading national teaching syllabus for delivering safe, inclusive and effective swimming lessons for all ages.

Classes run Monday to Friday after school and Saturdays.



The structured and progressive content is based on a games-led approach to ensure children enjoy learning. With a bright new range of badges and certificates the programme provides motivation and support for children at every level, from their first splash to gaining their enhanced aquatic skills.



PRE-SCHOOL UNDER 5s

The Pre-School programme introduces pre-schoolers to swimming through fun and games. It also offers support for those learners who may have additional needs, requiring smaller steps.

STAGES 1 TO 7 (4 TO 11 YEARS)

The Learn to Swim Stages 1 to 7 focus on developing fundamental movement skills; teaching children to swim using the four strokes of front crawl, backstroke, breaststroke and butterfly with fun and enjoyment. By the end of Stage 7 you will be able to swim 25m. Our programme also includes sessions for older children who want to learn to swim.

ADULT SWIMMING LESSONS

The Adult Swimming programme is designed to meet adult needs and motivations. We cater for a range of abilities from non-swimmers and nervous swimmers to those who want to build confidence, help develop swimming skills and improve their stroke and technique.

ROOKIE LIFEGUARD 8 YEARS +

The Rookie Lifeguard Programme is a fun and exciting lifesaving awards scheme for young people, teaching self-rescue, survival, rescue and lifesaving sport skills. To attend you need to be a competent swimmer. Rookie Lifeguard follows the Royal Life Saving Society Framework.

COMMENTS FROM PARENTS

Teachers are friendly, my son enjoyed it so much

My child’s swimming teacher has a fantastic approach and method

Value for money

A skill every child needs

My daughter has gained so much water confidence

Love the patient and helpful instructors

Excellent service and my daughter has progressed so far in a short space

It is a professional service and value for money.

Nice staff, built my daughter’s confidence and encouraged her a lot

To book your lesson call **01332 641444** or visit inderby.org.uk/learntoswim

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

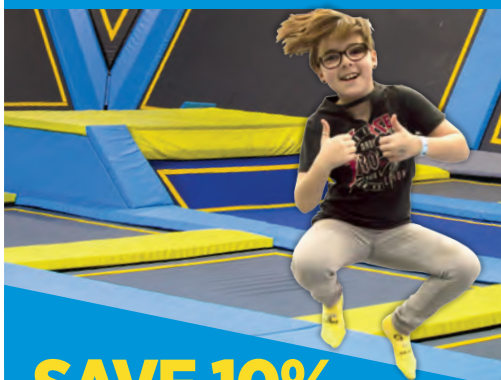


FIND OUT MORE AND HOW TO APPLY AT inderby.org.uk/leisurecard

Terms & conditions apply.

DERBY'S FAVOURITE TRAMPOLINE PARK

SOCCERDOME, PRIDE PARK, DE24 8BW



SAVE 10%
ON YOUR NEXT FREEJUMP
USE CODE: PARK10

VALID UNTIL: 30.04.19

BOOK NOW
OXYGENFREEJUMPING.CO.UK

OXYGEN
FREEJUMPING

ATLANTIS SPLASH RUN

TAKE THE CHALLENGE AT
QUEEN'S LEISURE CENTRE



FAMILY FUN
FUN WITH FRIENDS
BOOK NOW

inderby.org.uk/atlantis



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.



TRACK RUNNING

MOORWAYS RUN PASS

Enjoy running, but want somewhere safe to complete your distance? Why not join us at Moorways Stadium on the floodlit running track? Unlimited use for only £30 for 3 months.

For session times and to join visit inderby.org.uk/run

Terms and conditions apply, not available during events.

MEETING ROOMS

Moorways Stadium has meeting rooms available to hire for presentations, training days or one to one interviews. Our rooms have access to a personal kitchen, internet, white boards and free parking.

Find out more visit our web page inderby.org.uk/moorwaysstadium

STADIUM EVENTS

Moorways Stadium hosts a range of large and small sporting and social events each year including football, athletics, school sports and cyclocross. Our floodlit center bowl can also be hired for football one off matches, making it a great venue for spectator sports.

Our experienced staff will help support your event with advice, equipment, spectator arrangements, parking, PA systems, changing arrangements and general event management.

To book facilities at Moorways Stadium call **01332 641234**, visit inderby.org.uk/moorwaysstadium or email 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

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
£157.50

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	Queen's Leisure Centre
Athletics track & field		•			
Badminton	•			•	
Basketball	•			•	
Cricket			•		
Futsal football	•				
Grass pitches		•	•		
Handball	•				
Indoor cricket/Kwik	•			•	
Netball	•			•	
Pickleball	•				
Racketball				•	
Short mat bowls	•			•	
Short tennis	•			•	
Squash				•	
Synthetic pitches		•	•	•	
Table Tennis	•			•	•
Tennis			•		
Trampoline	•			•	
Volleyball	•				
Walking football				•	
Walking netball	•			•	

For court bookings at facilities call directly or book online at: 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.

CLUBS IN OUR LEISURE CENTRES

We have a variety of clubs that regularly meet at our leisure facilities, including swim, athletics, martial arts, cycling, bowls, basketball, netball, table tennis, football and many more.



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

Café 42

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

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

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.

Join us on the Atlantis Splash Run, great fun for the whole family as you challenge yourself on the floating obstacle course.



In Learn to Swim sessions, our qualified Swim England 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 on page 10 or visit 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 with under 5s swimming for free. On the drier side, at Springwood Leisure Centre we have Bouncy Castle and Soft Play sessions and Pre-school Gymnastics. Derby Arena has balance bikes sessions to support your under 5s cycling skills.



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



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, Atlantis Splash inflatable fun in the pool, racket sports and lots more! See our holiday programme at 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 Skyline High Ropes. 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	•			•
Badminton	•			

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.



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

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. Sessions available for 4 to 16 years.

For availability and prices call Springwood Leisure Centre on **01332 640333** or visit 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



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 640333** to book yours.

All abilities seven to sixteen year olds

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



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 or call **01332 640333** 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.
Offer expires 31/12/19
Call 01332 640333 to book your space
at Springwood Leisure Centre



BOUNCY CASTLE & SOFT PLAY

Join us at Springwood Leisure Centre with your little ones 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

£3.30 each child. Booking is advised, call **01332 640333**.



BIRTHDAY PARTIES

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



BOUNCY CASTLE & SOFT PLAY PARTY • DISCO PARTY • FOOTGOLF PARTY
PITCH & PUTT PARTY • ATLANTIS SPLASH PARTY
TODDLER TEA PARTY • TRACK CYCLING PARTY • POOL 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

#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 public swim sessions 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 12 to 17 years at a discounted price.

To find out more visit themovementderby.co.uk

@DerbyMovement DerbyMovement themovementderby

now you
Can!

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

join us today to
achieve success.

#feelfantastic

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.

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.

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.



ACTIVE LIVING

Available at Springwood Leisure Centre and Derby Arena

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

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

Visit the website for session times in our centres
inderby.org.uk/activeliving

FOREVER ACTIVE

Livewell and Derby County Community Trust offer a free, sociable exercise programme for over 60s to keep physically and emotionally healthy. Find out more at livewellderby.co.uk



SWIMMING

Join us at Queen's Leisure Centre for early morning swim sessions, Aqua classes, 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...

RACKET SPORTS

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

JOIN A CLUB

We have a range of club users in our venues, including badminton, bowls, cycling and more. Just ask at our reception desks. See page 17 for clubs in centres.

LEISURE CARD

Save on your activity sessions with a Leisure Card, see page 12.

FUN WITH GRANDKIDS

See page 18 or visit 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.

Moorways Stadium floodlit center bowl can be hired for football one off matches, making it a great venue for spectator sports.

BOOK ONLINE AT inderby.org.uk/pitches OR CALL 01332 641234

ANYONE FOR TENNIS?

Book a court at Markeaton Park

Open every day 8am to 6pm
(daylight dependant)

1 hour session

Mon-Fri £5, Sat & Sun £7.20

Free courts are available at certain times,
check the website for availability.



To book a court visit:

inderby.org.uk/tennis  

Derby City Council



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

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

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



**OVER 40 PLAY AREAS
ACROSS THE CITY**



**ADIZONE OUTDOOR
GYMS**



**NATURE & WILDLIFE
WALKS AND TRAILS**



**SKATE PARKS AND BMX
TRACK**



**CANOES, BOATS &
PEDALOS**



**FISHING AND MODEL
BOAT CLUBS**



**VOLUNTEER
OPPORTUNITIES**



ALLOTMENTS



**MEALS & SNACKS AT OUR
CAFES 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

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 £12 per player

Saturday and Sunday £16 per player

Unlimited Golf 12 month season ticket £425

To book call **01332 550616** or book online at inderby.org.uk/allestreegolf

UNLIMITED GOLF



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

JOIN &
PLAY FOR
LESS THAN
£9
A WEEK

inderby.org.uk/unlimited

Derby City Council

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




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

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, Markeaton Park and **Moorways Stadium** 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/corporate
Call **01332 287361** or email spacehire@derby.gov.uk.



HIRE A SPACE

We have rooms available to hire across our range of facilities including **Derby Arena, Markeaton Park, Moorways Stadium** and **Springwood Leisure Centre**. Rooms are available for training courses, meetings, corporate events, exhibitions or as a classroom.

Our meeting rooms have flip charts, whiteboards, screens and projector and TVs.

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

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



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



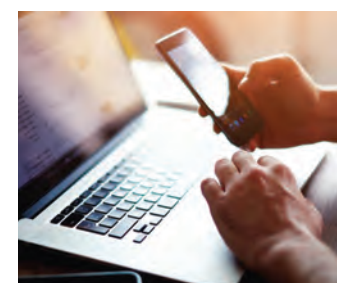
BORROW EBOOKS &
EMAGAZINES



CODING CLUB FOR
CHILDREN



HOMEWORK & STUDY
SUPPORT



INTERNET TASTER
COURSES

EVENTS

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



All the family favourites that guarantee a great day out for everyone to enjoy.

Sun 2 Jun

Chaddesden Park
Free

Run for All & Asda Foundation

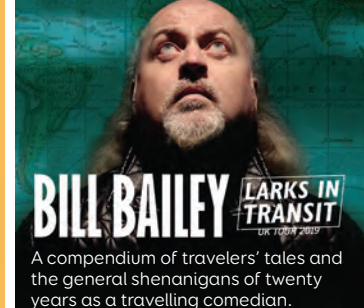
DERBY HALF MARATHON

A welcome addition to the events calendar, attracting thousands of runners and raising tens of thousands of pounds for good causes.



Sun 9 Jun, from 9:30am

Derby City Centre
See runforall.com for entry prices



Thu 6 Jun, 8pm

Derby Arena
£37

SPIRIT OF CHELLASTON

Multigroup village event, showcasing local groups and activities bringing the community together. Friends and family will have a great day out!

Sat 15 Jun, 12 noon - 5pm

Swarkestone Road Park, Chellaston
Free



Sat 8 Jun, 8pm

Derby Arena
£30



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

Jun - Aug

Markeaton Park Craft Village

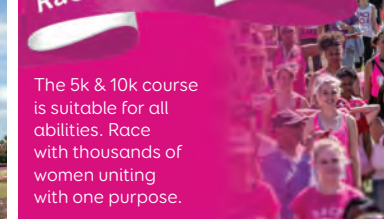
PRETTY MUDDY 5K

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



Sat 29 Jun, 9:30am

Markeaton Park
£19.99 to register



Sun 30 Jun, 9:30am

Markeaton Park
£14.99 to register

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. An event not to be missed!



Fri 12 Jul, 5:30 - 7am

Market Place
Sign up at sunrisecity.co.uk

ALVASTON PARK FAMILY FUN DAY

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

Sun 21 Jul, 12 noon - 4pm

Alvaston Park
Free



WHITNEY QUEEN OF THE NIGHT



Featuring a sensational line up of musicians, with a breathtaking performance in the spirit of Whitney. Revel in three decades of classic hits.

Fri 8 Feb, 8pm

Derby Arena
£27.50

INTERNATIONAL WOMEN'S DAY

Uplifting, multicultural festivities include live performances, drumming, inspiring speakers, HERstory exhibition, women's causes, stalls, arts & crafts, foods and family fun.



Sat 9 Mar, 12 noon - 4pm

Derby Arboretum
Free

Derby County Community Trust



Derby's biggest race and Derby County Community Trust's biggest fundraiser, raising thousands of pounds to help the local community since 2000.

Sun 7 Apr, 9am - 12 noon

Pride Park
See website for details



ST. GEORGE'S DAY CELEBRATIONS

Celebrate Merrie Olde England, with Morris dancing, a craft fair, a parade, and lots of English eccentricity.

Sat 20 Apr, 11am - 4pm

City Centre
Free, see website for programme



The world's biggest, best and most successful Elvis tribute show returns to the UK by popular demand.

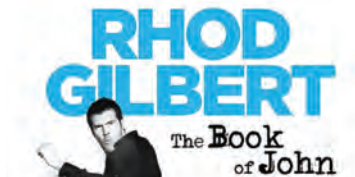
Fri 17 May, 7:30pm

Derby Arena
£54 - £33



Thu 16 May, 8pm

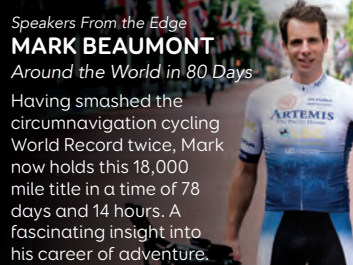
Derby Arena
£35 - £29



It has been a while, but the comedian is back, with a brand new live show.

Sun 19 May, 8pm

Derby Arena
£29.50



Thu 23 May, 7:30pm

Guildhall Theatre
£17.50



From classic cars, retro vehicles, modern classics and lifestyle from the twenties to present day. A fantastic and fun event for the the entire family.

Sun 7 Jul, 10am - 3pm

Markeaton Park
Free
Car parking charges apply

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 30 Jul - Thu 1 Aug
Derby Parks
Free

THE Hannells
DARLEY PARK CONCERT



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

Sun 1 Sep
Darley Park
£7.50 - £2.50
From £3.50 & Free (U16s) in advance

PROFESSOR BRIAN COX
Universal World Tour 2019

A fascinating insight into the workings of nature at the most fundamental level.

Under 16s must be accompanied by an adult



Tue 10 Sep, 8pm
Derby Arena
£47 - £37

CONTACT US

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



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

derbyarena.co.uk  



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

inderby.org.uk/springwood 



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 **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।

CYCLE DERBY SPORTIVE
North Derbyshire Challenge

The Cycle Derby - North Derbyshire Challenge does what it says on the tin - heading out into the Peak District, it will prove a memorable ride with gorgeous scenery and challenging hills.



Sun 22 Sep, 8am-7pm
Markeaton Park
£35 - £25

Derby Folk Festival WEEKENDER

Derby Folk Festival returns as a 'weekender' for 2019. Look out for street displays, and free fringe music. Visit derbyfolkfestival.co.uk

Thu 3 - Sun 6 Oct
Derby Cathedral Quarter
Early Bird tickets available

WHAT'S LOVE GOT TO DO WITH IT
A Tribute to Tina Turner

Tina Turner fans prepare to be blown away. This is the ultimate tribute concert paying homage to one of the most iconic and much loved musical artists of the 20th Century.



Thu 17 Oct, 8pm
Derby Arena
£32 - £29

MICHAEL
STARRING BEN

Take a journey back in time as we remember the man, the music, the magic. Featuring the ultimate Michael Jackson tribute star, Ben Bowman; you'll believe you're watching Michael himself.



Fri 18 Oct, 8pm
Derby Arena
£30 - £26

FAMILY FESTIVITIES
AT MARKEATON PARK



Sat 30 Nov & Sun 1 Dec
Markeaton Park
Free entry
See website for attraction prices

The CHRISTMAS TOY SHOP MYSTERY

Magic and mystery surround the old Christmas toy shop - but what is really going on behind the shuttered windows?



Fri 6 - Sun 29 Dec
Guildhall Theatre
£13.50 - £11.50

Peter Pan

Join us for an awfully big adventure this Christmas as a brand-new swashbuckling pantomime sets sail for Derby Arena.



Sat 7 Dec - Sat 4 Jan
Derby Arena
£32.75 - £14.75

NATIONAL MADISON & OMNIUM

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



Sat 26 & Sun 27 Oct
Derby Arena
£8 each or £15 for both

JIMMY CARR
TERRIBLY FUNNY

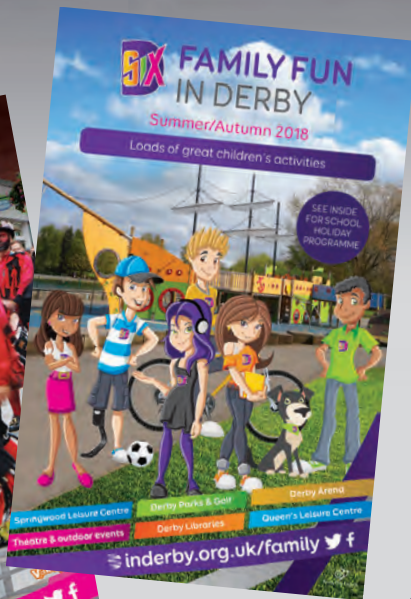
Jimmy's brand new show contains jokes about all kinds of terrible things. Now you've been warned, buy a ticket.



Sat 12 Sep 2020, 8pm
Derby Arena
£32.50



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



Don't miss our
Derby Active
Guide and **Family**
Fun in Derby
Guide

 inderby.org.uk  