



# WhatsOn?

## PHYSICAL ACTIVITY GUIDE



**Welcome** to the latest **What's On Guide** for Oadby and Wigston, your guide to physical activity in the borough.

In this guide you will find details on upcoming events and activities to help you get moving and have fun. If you have any questions or would like more details on any of our activities, please contact the Physical Activity Team on (0116) 257 2681 to book your sessions.



**Try something new this autumn with Active Together and our variety of reduced rate taster sessions! You only need to call and book if stated. If not, just turn up!**

Class	Dates	Day	Location	Time	Cost
<b>Pilates – Beginners</b> <i>(Booking Essential)</i>	Oct 26– Dec 14	Tue	Walter Charles Centre, Oadby	7–8pm	£1.50 per session or £10 for 8 sessions
<b>Pilates – Intermediate</b> <i>(Booking Essential)</i>	Oct 26– Dec 14	Tue	Walter Charles Centre, Oadby	8–9pm	£1.50 per session or £10 for 8 sessions
<b>Family Tri Golf –</b> <i>(Indoor Golf)</i>	Oct 21– Dec 9	Thu	Parklands Leisure Centre	10–11am	£1 Adults, Children Free
<b>Golf 50+</b> 4 week package <i>(Booking Essential)</i>	26 Oct – 16 Nov	Tue	Oadby Municipal Golf Course	10–11am or 11.30am–12.30pm	£10
<b>Learn to Golf</b> 4 week package <i>(Booking Essential)</i>	27 Oct – 17 Nov	Wed	Oadby Municipal Golf Course	10–11am or 11.30am–12.30pm	£10
<b>New Age Kurling</b>	1 Oct – 17 Dec	Fri	Parklands Leisure Centre	10–11am	£1.50
<b>Fencing</b> <i>(booking essential)</i>	20 Oct – 15 Dec	Wed	St Thomas Church Hall	7–8:15pm	£20 for 9 week course
<b>Urban Rebounding</b> <i>(booking essential)</i>	23 Oct – 11 Dec	Sat	Freer Centre, Wigston	2–3pm	£10 for 8 week course
<b>Ante Natal Exercise Class</b> <i>(booking essential)</i>	25 Oct – 13 Dec	Mon	Brocks Hill Country Park	1:15–2:15pm	£20 for 8 weeks or £3 per class
<b>Post Natal Exercise Class</b> <i>(booking essential)</i>	25 Oct – 13 Dec	Mon	Brocks Hill Country Park	2:30–3:30pm	£20 for 8 weeks or £3 per class

**Disclaimer**

*This guide has been produced by Oadby and Wigston Borough Council to provide information about activities available in the borough. Whilst every effort has been made to verify entries, Oadby and Wigston Borough Council cannot be held responsible for the accuracy of the data. Nothing referred to in this guide should be relied upon as a recommendation or endorsement by the Council of the nature or quality of services and facilities provided by any of the activities included in the guide. Nor does it entitle any member, user or visitor of an activity listed in this guide in any circumstances to any right or remedy arising out of their use of the activity against the Council. Participants, parents or guardians are advised that it is their responsibility to check credentials and health and safety requirements for each activity.*

# Step into Dance Taster Programme



There is no need to book onto any of the 'Step into Dance' sessions. However, we would recommend that before a course starts you contact the Physical Activity team just to confirm the details of the session.

Dance	Dates	Duration	Day	Location	Time	Cost
Zumba	6 September – 8 November	10 weeks	Mon	Beauchamp College, Oadby	6-7pm	£2.00
Dance to Musicals	7 September – 26 October	8 Weeks	Tue	Beauchamp College, Oadby	6-7pm	£2.00
Freestyle	9 September – 30 September	4 weeks	Thu	St Thomas Church Hall, South Wigston	6-7pm	£2.00
Tap	9 September – 28 October	8 Weeks	Thu	St Thomas Church Hall, South Wigston	7-8pm	£2.00
Salsa	9 September – 28 October	8 Weeks	Thu	St Thomas Church Hall, South Wigston	8-9pm	£2.00
Dance to Michael Jackson	29 September – 3 November	6 Weeks	Wed	All Saints Primary School, Wigston	7-8pm	£2.00
Latin	29 September – 3 November	6 Weeks	Wed	All Saints Primary School, Wigston	8-9pm	£2.00
Dance to Glee	25 November – 16 December	4 weeks	Thu	St Thomas Church Hall, South Wigston	7.30-8.30pm	£2.00
Latin taster class	25 November – 16 December	4 weeks	Thu	St Thomas Church Hall, South Wigston	8:30-9:30pm	£2.00
Dance to Madonna	24 November – 15 December	4 weeks	Wed	All Saints Primary School, Wigston	7-8pm	£2.00
Streetdance	24 November – 15 December	4 Weeks	Wed	All Saints Primary School, Wigston	8-9pm	£2.00

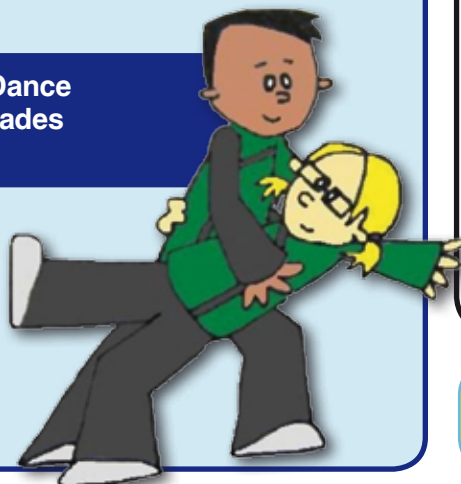
## Call us and ask about our New Year Step into Dance programme!

Already we have booked in classes such as:

- Keep Fit Dance
- Dance to Michael Jackson
- Dance to Glee
- Dance to Ga Ga
- Zumba
- Family Dance
- Improve your sequence dancing

**Plus: our New Dance through the Decades Programme!**

To get all of the Step into Dance updates or to put your name on the new year interest list, please contact Leanne on (0116) 257 2672



## A Festival of Golf at the John Butler Golf School

### FREE Golf Lessons!

Everyone welcome, equipment provided  
Starts 18 October

To book your place call (0116) 2709052

Oadby Golf Course, The Racecourse, Leicester Road

**THE JOHN BUTLER GOLF SCHOOL**  
DISCOVER YOUR TRUE GOLFING POTENTIAL

change 4 life [www.change4life.co.uk](http://www.change4life.co.uk)



Tell us how much physical activity you are doing, and you will be entered into our FREE prize draw!


All entries must be received by 12 noon on Friday 29 October. All you have to do is complete the following questionnaire, cut it out and send to:

Active Together, Oadby and Wigston Borough Council, Station Road, Wigston, Leicestershire LE18 2DR

**Don't forget to complete the back!**  
You must be 16 or over to complete the form.



To register your interest in the 333 Challenge complete the Nintendo Wii competition form and write 333 on the top of the form! One of us will be in touch with your log book and free session pack.

**Complete the form and you could win a Nintendo Wii!**  **ACTIVE together**  
OADBY AND WIGSTON

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**Your Contact details**

Forename	Surname
<input type="text"/>	<input type="text"/>
House/Flat Number	Street Name
<input type="text"/>	<input type="text"/>
Town	Home Post Code
<input type="text"/>	<input type="text"/>
Email Address	Contact Number
<input type="text"/>	<input type="text"/>
Mobile Number	Date of Registration
<input type="text"/>	<input type="text"/>

**Current level of Physical Activity**  
Please read below before answering the following question:

Moderate intensity physical activity includes all types of physical activity that makes your breathing and heartbeat faster and makes you feel warmer. It includes all sports, recreational walking and cycling but does not include gardening, housework, DIY or physical activity which is part of your work or travelling to work. It can be made up of 10 minute bursts and does not have to be done all at once.

**Over the past four weeks how many days a week, on average, have you taken part in 30 minutes or more of moderate intensity physical activity?**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zero Days	One Day	Two Days	Three Days	Four Days	Five Days	Six Days	Seven Days



**30 minutes of activity**  
**3 times a week, for**  
**3 months**

Sign up now for your **free** starter pack, and begin your personal fitness journey!

- FREE** taster sessions
- FREE** activities
- FREE** activity log book
- FREE** competitions
- FREE** health checks
- FREE** fitness advice

Contact **Nimesh and Leanne**, your local Physical Activity Development Officers, to find out more and register for the challenge:  
Tel. 0116 257 2681

Nimesh.Patel@oadby-wigston.gov.uk  
Leanne.Plummer@oadby-wigston.gov.uk





### Your Details

Are you male or female?

Male  Female

In which of these groups is your age?

16-25  35-44  55-64   
26-34  45-54  65+

To which of these ethnic groups do you consider you belong? Please choose one section from A) to E) and tick one box only.

#### A) White

British   
Irish   
Any other White background  
(Please add 'other' below)

#### B) Black or Black British

Caribbean   
African   
Any other Black Background  
(Please add 'other' below)

#### C) Mixed

White and Black Caribbean   
White and Black African   
White and Asian   
Any other Mixed background  
(Please add 'other' below)

#### D) Asian or Asian British

Indian   
Pakistani   
Bangladeshi   
Any other Asian background  
(Please add 'other' below)

#### E) Chinese or Other Ethnic Groups

Chinese   
Other Ethnic group   
(Please add 'other' below)

Do you have any long-standing illness or disability or infirmity?

Yes  No

If yes, does this illness or disability limit your activities in any way?

Yes  No

#### Thank you for your participation

By submitting this questionnaire I agree that the information provided on this form can be held by Active Together. Your information will be used by Active Together for research purposes and to inform you of Active Together activities/promotions taking place. Please tick the box below if you DO NOT want to be contacted by Active Together



## NEWS what's been happening in your borough...



### Netball success

Over 30 ladies have attended the 'Back to Netball' sessions held on the outside courts at Guthlaxton College. The sessions have proved to be a major success and extremely popular, with a wide range of ages and abilities attending. Active Together are now seeking an indoor venue for netball to continue the sessions over the winter period. To register your interest in netball please contact Leanne on (0116) 257 2672.



## World Cup 5s Football Tournament - Men's Health Week

The first Active Together football tournament took place on June 20 at Beauchamp College, Oadby. The day was a great success with 10 teams and 75 people participating to celebrate National Men's Health Week 2010. The winners Brazil (pictured) emerged as overall champions after beating Spain 3-1 in the grand final!

### Keep a look out for our next tournament...

"Active 5s" which takes place on Sunday November 21 at Parklands Leisure Centre, indoor, at 11:00 a.m. Entry fee is only £20 per team with the chance to win a full nike5 team kit (pictured). To enter a team or find out more, please contact Nimesh, on (0116) 257 2686 and reserve your space.

WIN a Nike 5 Team Kit



# Physical Activity Guide

## October 2010 - January 2011

### Ongoing Classes



Activity	Day	Location	Time	Cost	Contact
<b>Aerobics - Low impact</b>	Fri	United Reformed Church, Wigston	10:30 – 11:30 am	£3.00	Ann: 07748 957551
<b>Aerobics - WeightCare</b>	Wed	Bassett Centre	6:45pm	£3.50	Gaynor: (0116) 2782038
<b>Aerobics</b>	Mon	Freer Centre	7:30pm	Call for details	Gaynor: (0116) 2782038
<b>Badminton</b>	Sat	Parklands Leisure Centre	4 – 6pm	£4.50	Steve: 07845 804 010
<b>Belly Dancing</b>	Wed	Activelife (Beauchamp College)	6:30 – 7:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Belly Dancing</b>	Thu	South Wigston High School, moving to St Thomas Church Hall from November'	6:30 – 7:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Belly Dancing Intermediate Level</b>	Fri	Activelife (Beauchamp College)	6:30 – 7:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Belly Dancing Advanced Level</b>	Wed	Activelife (Beauchamp College)	7:30 – 8:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Belly Dancing Advanced Level</b>	Fri	Activelife (Beauchamp College)	7:30 – 8:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Bootcamp</b>	Mon, Wed, Fri	Manor Road, Oadby	7 – 8am	Various	Susan: 07963 159667
<b>Bollywood Dance – Desi Masti</b>	Wed	St Paul's Church Hall, Oadby	7 – 8pm	£3.50	Anand: 07957 148150
<b>Bollyrobics</b>	Wed	St Paul's Church Hall, Oadby	8 – 9pm	£3.50	Anand: 07957 148150
<b>Bowls - Oadby Bowls Club</b>	Mon to Sat	Ellis Park, Oadby	1pm – until dark	Please call for details	David: (0116) 2885515
<b>Boxing Training</b>	Mon	White Tiger Training Centre, Oadby	8 – 9pm	£5:00	Kevin: 07885 594169
<b>Chair Based Exercise</b>	Tues	Marriot House, Oadby	12:15 – 1:15pm	£2.50	Ann: 07748 957551
<b>Fitness Faye's Total Body Workout</b>	Thu	Walter Charles Centre, Oadby	9:15 – 10:15pm	£4.00 per class or £21.00 for 6 weeks	Faye: 07872 019256
<b>Karate</b>	Tue	Beauchamp College	7 – 8pm	£4.00	Nilesh: 07972 260264
<b>Karate</b>	Thu	St Paul's Church Hall	7 – 8pm	£4.00	Nilesh: 07972 260264
<b>Karate</b>	Wed	White Tiger Training Centre, Oadby	6 – 7pm	£5.00	Kevin 07885 594169
<b>Karate</b>	Fri	White Tiger Training Centre, Oadby	6 – 7pm	£5.00	Kevin: 07885 594169
<b>Kickboxing</b>	Wed	White Tiger Training Centre, Oadby	8 – 9pm	£5.00	Kevin: 07885 594169
<b>Kickboxing</b>	Sat	White Tiger Training Centre, Oadby	2 – 3pm	£5.00	Kevin: 07885 594169

<b>Latin American Line Dance</b>	Mon	United Reformed Church, Oadby		Beginning September- Call for details	Rosemary: 07949 953 917
<b>Latin American Line Dance</b>	Thu	St Peters Centre, Oadby		Term fee - please call for details	Rosemary: 07949 953 917
<b>Line Dancing Improvers Level</b>	Tue	Bassett Centre, South Wigston	2 – 3.30pm	£3.50	Jean: (0116) 2774351
<b>Nordic Walking</b>	First and Third Sun of every month	Brocks Hill Country Park, Oadby	2:30 – 3:30pm	£4.00	Teresa: 07944 365249
<b>Pilates</b>	TBC	Activelife (Beauchamp College)	7:15 – 8:15pm	£4.00	Dawn: 07966 846835
<b>Wigston Phoenix Running Club</b>	Tue	Meet at British Legion, Wigston	6:45pm	Call for details	Ray Howe: (0116) 2703154
<b>Wigston Phoenix Running Club</b>	Thu	Meet at Manor Road Running Track	7pm	Call for details	Ray Howe: (0116) 2703154
<b>Salsa</b>		Beauchamp College		Next course starts September- call for details	Jenny: 07931524825
<b>Self Defence</b>	Sat	Activelife (Beauchamp College)	2:00 – 2:45pm	£2.00	Nasser: 07792 242150
<b>Seated Exercise</b>	Thu	St Paul's Church, Oadby	11:30am – 12:00pm	£1.50	OWBC: (0116) 257 2672
<b>Seated Exercise</b>	Mon	Bassett Centre	2:00 – 2:45pm	£3.00 per class or £10 for 4 classes	OWBC: (0116) 257 2672
<b>Tai Chi</b>	Mon	Bassett Centre	5:30 – 6:30pm	£4.00	Nasser: 07792 242150
<b>Tai Chi</b>	Wed	Activelife (Beauchamp College)	8:30 – 9:30pm	£5.00	Nasser: 07792 242150
<b>Tai Chi</b>	Thu	Walter Charles Centre, Oadby	2 – 3pm	£3.50	Nasser: 07792 242150
<b>Tai Chi</b>	Friday	Brocks Hill Country Park	10 – 11am	£3.50	Nasser: 07792 242150
<b>Tango Argentino - Beginners</b>	Tue	St Peters Centre, Oadby	8.30 – 9.30pm	£3.50	Rosemary: 07949 953917
<b>Walking for Health</b>	Wed, once a month	Wigston Library	10:30 am meet	Free	Enid: (0116) 271 9883
<b>Walking Group</b>	First Sat of every Month	Meet outside the Grange Pub, Oadby	10am	Free	Enid: (0116) 271 9883
<b>Walking Group - Walking the Way to Health</b>	Saturday	Meet at South Wigston Methodist Church	9:20am meet	Free	OWBC: (0116) 257 2672
<b>Yoga</b>	Tue	Brookside Primary School, Oadby	7 – 8:30pm	£3.50	Nicky: (0116) 254 6998
<b>Yoga</b>	Wed	South Wigston High School	8–9pm	£4.00	Susan: (0116) 286 6997

# Coming Soon....



## Treasure Activity Hunts

Brocks Hill Country Park

Our next two themed treasure activity hunts will be at Brocks Hill Country Park on: Friday 22 October – 12-5pm  
Wednesday 22 December – 12-4pm

The activity hunts are £1 per person and all children receive a prize. Come and register at the Active Together tent. Please wear suitable clothing and footwear appropriate to weather condition. No need to book, just turn up!

## Shape up in time for Christmas...



Back by popular demand – Fitness Package. Come along and try a different class every Saturday for 7 weeks leading up to Christmas

### The Ultimate Variety Pack!

**Date:** Starts Saturday 30 October  
4pm – 5pm

**Venue:** St Thomas Church Hall, Wigston

**Price:** Only £1.50 per session or £8 for 7 sessions

*Pre Booking Essential*

Session 1	30 October	Keep Fit Yoga
Session 2	06 November	Circuits
Session 3	13 November	Hula Hoop
Session 4	20 November	Pilates
Session 5	27 November	Dancercise
Session 6	04 December	Salsa
Session 7	11 December	Zumba

## 30/30 Ultimate Calorie Burn



**30 minutes urban rebounding**  
exercise on a mini trampoline



**30 minutes box fit (non contact)**  
Basic boxing routines with pad work

**Venue:** United Reformed Church, Rosemead Drive, Oadby

**Time:** 7:30 p.m. – 8:30 p.m.

**Day:** Thursday

**Starts:** 18 November for 4 weeks

**Price:** £2 per session or book with a friend and get a free session

**Booking essential - book now!**  
**Limited spaces available.**

# NHS

## LEAP

Leicestershire Nutrition and Dietetic Service

### Lifestyle, Eating and Activity programmes

*...helping you to eat smart and become more active!*

Meet new people and learn some healthy eating tips from a Registered Dietitian and a Physical Activity Coordinator. **FUN activities, food tasting and more!**

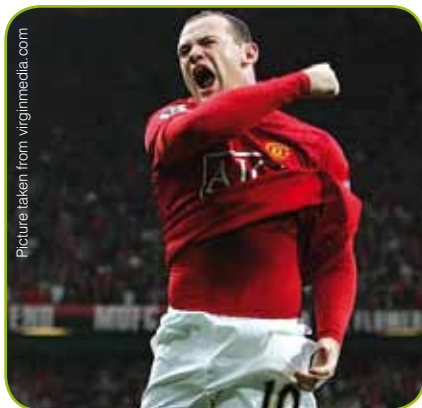
Ask your GP or Practice Nurse or call Dietetics on (0116) 2727223 for more details

### Do you want to lose weight and keep it off?

Come along to the **FREE LEAP sessions** running in the Borough. Call the Dietetics service on (0116) 2727223 for information on where your nearest LEAP is running.



# Coming Soon....



## Active Together 5s - Indoor Football Tournament

**Entry Fee:** £20 per team

**Date:** 21 November

**Start time:** 11am

Prizes – nike5 team kit for winners and medals for runners up

For an entry form please contact Nimesh on (0116) 257 2686

.....  
Please call one of the team to register your interest in the following activities. We will inform you of the details of the sessions when they have been set up.

**Bootcamp**

**Buggy circuits**

**Step into Dance programme**

- please see listed dances on step into dance page

**Get into Softball**

**Fitness packages**

**Bollywood**

**Boxing type activities**



## Sports Workshops

If you are involved in sport or you are interested in sports coaching why not sign up to the CLUB MARK workshops listed below. These minimum operating standard workshops are aimed at coaches of all levels, team managers, club officers, teachers and volunteers. They are also required workshops for those clubs working towards Club Mark status.

### Safeguarding and Protecting Children

**Date:** Wednesday 27 October 2010

**Time:** 6:30pm to 9:30pm

**Venue:** Oadby and Wigston Borough Council Offices

**Cost:** £20 (payable to Leicestershire County Council, via the County Sports Partnership)

#### Learning outcomes:

- Identify the foundations of safeguarding, good coaching practice and child protection
- Recognise and respond with the appropriate actions to the signs and symptoms of child abuse and poor practice

### Equity in your Coaching

**Date:** Wednesday 16 February 2011

**Time:** 6:30pm to 9:30pm

**Venue:** Oadby and Wigston Borough Council Offices

**Cost:** £20 (payable to Leicestershire County Council, via the County Sports Partnership)

#### Learning outcomes:

- Explain what sports equity is and why it is important
- Identify barriers to participation
- Use of appropriate language and terminology
- Identify and challenge inequitable behaviour
- Interpret the legal framework that affects coaching

For more information on either workshop please contact Avril Lennox, the Oadby & Wigston Leisure Development Officer on Leicester (0116 2572673) or email [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)



## Football News

Congratulations to Oadby Owls Football Club on being awarded the prestigious status of 'Charter Standard Community Club' from the Football Association. This is the highest award the FA can present to a club. Club Chairman, Rob Farrar, thanked all those who have worked hard to achieve this award, not least the partnership working with the Borough Council.



Would you like more information?

Would you like to work in partnership with us and have your class or activity listed in this guide?

Would you like to try an activity not listed in this guide?

Then contact your Physical Activity Development Officers, we would be more than happy to help!

**Leanne Plummer** - Tel: (0116) 257 2672  
Email: [leanne.plummer@oadby-wigston.gov.uk](mailto:leanne.plummer@oadby-wigston.gov.uk)

**Nimesh Patel** - Tel: (0116) 257 2686  
Email: [nimesh.patel@oadby-wigston.gov.uk](mailto:nimesh.patel@oadby-wigston.gov.uk)

**Avril Lennox MBE**, Local Active Together Manager and Leisure Development Officer. Tel: (0116) 257 2673  
Email: [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)

