

Oadby & Wigston Borough Council



WHAT'S ON?

Activities in
Oadby & Wigston
For Adults (16 years and over)

January to March 2009



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Update on Activities in 2008

Street Dance at South Leicestershire College

Due to funding we received from Sport Unlimited we were able to organise Street Dance sessions free of charge for the students at South Leicestershire College in Wigston. These sessions were held on two different nights of the week. At the end of the course we organised a Christmas 'Dance Off' between the two groups. The students looked the part and performed brilliantly, a great evening was had by all. We are now looking to continue the classes into 2009.

Dance Fever at Parklands Leisure Centre, Oadby

The programme started on November 5th 2008 with a 6 week block of beginners Ballroom. Nearly 30 people took advantage of the special introductory rate of £6 for the 6 sessions. The participants have found the sessions most enjoyable and have learnt a number of routines.

South Wigston Runners

This club started in June 2008 as a beginners club with 6 ladies taking part that hadn't run regularly before, since then we have seen the members of the group grow. We regularly have 10 participants and the distance covered each week continues to increase; they now run over 4 miles a week. The group took part in a 6k Run event last October as a team, and they continue to go from strength to strength.

Children in Need staff Bike-a-thon

Here at Oadby and Wigston Borough Council we decided to all pull together and hold a large staff event to raise money for Children in Need. At 8am on Friday 14th November the first member of staff hopped on to the bike to start their 10 minute session, the wheels didn't stop turning until 4pm that same day. We managed to keep the bike continuously going for the full 8 hours and between all the staff we cycled a total of 100.81 miles. The day saw various members of staff taking part, some more competitive than others, but all in all everyone that took part enjoyed themselves.

Oadby and Wigston Borough Council's staff managed to raise a fantastic **£402.34**.

Exercise Classes

BADMINTON	
Venue	Activelife, Beauchamp College, Oadby
Day	Various
Time	Various
For more information please contact Activelife on 0116 2729116	
BADMINTON	
Venue	Parklands Leisure Centre, Oadby
Active Life 50+, ladies only, beginners and intermediate sessions are available. For more information contact George Frith on 07796 593887	
BALLROOM - Starting Monday 5th January 2009	
Venue	St. Paul's Church, Oadby
Day	Mondays
Time	7.30pm – 8.30pm
Cost	£4.00 per week
For more information please call Laura on 07790 137001	
BELLY DANCING	
Venue	Oadby Trinity Methodist Church
Day	Thursdays
Time	10am – 11am
Cost	£5.00 per class
For more information please call Katerina on 07845 886694	
BELLY DANCING	
Venue	South Wigston Sports Academy
Day	Thursdays
Time	6.30pm
Cost	£5.00 per class
For more information please call Katerina on 07845 886694	
BOOTCAMP (Adults 18+) Starting Monday 16th February 2009	
Venue	Manor Road Sports Hall, Oadby
Day	Mondays/Wednesdays and Fridays
Time	7am – 8am
Sessions include circuit training, running, cardio kick, yoga and pilates based activities. Places are limited so please call to book your place, Susan Doram on 07963 159667	
CHEERLEADER CLASS	
Venue	Oadby Boys Club
Day	Tuesdays
Time	6pm – 7pm
Cost	£3.00 per class
For more information please call Debbie Kiff on 07747 113565	
CIRCUIT TRAINING	
Venue	Activelife, Beauchamp College, Oadby
Day	Tuesdays
Time	6pm – 7pm
For more information please call Activelife on 0116 2729116	
DANCE 4 FITNESS – Starting Thursday 15th January 2009 LADIES ONLY	
Venue	Woodland Grange Primary School, Oadby
Day	Thursdays
Time	7pm – 7.45pm
Cost	£3.50 per class
For more information please call Felicity on 07890 593686	

DODGEBALL – Starting Monday 19th January 2009	
Venue	Manor Road Sports Hall, Oadby
Day	Mondays
Time	4pm – 5pm
Only for the students from the University of Leicester. For more information please call Manor Road on 0116 2719144	
DODGEBALL LEAGUE	
Venue	Manor Road Sports Hall, Oadby
Day	Sundays
Time	6pm – 8pm
For more information please call Nick on 01536 526487	
HOOLA HOOP TASTER CLASS	
Venue	Manor Road Sports Hall, Oadby
Day	Thursday 29 th January 2009
Time	6pm – 7pm
Cost	£3.00 per class
For more information please call O&WBC on 0116 2572673	
LEGS, BUMS & TUMS – Starting Thursday 15th January 2009 LADIES ONLY	
Venue	Woodland Grange Primary School, Oadby
Day	Thursdays
Time	7.45pm – 8.30pm
Cost	£3.50 per class
For more information please call Felicity on 07890 593686	
LINE DANCING	
Venue	Bassett Centre, South Wigston
Day	Tuesdays
Time	2pm – 3.30pm
Cost	£3.50
For more information please call O&WBC on 0116 2572673	
LOW IMPACT AEROBICS	
Venue	United Reformed Church, Wigston
Day	Fridays
Time	10.30am – 11.30am
Cost	£3.00 per class
For more information please call Ann on 07748 957551	
NORDIC WALKING WORKSHOPS	
Venue	Brocks Hill Country Park, Oadby
Day	Saturday 21 st March 2009 & Saturday 13 th June 2009
Time	10am – 12pm
Cost	£15.00 per person, per workshop
For more information please call O&WBC on 0116 2572673	
NORDIC WALKING GROUP	
Venue	Various in the Borough
Day	Saturday 10 th January 2009, Saturday 7 th February 2009 Saturday 7 th March 2009
Time	10am
Cost	£3.00 per walk, £2.00 for pole hire
For more information please call Michelle Harding on 07887 678367	
ROCK n ROLL CLASSES – Starting Monday 20th April 2009	
Venue	St. Paul's Church, Oadby
Day	Mondays
Time	7.30pm – 8.30pm
Cost	£4.00 per class
For more information please call Laura on 07790 137001	

ROCK n ROLL CLASSES – Starting Friday 9th January 2009	
Venue	All Saints Primary School, Wigston
Day	Fridays
Time	6.30pm – 7.30pm
Cost	£4.00 per class
For more information please call Laura on 07790 137001	
RUNNING CLUB	
Venue	Meet at British Legion, Wigston
Day	Tuesdays
Time	6.45pm
For more information please call Les Chesterton on 0116 2925744	
RUNNING CLUB	
Venue	Meet at Manor Road Running Track, Oadby
Day	Thursdays
Time	7pm
For more information please call Les Chesterton on 0116 2925744	
SALSA CLASS – Starting Tuesday 13th January 2009	
Venue	Beauchamp College, Oadby
Day	Tuesdays
Time	7pm – 8pm
Cost	£45 for 9 weeks (enrolment date is Tuesday 13 th January 2009)
For more information please call Jenny on 07931 524825	
SALSA CLASS – Starting Friday 16th January 2009	
Venue	United Reformed Church, Oadby
Day	Fridays
Time	10am – 11pm
Cost	£4.50 per class or £20.00 for 5 week course
For more information please call O&WBC on 0116 2572673	
SELF DEFENCE CLASSES	
Venue	Activelife, Beauchamp College, Oadby
Day	Saturdays
Time	2pm – 3.30pm
For more information please call Nasser on 07792 242150	
SEATED EXERCISE CLASSES	
Venue	The Scout Den, Central Avenue, Wigston
Day	Mondays
Time	2pm – 2.45pm
Cost	£2.00
For more information please call O&WBC on 0116 2572673	
SEATED EXERCISE CLASSES	
Venue	St. Paul's Church, Oadby
Day	Thursdays
Time	11.30am – 12pm
Cost	£1.50
For more information please call O&WBC on 0116 2572673	
TAP CLASS – Starting Friday 23rd January 2009	
Venue	All Saints Primary School, Wigston
Day	Fridays
Time	7.30pm – 8.30pm
Cost	£4.00 per class
For more information please call Nisha on 07921 625265	

TEA DANCE	
Venue	Wigston Liberal Club
Day	Tuesday 13 th January 2009, Tuesday 10 th February 2009, & Tuesday 10 th March 2009
Time	2pm – 3pm
Cost	£3.00 per class
For more information please call Laura on 07790 137001	
TAI CHI	
Venue	Bassett Centre, South Wigston
Day	Wednesdays
Time	2pm – 3pm
Cost	£3.50
TAI CHI	
Venue	Activelife, Beauchamp College, Oadby
Day	Wednesdays
Time	8.30pm – 9.30pm
Cost	£5.00
TAI CHI	
Venue	Walter Charles Centre, Oadby
Day	Thursdays
Time	2pm – 3pm
Cost	£3.50
TAI CHI	
Venue	Brocks Hill Country Park, Oadby
Day	Fridays
Time	10am – 11am
Cost	£3.50
For more information on any of the above Tai Chi classes then please call Nasser on 07792 242150	
YOGA CLASSES	
Venue	All Saints Primary School, Wigston
Day	Mondays
Time	6.30pm – 8pm
Cost	From £5.00 per class
For more information please contact Julie on 07709 446624	
YOGA CLASSES	
Venue	South Wigston High School
Day	Wednesdays
Time	8pm – 9pm
Cost	£4.00
For more information please contact Susan on 0116 2866997	
YOGA CLASSES	
Venue	Brookside Primary School, Oadby
Day	Tuesdays
Time	7.30pm – 9pm
Cost	£3.50 (pay as you go)
For more information please contact Nicky on 07964 556675	

WALKING GROUP – Let’s Walk Oadby (weekly walk)	
Venue	Meet at Brocks Hill Country Park, Oadby
Day	Tuesdays
Time	10am
For more information please contact Voluntary Action on 0116 2810026	
WALKING GROUP – Let’s Walk South Wigston (weekly walk)	
Venue	Meet at Methodist Church, South Wigston
Day	Saturdays
Time	9.15am
For more information please contact Voluntary Action on 0116 2810026	
WALKING GROUP – Oadby Walkers (monthly walk) LADIES ONLY	
Venue	Meet outside the Grange Pub, Oadby
Day	Saturdays (first Saturday of each month) Starting Saturday 7 th February 2009
Time	10am
For more information please contact O&WBC on 0116 2572673	
WALKING GROUP – Spring Strolls (monthly walk)	
Venue	Meet at Wigston Library
Day	Wednesdays (first Wednesday of each month)
Time	10.30am – Refreshments 11.30am – Walk (approx. 30 minutes)
For more information please contact O&WBC on 0116 2572673	



TASTER CLASSES

"The ultimate fitness class for mums and babies" *The Times*

Are you struggling to find the time to exercise?
Struggling to fit in with the limited crèche times at your gym?

Well **BuggyFit** is here to help!

BuggyFit classes are designed for parents to exercise and meet new people and not worry about crèche times, babysitters or childminders! BuggyFit is the best way to get back in shape after your new arrival. Whatever your postnatal stage BuggyFit has a programme that will suit your needs, from initial recuperation in your first six weeks, through those tough times of getting back into your jeans and onto those new levels of fitness - and most of this from behind your buggy or pram.

TASTER CLASSES

MONDAY 23rd FEBRUARY 2009

MONDAY 23rd MARCH 2009

Venue: Brocks Hill Country Park, Oadby

Time: 1.45pm - 2.45pm

Cost: £4.00 per class

Why not join us after your session for refreshments in the café at Brocks Hill Country Park.

For more information or to book your place please contact Oadby and Wigston Borough Council on 0116 2572673

PERSONAL TRAINER - SARAH McLEAN

ARE YOU LOOKING TO GET STARTED WITH A NEW FITNESS REGIME, DO YOU WANT TO LOSE WEIGHT, TONE UP?

What ever your reasons Sarah is here to help!

Qualified to carry out safe workouts inside or outside the gym, provide Nutritional advice, core training, fitness testing and much more. But most of all Sarah can provide the help and motivation you need to achieve your goal.

For more information please contact **Sarah** on **07980 670710**

Or visit the website www.Fitbody360.com

DANCE FEVER



**NEW 6 WEEK PROGRAMME IN DIFFERENT DANCE STYLES
For Absolute Beginners!**

Latin Dance

Starts: Thursdays 15th January 2009

Venue: Parklands Leisure Centre, Oadby

Time: 2pm–3pm

Cost: £6 for six week course
(Introductory offer)

Rock n Roll

Starts: Thursdays 26th February 2009

Venue: Parklands Leisure Centre, Oadby

Time: 2pm–3pm

Cost: £6 for six week course
(Introductory offer)

Free tea / coffee available afterwards

**DON'T MISS OUT ON THIS NEW OPPORTUNITY REGISTER YOUR
INTEREST TODAY CALL LAURA ON 07790 137001**

ADULT PAY AND PLAY TRAMPOLINING SESSIONS

EVERY THURSDAY 7.30pm - 8.30pm

£4.20 with a leisure card or £4.75 without a leisure card

For more information contact Parklands Leisure Centre on 0116 2720789



FITNESS CENTRE

10th BIRTHDAY OPEN DAY
SATURDAY 10th JANUARY 2009
 10am - 6pm

Available on the day:

FREE classes and gym access all day
 Half Price sunbeds and Beauty Therapist available
 Mini health checks
 Sing and Sign Class for babies
 Amazing membership offers and lots more!

For more information please contact AJ's Fitness Centre
 On 0116 2227611 or visit the website www.ajsfitness.co.uk

OADBY TENNIS CLUB



ADULT TENNIS COACHING

Saturday 10th January - Saturday 14th February 2009

9am - Improving technique for individuals

10am - Drills or Doubles tactics (more advanced players)

NEW BEGINNERS TENNIS COACHING SESSIONS

THURSDAYS, 1.30pm - 2.30pm (For adults 16+)

For more information please contact **Daniel Potter** on
 07834 470940 or email on djpotter2@hotmail.com

If you would like any further information on any of these classes or if you would like to be put onto our mailing list then please contact the Leisure Development Officer, Avril Lennox on 0116 2572673