

INSPIRED, ENERGISED, ENTHUSED

NEW GYM  
EQUIPMENT AT  
DERBY ARENA  
FOR 2020

Swimming

Cycling

Classes

Racket sports

Football

Memberships

Athletics

Gym

Events

DERBY ARENA | SPRINGWOOD | MOORWAYS | QUEEN'S

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

# WELCOME



Welcome to our 2020 Derby Active guide, providing you with information about all that's on offer across our leisure facilities. We have gyms, swimming, sports and activities throughout the city for everyone to enjoy.

Enjoy a **workout** in our NEWLY refurbished gym at Derby Arena with state-of-the-art Pulse equipment. Let us take you on your **member journey** to achieve your fitness goals.

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** and **swimming lessons**.

Get active and enjoy!

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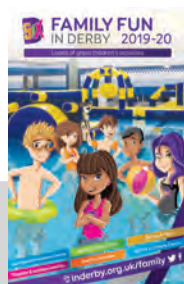
## ACCESS

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. We have a  Changing Places Facility at Derby Arena. 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's 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. They will then provide you with a personalised member journey, meeting with you regularly to discuss your goals.

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

£31

## MIX & MATCH

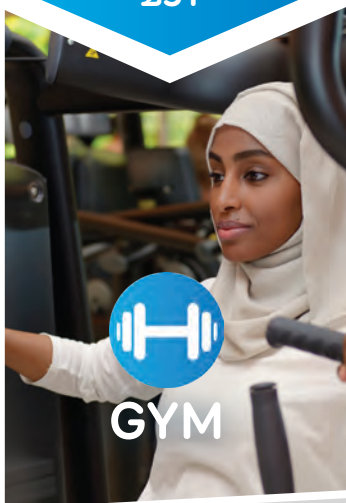
Choose two activities

£34.50

## FULL

All three included

£38



GYM



CLASSES



SWIM

Ask about our corporate, student and concessionary prices or visit [inderby.org.uk/memberships](http://inderby.org.uk/memberships)

## BENEFITS

- FREE induction and member journey
- Three facilities to choose from - Springwood, Queen's & Derby Arena
- Qualified and friendly gym instructors, available to write you a FREE programme and keep you on track
- A range of cardio and resistance equipment, free weights and Wattbikes
- Varied class programme
- Free fitness apps to record and support your programme
- No deposit on equipment hire
- Discounts on other Derby Active activities

\*Benefits are subject to change

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

Membership packages and prices are subject to change



**FREE**  
TO ALL MEMBERS

## MEMBER JOURNEY

Guiding you through your first weeks of fitness and beyond



**YOUR FITNESS INSTRUCTOR WILL SUPPORT YOU TO ACHIEVE YOUR GOALS**

**1**

### PERSONAL FITNESS PLAN

Start your workout



**2**

### FITNESS PLAN DEVELOPMENT

Progress your workouts



**3**

### FITNESS PLAN PROGRESSION

Take your workout to the next level



**4**

### FITNESS PLAN REVIEW

Review your achievements & refresh your plan



After your first six weeks, stay on track with motivator sessions, 'try it', fitness assessments or take part in a gym challenge.

# 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**.

We have recently installed NEW state-of-the-art **Pulse** equipment at Derby Arena, ensuring you have an amazing fitness experience.

We pride ourselves on having a personalised attitude and approach towards our customers. We would like to take you on our **member journey**, which involves regular free catch up sessions with our Instructors and a personalised programme to ensure you reach your personal goals.

Our gyms are open to people of all abilities, whether you are looking to generally tone up or are training to run 10k, we are here to help and advise.

See page 3 for membership packages.

**PERSONALISED TRAINING PROGRAMMES**

**RESISTANCE MACHINES**

**PURE STRENGTH RESISTANCE MACHINES**

**CARDIO MACHINES**

**FUNCTIONAL TRAINING RIG 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.



**Junior Gym**  
12-16 yrs  
see page 23

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



# MOTIVATE

## PERSONAL TRAINING

Personal training sessions  
at Derby Arena, call  
01332 640011.

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



*"I regularly use the gym and have made great progress. My instructor Chris is always there to help me achieve my goals and city centre location is so convenient for me and you can swim too!"*

**Lucy,  
Queen's member**



*"I've been taking Motivate Personal Training Sessions. The staff in the Gym are just brilliant; challenging me with tough but achievable exercises. I wish I'd done it years ago!"*

**Graham,  
Derby Arena member**



*"I currently use Springwood 6 times a week I love the community vibe with so little ego to the place. The instructors are great and make me feel welcome their knowledge is second to none."*

**Ryan,  
Springwood member**



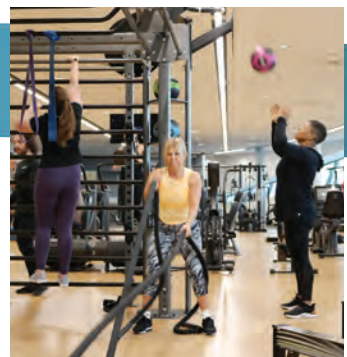
**QUEEN'S GYM**



**SPRINGWOOD GYM**



**NEW DERBY ARENA  
GYM FOR 2020**





# 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](http://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.

## NEW CLASSES 2020

Always renewing our uplifting and inspiring class programmes.

Clubbercise  
Dancefit  
Rigfit  
Yogababy  
Bellyfit



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



**myzone**

MZ-3  
Belts £80.  
£50 cheaper  
than you'll  
find online!

Display your heart rate in real time and connect with follow members through the Myzone app. Can you build your way to the ranking of 'Hall of Fame'. For more information visit [inderby.org.uk/myzone](http://inderby.org.uk/myzone) or call **01332 640333**



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



## INDOOR CYCLING

Indoor cycling is a great workout for your heart and lungs while improving your posture and burning calories. Sessions are available at Derby Arena, 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.

**NEW  
FOR 2020**  
Indoor Cycling  
class programme  
at Derby Arena



TRY  
TRACK  
CYCLING  
see page 14



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 31)

# SWIMMING

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

## PUBLIC SWIM

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



## SWIM FOR FITNESS

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



## DEMENTIA FRIENDLY SWIMMING

Continue doing something you love or try something new, in a safe and supportive environment. Swimming in particular has the added benefits of reducing anxiety, improving mood and enhancing psychological wellbeing.



For information on our pool programme visit

## 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 under 5s and under 8s swim sessions, where there will be floats and toys to enjoy. Why not try Atlantis Splash Run or the Adult and Child sessions. Under 5s swim for free, with a paying adult.





## UNDER 8s POLICY

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

### ACCESSIBLE SWIMMING

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. Join us every Thursday 6-7pm for our Accessible Swim Session.

### Teaching Pool

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



### Gala & Family Pool

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



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



### THIS GIRL CAN, WOMEN ONLY

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

For ages 14+



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

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



### 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.



**COMING  
IN 2020  
DISCOVERY  
DUCKLINGS**

## PRE-SCHOOL UNDER 5s

These lessons are perfect for babies and toddlers and pre-school children who are new to swimming lessons, it is the start of the learn to swim experience for all children.



## 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.

## 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

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.



**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.

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



## LEISURE CARD

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

Terms & conditions apply.

UNDER  
CONSTRUCTION

## MOORWAYS SPORTS VILLAGE



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



# 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](http://inderby.org.uk/pitches) OR CALL 01332 641234**

# ATHLETICS

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

Floodlit running track



Synthetic full size football and hockey floodlit pitch



Long jump and triple jump



Throws, jumps and hurdles



Full size grass football pitches including one that's floodlit



Pole vault



## TRACK RUNNING

### 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](http://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](http://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](http://inderby.org.uk/moorwaysstadium) or email [moorways.stadium@derby.gov.uk](mailto:moorways.stadium@derby.gov.uk)

# CYCLING

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



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

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

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



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

## CYCLE HUB

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

## GIFT VOUCHERS

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



# BEGINNERS & RIDING FOR FUN

Never been on a cycle track before?

You don't need to be serious about track cycling to have a go - you can just enjoy the ride!

The first session for any beginner (aged 12+) is our Track Cycling Taster.

## YOUR CYCLE JOURNEY TO ACCREDITATION

If you're keen to develop your skills further and become an accredited rider on our track, our four-stage accreditation journey is the next step.

### Stage 1: Track cycling taster

- experience the track
- have fun
- get basic understanding
- ride safely alongside others

### Stage 2: Improving your track cycling

- build confidence
- control speed
- ride closer to others
- ride all parts of the track

### Stage 3: Advanced track cycling skills

- change from the front to the back of a line of riders
- ride closely side by side in a group
- build confidence on all areas of the track with others

### Stage 4: Track cycling accreditation

- develop racing techniques
- final assessment all areas of competency
- feel ready to try a race and to move to structured quality training



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

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

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

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

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

## FAST TRACK ACCREDITATION ONE DAY COURSE

Do you have experience of track cycling and are looking for an intensive course to gain all the skills needed to gain full accreditation?

Call **01332 640011** or visit [derbyarena.co.uk/fasttrack](http://derbyarena.co.uk/fasttrack)

**ONLY  
£157.50**



## THE HUB OF CYCLING IN DERBY!

Led rides | Bike mechanic courses | Balance bike sessions  
Bike storage | Indoor velodrome | Cycle talks & seminars  
Café | Events & much more...

Come and visit us today at Derby Arena!

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



# 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			•		
Trampolineing	•			•	
Volleyball	•				
Walking football				•	
Walking netball	•			•	

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

# 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](http://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](mailto: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](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 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.



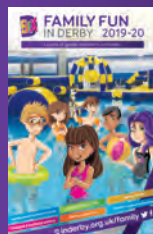
## SPORTS COURTS

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](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, Atlantis Splash 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 a new exciting Mini Golf and Disc Golf course. There is fun for all the family with the pirate ship play area, sports courts, bouncy castle, canoes, Skyline High Ropes, plus lots of great open green spaces, footpaths and seating. 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](http://inderby.org.uk/coaching).



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

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





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

#### Beginner 4-6 year olds

Tuesday, 4pm - 5pm  
Thursday, 4pm - 5pm  
Saturday, 9am - 10am

#### Intermediate

Tuesday, 5pm - 6pm  
Thursday, 5pm - 6pm  
Saturday, 11am - 12pm

#### Beginner 7+

Saturday, 10am - 11am  
Saturday 12pm - 1pm  
Thursday 6pm - 7pm

#### Advanced

Tuesday, 6pm - 7:30pm  
Thursday, 6pm - 7:30pm  
Saturday, 12pm - 1:30pm



#### All abilities seven to sixteen year olds

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

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.





# DERBY ACTIVE Springtots



Our sessions introduce your little one to gymnastics in a fun and challenging way by exploring the soft play and gymnastics equipment. Children will start to learn basic fundamental movements which are the building blocks for a wide range of sports and will start to develop their confidence. As they grow, children will increase their strength and flexibility through fun themed activities.

Visit [inderby.org.uk/gymnastics](http://inderby.org.uk/gymnastics) or call **01332 640333** for more information.

## Walking-age to 3 year olds

Tuesday, 11:45am - 12:45pm

Wednesday, 11:45am - 12:45pm

## Age 3 to 5th birthday

Tuesday, 10:45am - 11:45am

Tuesday, 1:30pm - 2:30pm

Wednesday, 10:45am - 12:45pm

Wednesday, 1:30pm - 2:30pm



## SPRINGTOTS SESSION

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

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

Offer expires 31/12/20

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 0-6 years

Thursdays 9:30am - 11:30am

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

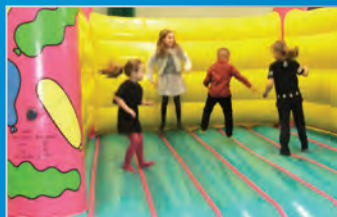


SPRINGWOOD LEISURE CENTRE  
MARKEATON PARK

QUEEN'S LEISURE CENTRE  
DERBY ARENA



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



*"Hollie had a fabulous party at Derby Arena, everyone really loved it, the staff looked after the kids brilliantly. Café 42 did a great party tea for them, and looked after us really well. I can't thank you all enough, it was all absolutely perfect."* **Julia**

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

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



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 for just £1.50 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 [derbycountycommunitytrust.com](http://derbycountycommunitytrust.com)

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



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

join us today to  
achieve success.

**#feelfantastic**

stop smoking • lose weight • improve your health

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



A Derby City Council Project





# OVER 50s

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

	Derby Arena	Springwood Leisure Centre	Queen's Leisure Centre	Derby Parks
Walking Football	•	•		
Walking Netball		•		
Gym	•	•	•	
Swimming			•	
Cycling	•			
Pickleball	•			
Classes	•	•	•	
Racket Sports	•	•	•	
Pitch & Putt, Disk and Mini Golf				•
Bowls	•	•		
Tennis				•
Fishing				•



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



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 29 for some great events happening in Derby Parks this Spring and Summer.

# GOLF AT MARKEATON PARK

PITCH & PUTT



MINI GOLF



FOOTGOLF



DISC GOLF



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

  
Derby City Council

# ANYONE FOR TENNIS?

Book a court at Markeaton Park  
or Darley Park

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

1 hour session

Mon-Fri £5.50, Sat & Sun £7.50

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



To book a court visit:

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

  
Derby City Council



# 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?

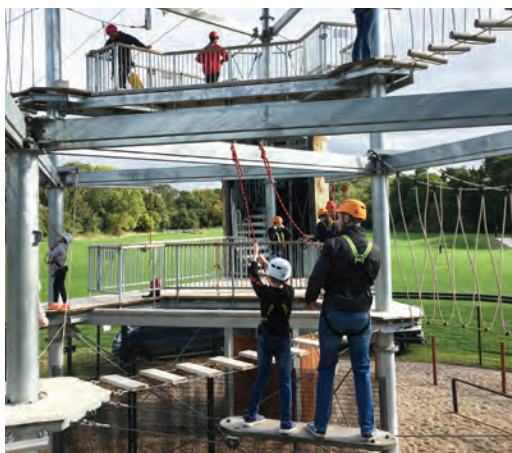
**Derby Arena, Markeaton Park** and **Moorways Stadium** have incredible flexible spaces, making an ideal venue for a wide range of activities and events.

Choose from a variety of Corporate Packages including Indoor Track Cycling, Footgolf, Pitch and Putt, Skyline High Ropes, 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](http://inderby.org.uk/corporate)**  
Call **01332 287361**  
or email **[spacehire@derby.gov.uk](mailto:spacehire@derby.gov.uk)**



## HIRE A SPACE

We have rooms available to hire across our range of facilities including **Derby Arena, Markeaton Park, 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](mailto:spacehire@derby.gov.uk)** or call **01332 287361**.



Extensive Library catalogue

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Programme of library events

Internet taster courses

eReference library

Job clubs & volunteering



**CHILDREN'S CLUBS  
& STORYTIME**



**BOOK A COMPUTER**



**BORROW eBooks  
& eMAGAZINES**



**CODING CLUB  
FOR CHILDREN**



**HOMEWORK &  
STUDY SUPPORT**



**INTERNET TASTER  
COURSES**



# EVENTS

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



**WHITNEY**  
QUEEN OF THE NIGHT

Direct from The West End, experience the ultimate Whitney Houston tribute show. Join us for an unmissable evening as we pay homage to the Queen of Pop.

**Wed 18 Mar, 8pm**  
**Derby Arena**  
£28.50

Derby County Community Trust

## DERBY10K

The Derby 10K is Derby's biggest race and Derby County Community Trust's biggest fundraiser, raising thousands to help the local community since 2000.

**Sun 29 Mar, 9am**  
**Pride Park**  
Find out more at [derby10k.co.uk](http://derby10k.co.uk)



**MARKEATON PARK**

### EASTER EGG HUNT TRAIL

Pick up your Easter Egg Hunt Trail worksheet from the Craft Village. Using the map to help, can you find all six Easter Eggs hidden around the park?

**Sat 4 - Sun 19 Apr**  
**Markeaton Park**  
Free



## QUEEN MACHINE SYMPHONIC

West End leading lady Kerry Ellis joins Scandinavian tribute stars for a fully orchestrated UK tour with the London Symphonic Rock Orchestra.

**Fri 17 Apr, 7:30pm**  
**Derby Arena**  
£57 - £27



**DERBY LIVE**

### ST. GEORGE'S DAY CELEBRATIONS

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

**Sat 18 Apr**  
**Derby City Centre**  
Free, see website for programme

### CYCLE DERBY SPORTIVE

The Spring Classic Sportive offers three routes around the Staffordshire and South Derbyshire countryside. Individual and team entries available, all children under 15 must be accompanied by an adult throughout the event.

**Sun 26 Apr, 8am**  
**Markeaton Park Craft Village**  
£25 (40km) £35 (80km/160km) entry fee  
Find out more at [pma-racing.co.uk](http://pma-racing.co.uk)



The best Elvis show in the world... just got even better! Shawn Klush & Dean Z have now been joined by fellow US Elvis Tribute Artist **Cody Ray Slaughter**.

**Sat 16 May, 8pm**  
**Derby Arena**  
£55 - £33



**Outdoor Theatre & Cinema Season**  
At Markeaton Park

An extended season of outdoor theatre & cinema in the picturesque setting of the Craft Village.

**Jul - Aug**  
**Markeaton Park Craft Village**



**DERBY LIVE THE BIG 1**  
@ Chaddesden Park

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

**Sun 7 Jun, 11am - 5pm**  
**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 7 Jun, 9:15am**  
**Derby City Centre**  
See [runforall.com](http://runforall.com) for entry prices

Cancer Research UK

### PRETTY MUDDY AND RACE FOR LIFE

These are fundraising events for the whole family, involving a 5k or 10k walk, jog or run.

**Sat 27 Jun, Pretty Muddy from 9:45am**  
**Sun 28 Jun, Race for Life from 9:30am**  
**Markeaton Park**  
[raceforlife.cancerresearchuk.org](http://raceforlife.cancerresearchuk.org)



THE DERBY RETRO, NEW AND CLASSIC CAR SHOW

Cars, vans, motorcycles, trikes, scooters, bicycles, whether original or modified, will be on show. A fantastic and fun event for the entire family.

**Sun 5 Jul, 10am - 4pm**  
**Markeaton Park**  
Free (Car parking charges apply)






## THE MAGIC OF MOTOWN

Come celebrate with us, and let us take you on a musical journey with the biggest Motown party of the year.

**Fri 10 Jul, 8pm**  
**Derby Arena**  
 £31.50



## DREAMBOYS

*Too Hard to Resist*

Joining in 2020 is former fireman and Love Island star **Michael Griffiths** who will be showing off his cheeky charm.

**Sat 11 Jul, 8pm**  
**Derby Arena**  
 £39.50 - £24.50



## YOUTH OMNIUM FINAL

The exciting culmination of the 2020 British Cycling Youth Track Omnium Series.

**Sat 25 Jul, 12pm - 7pm**  
**Derby Arena**  
 £5 adult, £3 concessions



## 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 the best dressed superhero.

**Tue 28 Jul**    **Markeaton Park**  
**Wed 29 Jul**    **Chaddesden Park**  
**Thu 30 Jul**    **Darley Park**

Free entry, See on site for prices



## DERBY 5TH ARENAVERSARY

Come and help us celebrate the first 5 years of the iconic Derby Arena. A fun-filled FREE family day of sporting and cultural activities, including cycling, health and fitness, family sports, music and entertainment.

**Sat 8 Aug**  
**Derby Arena**  
 Free



## THE Hannells DARLEY PARK CONCERT

One of the UK's biggest outdoor classical concerts, in the stunning natural amphitheatre that is Darley Park.

**Sun 30 Aug**  
**Darley Park**  
 £8.50 on the day (From £4 in advance)  
 U16s £3.50 on the day (From £1 in advance)



## DERBY FESTE

With around forty different performances we will embrace the unusual, applaud the wonderful and admire the extraordinary. Gather round, enjoy!

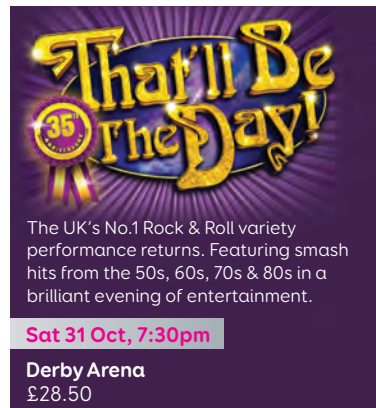
**Fri 25 & Sat 26 Sep**  
**Derby City Centre**  
 See [derbyfeste.com](http://derbyfeste.com) for details



## Derby & Folk Festival

A fantastic range of concerts from artists including O'Hooley & Tidow, Ninebarrow and Winter:Wilson with many more to be confirmed.

**Fri 2 - Sun 4 Oct**  
**Derby Cathedral Quarter**  
 Weekend Super Supporter tickets available



## That'll Be The Day!

The UK's No.1 Rock & Roll variety performance returns. Featuring smash hits from the 50s, 60s, 70s & 80s in a brilliant evening of entertainment.

**Sat 31 Oct, 7:30pm**  
**Derby Arena**  
 £28.50



## 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 14 Nov, 11am - 9pm**  
**Derby Arena**  
 £12, £5 concessions



## FAMILY FESTIVITIES AT MARKEATON PARK

**Sat 5 & Sun 6 Dec**  
**Markeaton Park**  
 Free entry  
 See website for attraction prices



## SLEEPING BEAUTY

Enjoy a new spin on a much-loved yarn with a spellbinding new pantomime at Derby Arena.

**Sat 5 - Thu 31 Dec**  
**Derby Arena**  
 £32.75 - £14.75

# CONTACT US

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



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



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



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 prístupnosti. 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  
مئی 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।

# JOIN US ON SOCIAL MEDIA



Don't forget to sign up for our InDerby e-newsletters. Just fill in your details at the bottom of the homepage of the In Derby website [inderby.org.uk](http://inderby.org.uk)

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## IN DERBY

Visit the InDerby website for loads of great leisure and culture activities



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



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