

A programme
of physical activity
across Rotherham

Active Always

2011 Brochure



Feeling **great**
Looking **good**
Staying **healthy**
Meeting **new people**

Rotherham 
Metropolitan
Borough Council
Where Everyone Matters

www.rotherham.gov.uk/activealways

Welcome to Active Always

Active Always is a programme of physical activity delivered all over the borough that will help you to improve your health and well-being. Many kinds of exercise classes are available, including seated exercise, tai chi, yoga, dance, health walks and much more.

If you have never exercised before, it's not too late to start. All the instructors are specially qualified to teach health related exercise to people of all levels of fitness and ability to ensure everyone can join in at their own pace. You can choose the classes which best suit your needs.

The programme is delivered through Rotherham Metropolitan Borough Council Sports Development, DC Leisure and Rotherham United Community Sports Trust supported by NHS Rotherham and community partners.

Sports Development provides opportunities to participate in sport and physical activity for all sections of the community through their 6 delivery themes.

For more information about Sports Development and the Active Always programme please call Rotherham Metropolitan Borough Council Sports Development on 01709 822453 or visit www.rotherham.gov.uk/activealways



All prices are correct at the time of going to print and may be subject to change.



Which Class Is Right For Me?

Activity Level



Class	Activity Level	Page
Keep Moving	Suitable for beginners. Referral by a Health Professional, appropriate for people with health conditions, such as arthritis or osteoporosis.	4
Gentle Activity	Suitable for everyone and for those who wish to progress. It is still low impact exercise but the majority of the exercises are delivered standing.	5
Mind & Body	Suitable for everyone.	9
Fitness Improvement	Suitable for people who wish to progress from low impact exercise. A little more active but delivered at your own pace.	12
Strength and Tone	Appropriate for those who are more active and wish to improve their fitness levels with specific, tailored programmes.	14

***You can use the FREE taster voucher where you see this symbol.**

Keep Moving

These are gentle and safe classes which provide people with the opportunity to improve mobility. These classes are suitable for a range of participants who can carry out exercises either seated or standing.

Active Always Keep Moving Classes:

Area/Venue	Day	Time	Cost	Contact
Catcliffe Chapel Walk	Tues	10:00am	£1.50*	Carole Burgan 07969073111
Dinnington St Joseph's Court	Wed	10:30am	£1.50*	Carole Burgan 07969073111
Flanderwell Mark Grove	Wed	2:00pm	£2.00*	Carole Burgan 07969073111
Maltby The Grange	Wed	2:00pm	£2.50*	Kevin Parkin 01709 822453
Maltby Ascension Close	Thur	10:15am	£2.00*	Carole Burgan 07969073111
Moorgate Talbot Church	Fri	1:45pm	£2.75*	Lesley Lattimer 07977621738
Parkgate Valetta House	Mon	10:30am	£2.00*	Lesley Lattimer 07977621738
Rawmarsh Steadlands	Thur	1:30pm	£2.00*	Carole Burgan 07969073111
Swinton Highfield Court	Mon	10:30am	£2.50*	Kevin Parkin 01709 822453
Thurcroft Arbour Drive	Wed	12noon	£2.50*	Kevin Parkin 01709 822453
Treeton Treeton Baptist	Thur	3:00pm	£2.50*	Carole Burgan 07969073111
Whiston Francis Howlett	Fri	1:30pm	£2.00*	Alison McCamley 01709 822453

Gentle Activity

These classes will improve your general fitness. Choose from a range of Active Always sessions including organised walking groups, salsa dance and low impact aerobics.

Why not try a session, they are easy on the joints and a fun way to get into shape! Recreate your own 'Strictly' at the Ballroom dancing classes or make new friends at the Walking Club.

Activity Morning:

Join us for a three hour open session. You can try badminton, group exercise and swimming.



Area/Venue	Day	Time	Cost	Contact
Maltby Maltby Leisure Centre	Mon	9:00am - 12noon	Ring venue for details	Maltby LC 01709 797100
Maltby Maltby Leisure Centre	Thur	9:00am - 12noon	Ring venue for details	Maltby LC 01709 797100

Indoor Bowling:

A gentle yet competitive sport for all ages and abilities to enjoy and have fun! If you have never played before, experienced players will show you what to do over a cuppa!

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Kimberworth Park Community Centre	Mon	10:00am - 12noon	£2.00	Len Bell 01709 552828
		12noon 2:00pm		
		2:00pm - 4:00pm		
		4:00pm - 6:00pm		



Active Always 50+ Classes:

These are slightly more active than the **Keep Moving Classes**, although still only gentle. The movements are mostly carried out from a standing position, but seated alternatives are available upon request.



Area/Venue	Day	Time	Cost	Contact
Aston Aston Joint Service Centre	Wed	1:30pm	£2.00*	Sports Development 01709 822453
Aston Aston-cum-Aughton Leisure Centre	Wed	11:30am	Ring venue for details	Aston-cum-Aughton LC 0114 2942580
Brinsworth Brinsworth Community Hall	Fri	9:30am	£2.50*	Sports Development 01709 822453
Central Rotherham Rotherham Leisure Complex	Wed	1:30pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Clifton Clifton Methodist Church	Tue	2:30pm	£2.00	Sports Development 01709 822453
Ferham Reach Centre	Thur	1:15pm	£2.00*	Sports Development 01709 822453
Harthill Harthill Village Hall	Thur	10:00am	£2.50*	Lesley Lattimer 07977621738
Kilnhurst Kilnhurst Community Resource Centre	Tues	3:30pm	£2.50*	Sports Development 01709 822453

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Forty Martyrs Church Hall	Thur	1:30pm	£2.00*	Sports Development 01709 822453
Maltby Edward Dunn Memorial Hall	Mon	1:00pm	£2.00*	Sports Development 01709 822453
Maltby Maltby Leisure Centre	Wed	10:00am	Ring venue for details	Maltby LC 01709 797100
Rawmarsh Apollo Street Sheltered Housing	Thur	10:30am	£2.00*	Sports Development 01709 822453
Todwick Todwick Village Hall	Tue	10:00am	£2.50*	Sports Development 01709 822453
Wickersley Wickersley Community Centre	Fri	2:00pm	£2.00*	Sports Development 01709 822453

Latin & Ballroom Dancing:

Learning to dance is a great way to get in shape, build confidence and increase self-esteem. It can burn as many calories as walking, swimming or cycling. For years doctors have recommended dancing as a great way to stay in shape and keep a sharp mind.

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Kimberworth Park Community Centre	Mon	7:00pm - 8:00pm	£3.00	David Lewin: 07963194058
Kimberworth Park Kimberworth Park Community Centre	Tues	7:00pm - 8:00pm	£3.00	David Lewin: 07963194058

Salsa Dancing:

This fun dance class will bring out the Latino in you! Learn how to dance salsa, no partner required.

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Kimberworth Park Community Centre	Tues	6:00pm - 7:00pm	£3.00	David Lewin: 07963194058
Kimberworth Park Kimberworth Children's Centre	Wed	6:00pm - 7:00pm	£3.00	David Lewin: 07963194058

Steps to Health Walking Clubs:

Walking is a great way to improve your health. The steps to health initiative has been developed through RMBC Culture and Leisure and NHS Rotherham to develop walking opportunities for people in local communities across the borough. **Please request a 'Steps to Health' leaflet for more information on all walks across the borough.**

Area/Venue	Day	Time	Cost	Contact
Ferham Woodstock Bower Surgery	Thur	10:30am - 12noon	£1.00*	Sports Development 01709 822453
Herringthorpe Herringthorpe Stadium	Mon	10:00am - 11:00am	£1.00*	Herringthorpe Stadium 01709 363355
Herringthorpe Herringthorpe Stadium	Wed	6:00pm - 7:00pm	£1.00*	Herringthorpe Stadium 01709 363355
Herringthorpe Herringthorpe Stadium	Sat	10:00am - 11:00am	£1.00*	Herringthorpe Stadium 01709 363355
Kimberworth Park St Johns' Church Hall	Wed	10:00am - 11:30am	£1.00	Ron Town 01709 559086

Mind & Body

Would you like to relax, take time out and have more energy? Come and try the Mind & Body classes. Improve your suppleness, balance, co-ordination and strength, reduce your stress levels and sharpen your mental focus.

Yoga:

Yoga is perfect to relieve stress and tension, improve your breathing and overall wellbeing. You don't need any previous experience to take part and anyone **regardless of their ability can join in!**

Area/Venue	Day	Time	Cost	Contact
Aston Aston-cum-Aughton Leisure Centre	Mon	10:30am - 11:30am	Ring venue for details	Aston-cum- Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Wed	8:00pm - 9:00pm	Ring venue for details	Aston-cum- Aughton LC 0114 294 2580
Aston Aston-cum- Aughton Leisure Centre	Fri	9:45am - 10:45am	Ring venue for details	Aston-cum- Aughton LC 0114 294 2580
Central Rotherham Rotherham Leisure Complex	Mon	1:30pm - 2:30pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Tues	9:30am - 11:30am	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Tues	8:00pm - 9:00pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Herringthorpe Herringthorpe Stadium	Tues	6:30pm - 7:30pm	£3.60*	Herringthorpe Stadium 01709 363355

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Kimberworth Park Community Centre	Tues	10:00am - 11:30am	£4.10	Neil Padgett 07963592645
Maltby Maltby Leisure Centre	Sat	11:00am - 11:45am	Ring venue for details	Maltby LC 01709 797100
Wath Wath Leisure Centre	Wed	9:30am - 10:30am	Ring venue for details	Wath LC 01709 870120
Wath Wath Leisure Centre	Wed	5.30pm - 6:30pm	Ring venue for details	Wath LC 01709 870120

Pilates:

Pilates is a slow and controlled exercise technique targeting deep postural muscles. It will re-balance the body, improving posture, strength and flexibility.



Area/Venue	Day	Time	Cost	Contact
Aston Aston-cum-Aughton Leisure Centre	Tue	8:15pm - 9:00pm	Ring venue for details	Aston-cum- Aughton LC 0114 2942580
Aston Aston-cum-Aughton Leisure Centre	Sat	9:30am - 10:15am	Ring venue for details	Aston-cum- Aughton LC 0114 2942580
Kimberworth Park Forty Martyrs Hall	Wed	6:30pm - 7:30pm	£1.50*	Sports Development 01709 822453
Wath Wath Leisure Centre	Mon	12noon – 1:00pm	Ring venue for details	Wath LC 01709 870120

Tai Chi:

Smooth flowing exercises combine mental concentration, slow breathing and dance like movements to increase Chi (life energy) promoting good health and vitality.

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Kimberworth Park Community Centre	Mon	10:30am - 11:30am	£4.00	David Barrow 0114 2351188

Beginners Aqua Pilates:

Area/Venue	Day	Time	Cost	Contact
Aston Aston-cum-Aughton Leisure Centre	Fri	11:00am - 11:45am	Ring venue for details	Aston-cum- Aughton LC 0114 2942580

Herringthorpe Stadium

Tel 01709 363355

The facility offers a wide range of sports, activities and events throughout the year, catering for people of all ages and abilities while providing a superb training and competition venue for various sports.



Fitness Improvement

For a healthy life, to get fit or even just for fun. A variety of gentle aerobic activities with an aquatic environment, these classes are particularly suitable for anyone unaccustomed to exercise.

Aqua Fit:

Water based aerobic workout for all abilities. The water supports you during the session making it low impact.



Area/Venue	Day	Time	Cost	Contact
Aston Aston-cum-Aughton Leisure Centre	Mon	9:15am - 10:00am	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Mon	10:00am - 10:45am	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Mon	6:30pm - 7:15pm	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Mon	7:15pm - 8:00pm	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Wed	9:15am - 10:00am	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Aston Aston-cum-Aughton Leisure Centre	Wed	10:00am - 10:45am	Ring venue for details	Aston-cum-Aughton LC 0114 294 2580
Central Rotherham Rotherham Leisure Complex	Mon	10:00am - 10:55am	Ring venue for details	Rotherham Leisure Complex 01709 722555

Area/Venue	Day	Time	Cost	Contact
Central Rotherham Rotherham Leisure Complex	Tues	11:00am - 11:55am	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Wed	10:00am - 10:45am	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Thur	7:00pm - 7:55pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Thur	8:00pm - 8:55pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Central Rotherham Rotherham Leisure Complex	Sun	4:00pm - 4:55pm	Ring venue for details	Rotherham Leisure Complex 01709 722555
Maltby Maltby Leisure Centre	Mon	9:15am	Ring venue for details	Maltby LC 01709 797100
Maltby Maltby Leisure Centre	Tue	10:00am	Ring venue for details	Maltby LC 01709 797100
Maltby Maltby Leisure Centre	Thur	9:15am	Ring venue for details	Maltby LC 01709 797100
Maltby Maltby Leisure Centre	Fri	10:30am	Ring venue for details	Maltby LC 01709 797100
Wath Wath Leisure Centre	Tues	10:00am - 11:00am	Ring venue for details	Wath LC 01709 870120
Wath Wath Leisure Centre	Thur	9:45am - 10:30am	Ring venue for details	Wath LC 01709 870120
Wath Wath Leisure Centre	Thur	10:30am - 11:15am	Ring venue for details	Wath LC 01709 870120
Wath Wath Leisure Centre	Thur	7:00pm - 7:45pm	Ring venue for details	Wath LC 01709 870120

Strength and Tone

Prepare to change the shape of your body with these sessions. They offer the complete package; as well as working on strength and tone you will also improve posture, core stability and self-confidence.



Fitness Classes:

A class consisting of high and low impact moves suitable for all fitness levels, with toning exercises for upper and lower body. Working on strength and tone, you will also improve posture, core stability and self-confidence.

Shape & Tone Aerobics:

Area/Venue	Day	Time	Cost	Contact
Kimberworth Park St. Johns Church	Mon	6:00pm - 7:00pm	£1.50*	Sports Development 01709 822453

Body Tone Class:

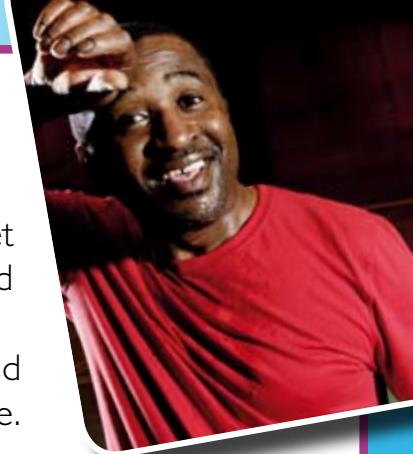
Area/Venue	Day	Time	Cost	Contact
Maltby Maltby Leisure Centre	Wed	11:00am	Ring venue for details	Maltby LC 01709 797100

Core Stability Class:

Area/Venue	Day	Time	Cost	Contact
Maltby Maltby Leisure Centre	Thur	7:00pm	Ring venue for details	Maltby LC 01709 797100

Gym Session:

The Health & Fitness Suite at Chislett Youth Centre, Kimberworth Park has a full range of user-friendly equipment designed to meet all your Health and Fitness needs. A qualified gym instructor will give you an appropriate training programme for your fitness level and motivate you to keep to your fitness routine.



Area/Venue	Day	Time	Cost	Contact
Kimberworth Park Chislett Community Gym	Mon	10:00am - 12noon	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Mon	6:00pm - 8:00pm	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Tue	10:00am - 12noon	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Wed	10:00am - 12noon	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Thur	1:00pm - 3:00pm	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Fri	10:00am - 12noon	£2.00*	Sports Development 01709 822453
Kimberworth Park Chislett Community Gym	Sat	10:00am - 12noon	£2.00*	Sports Development 01709 822453

FREE Crown Green Bowls Coaching



As part of a project supported by Sport England, registered Bowls Clubs in Rotherham will be offering FREE bowls coaching for beginners.

Sessions are designed to run for **2 hours per week over 6 weeks.**

The programme is to encourage people to have a go at bowls, a sport for all with all welcome.

As part of the project coach training courses will run.



For further information contact
Alan Tizard 01909 771438



FREE Active Always Taster Voucher

Valid until
31st Dec
2011

Admits 1 x person FREE to 1 x Active Always, Keep Moving or Active Always 50+ class included in this leaflet.

This voucher can be used on any activity session marked with an **asterisk***

For all participants who have not previously registered on that programme.

Any exercise is better than none at all. Give it a try and feel the difference!

We look forward to seeing you soon at our **Active Always** sessions and events.