

What's Active in Hinckley & Bosworth

Autumn 2016 Guide to activities taking place in the borough



Monday 26 September to Saturday 1 October



FEEL
ALIVE
FROM 65 WEEK



Date	Time	Activity	Venue	contact
Monday	9.30am - 11.30am	Short Mat Bowls £2	Westfield Community Centre, Hinckley	Marian Upton 01455 619519
Tuesday	10am - 11am	Gentle Bodies £5	MyS2dio, George Street, Hinckley	Lynn Elkington 07917 787273
Tuesday	11am - 11.30am	Tai Chi Taster Free	Community Centre, Forest Rise, Groby	Liz Causon 07966 201492
Tuesday	3pm - 4pm	Walking Football £3.50	Green Towers, Richmond Park, Hinckley	Tariq Arif 01455 255908
Wednesday	3.15pm - 3.45pm	Tai Chi Taster Free	Community Centre, Mayflower Close, Markfield	Liz Causon 07966 201492
Wednesday	7.30pm - 8.30pm	Line Dancing £3.50	Age UK Centre, Earl Shilton	Kate Webb 01455 619519
Thursday & Friday	11.30am - 12noon	Tai Chi Taster Free	The Barn, Kirkby Road, Barwell	Liz Causon 07966 201492
Friday	12.30 - 1.30pm	Forever Fitness £5	Hinckley Leisure Centre, Argents Mead, Hinckley	01455 610011
Saturday 1 October	10am - 12noon	Led bike rides Free	Starts from Richmond Park, Hinckley	Liz Causon 07966 201492

WALKING FOOTBALL...

Walking Football sessions:

Tuesday 3pm - 4pm

Greentowers, Hinckley

Starting **27 September**

Contact **Tariq 01455 255908**

£3.50 per session



The sessions are aimed at adult men and women especially the over 50's, those coming back from injury and those with a lack of mobility for whatever reason. So, if you want to have a go and join in a slower paced sport and have fun at the same time WALKING FOOTBALL is for you.

Free Swimming for

Over 60's at Hinckley Leisure Centre

ID is required. The sessions are:

Tuesdays - 2.30pm to 3.50pm

Thursdays - 3pm to 3.50pm & 8pm to 9pm

Fridays - 9am to 10am

Sundays - 7am to 9am





FLIC is an 8 week group for families keen to learn more about becoming fit, healthy and managing their weight

For families with children aged 8-13 years

The next programme is:

Thursdays 4pm - 6pm from 15 September - 10 November at St Francis Community Centre, Hinckley

(no sessions during half term) For more details email or tel:

FLIC@Inds.nhs.uk or 0116 222 7154

WWW.XPLORER.ORG.UK

ORIENTEERING - Hollycroft Park, Hinckley (Bowling Green entrance)
4pm - 5pm

Maths Mayhem
Friday 30 September

Halloween Horror
Friday 28 October

Christmas Tree Hunt
Friday 25 November

Tariq Arif tel **01455 255908** email:
Tariq.Arif@hinckley-bosworth.gov.uk



Fencing Beginners Course

FREE Taster sessions available Early September Book Now!



CONTACT US TODAY!

We welcome adults and juniors

Families and friends discounts available

Beginners Course
STARTING Weds 21st September 2016

FREE Taster Sessions
Please contact us to book in advance

Call: 07921 364 097

www: hfcfencing.co.uk

Email: brian.jordan4@btopenworld.com

Hinckley Fencing Club, Sports Hall, Hinckley Academy and John Cleveland 6th form College, Butt Lane, Hinckley LE10 1LE

Want to Lose Weight... For Good?

FREE weight loss sessions at a venue near you

Friendly supportive environment

10 week course: Nutrition sessions with exercise classes



For more information call us on **0116 222 7154**



Sky Ride Local - Let's Ride Enjoy free guided rides

Date	Ride Name	Start Time	Start Point	Distance	Ride Level	Suitable for
Saturday 3 September	Hinckley & Bosworth Bosworth & Beyond	10.00am	Green Towers, LE10 0DZ	30 miles	Long	**11+
Saturday 17 September	Hinckley & Bosworth Battle of Bosworth	2:00pm	Green Towers, LE10 0DZ	18 miles	Medium	**11+
Saturday 1 October	Hinckley & Bosworth Short ride	10.00am	Green Towers, LE10 0DZ	8 miles	Short	Anyone
Sunday 16 October	Hinckley & Bosworth Battle of Bosworth	2.00pm	Green Towers, LE10 0DZ	18 miles	Medium	**11+
Saturday 29 October	Hinckley & Bosworth Meet Route 52	10.00am	Green Towers, LE10 0DZ	23 miles	Long	**11+
Saturday 12 November	Hinckley & Bosworth Battle of Bosworth	10.00am	Green Towers, LE10 0DZ	18 miles	Medium	**11+
Saturday 18 December	Hinckley & Bosworth Battle of Bosworth	10.00am	Green Towers, LE10 0DZ	18 miles	Medium	**11+

****Children 11-15 with adult** For more information and to register for FREE go to www.goskyride.com or tel Liz on 01455 255870

You can keep in touch with the Active Together team in many different ways - via facebook, twitter or tel **01455 255908** website www.hinckley-bosworth.gov.uk/activetogether