

## Physical Activity Opportunities for Children and Young People in North Northamptonshire

### **Corby leisure pass for young people**

Corby Junior Leisure Club have created a pass for children and young people, designed to get them more active, develop their social skills and improve their mental health.

The price of the membership is £14 a month with no contract and includes unlimited swimming, diving and aqua classes, group exercise classes, cheerleading sessions, unlimited golf, football club and Kidz Club.

For more information, contact [sportsdevelopment.cbc@northnorthants.gov.uk](mailto:sportsdevelopment.cbc@northnorthants.gov.uk) or visit the website [Junior Leisure Club | North Northants Leisure \(nnleisure.co.uk\)](http://nnleisure.co.uk)

### **Youth works free sports sessions**

Youth works have created free sports sessions for anyone aged 11-18 and of any fitness level. They will be on Thursdays 4-5pm at the Knibb in Kettering and will include a variety of sports and fitness activities.

For more information contact [enquiries@youthworksnorthamptonshire.org.uk](mailto:enquiries@youthworksnorthamptonshire.org.uk) or visit the website [Youth Groups & Activities « Youth Works Northamptonshire](http://youthworksnorthamptonshire.org.uk)

### **Skip Beatz WORLD RECORD SCHOOL SKIPPING WORKSHOP**

Skip Beatz is a unique form of high intensity exercise entertainment, fusing skipping skills with fast paced high energy music and ultraviolet lighting.

The world record skipping workshop includes;

- Whole School Assembly
- World record demonstration and presentation
- Ultraviolet skipping demonstration
- Support mental health and wellbeing through skipping and jumping
- Skipping sessions for all classes
- Develop skill, coordination and fitness

[SCHOOL WORKSHOP | skipbeatz](http://www.skipbeatz.co.uk)

### **Wellingborough Amateur Swimming Club**

Wellingborough Amateur Swimming Club offer a full program of lessons for school aged children based on the Swim England Learn to Swim Programme to ensure that your child gets the very best instruction.

£5 for 30-minute lesson.

Free hat and swim bag.

Beginners and improvers. Qualified friendly staff. Viewing area for parents. Small group sessions.

Contact the club secretary Jean Thomas on 07951 418894

[Secretary@wasc.info](mailto:Secretary@wasc.info) or online [Wellingborough Amateur Swimming Club \(swimclubmanager.uk\)](http://www.swimclubmanager.uk)

### **New Junior Fitness Class at the Pemberton Centre**

Exciting news for Activator and Born To move junior members and for young people who want to have a go.

[The Pemberton Centre](#) have a new Junior fitness class starting on Mondays from 4-5pm, suitable for newcomers to group exercise from ages 11- 16. This is free to members or £4 a session for non-members and will include a mixture of classes including Circuit.

Book in by calling 01933 350 324 or using the app or just turn up.

[Healthy Communities North Northamptonshire | Rushden | Facebook](#)

### **Northstars Inline Hockey Club Rushden**

Northstars Inline hockey club are looking for players and goalies of all ages to join the ever expanding Hockey Family.

For inline hockey sessions a basic ability to skate will be needed but hockey experience isn't necessary. Equipment can be loaned to you when you start.

First session is free.

Contact: [northstartsinlinehockey@gmail.com](mailto:northstartsinlinehockey@gmail.com)

[Northstars Inline Hockey Club \(northstarslinehockeyclub.co.uk\)](http://northstarslinehockeyclub.co.uk)

[Northstars Inline Hockey Club | Facebook](#)

### **Junior Dodgeball**

Junior dodgeball is now available for children and young people age 7 to 14 years at The Pemberton Centre, H.E. Bates Way, Rushden NN10 9YP. This will take place on Thursdays (Term Time only) from 4pm to 5pm and will cost £4 a session.

For more information, please contact Jackie Ackroyd, Active communities coordinator

[jackie.ackroyd@freedom-leisure.co.uk](mailto:jackie.ackroyd@freedom-leisure.co.uk)

To book: 01933 350324

For more information please visit [The Pemberton Centre | Leisure Centre & Gym in Rushden | Freedom Leisure \(freedom-leisure.co.uk\)](#)

or [The Pemberton Centre | Rushden | Facebook](#)

### **Inclusive Swimming**

Weekly swimming sessions are available for those with disabilities or health conditions, for all ages. This takes place at Kettering Swimming Pool on Sundays from 4pm to 5pm. £4 per session, carers are free.

For more information contact: [Wesley.neville@freedom-leisure.co.uk](mailto:Wesley.neville@freedom-leisure.co.uk)

Kettering Swimming Pool, 01536 234409 [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### **Kids Boxercise Class in Burton Latimer**

Join [Will Ingold](#) every Thursday 6:15 - 7:00pm at The Pod in Burton Latimer for a kids boxercise class. Aiming to build confidence and learn new skills. This is for ages 4 -13 years and costs £5 per session.

Book Online here: [Find and book fitness \(gymcatch.com\)](https://www.gymcatch.com)

or get in touch on: 07594 668259

[info@ingoldfitness.co.uk](mailto:info@ingoldfitness.co.uk)

[Home \(ingoldfitness.co.uk\)](http://Home(ingoldfitness.co.uk))

### **Steel Spirit Cheerleaders - Corby**

Cheerleading takes places every Thursday at Lodge Park Sports Centre in Corby for children aged 5+ and costs £4.75 per session.

6-7pm = beginners/intermediate

7-8pm = intermediate/advanced

[Steel Spirit Cheerleading | North Northants Leisure \(nnleisure.co.uk\)](#)