



## Evening Activity Sessions

DAY	VENUE	TIMES	ACTIVITY TYPE	MOVEMENT WORKER	ADDITIONAL INFO
Monday	Willows Sports Centre Hub Club DE1 3NZ	4.30 – 5.45pm	Multi Sports Session/Football session	Sara Adcock  Rich Bell: DCFC Coach	<ul style="list-style-type: none"> <li>Compulsory attendance to these sessions for the first 12 weeks. Ages 5-11.</li> </ul>
Tuesday	Merrill Academy Hub Club DE24 0AN	4.45 – 6pm	Multi-sports	Sara Adcock,	<ul style="list-style-type: none"> <li>Compulsory attendance to these sessions for the first 12 weeks. Ages 5-11.</li> </ul>
	Merrill Academy DE24 0AN	5-6pm	Football	Rich Bell: Derby County Football Club Coach	<ul style="list-style-type: none"> <li>Open to 8 - 17 year olds plus 1 friend/family. All young people on the programme should be at Merrill for 4.45pm</li> </ul>
Wednesday	Johnson Building Derby College Locomotive Way DE24 8PU	5-6pm	Family Boxfit/Circuits	Jon & Luke	<ul style="list-style-type: none"> <li>Open to 5-11 year olds and one family/friend</li> </ul>
	Littlelover School-dance studio DE23 4BZ	7.10-8.10pm	Female Fitness	Cara Gunter	<ul style="list-style-type: none"> <li>Open to girls aged 11 and above and 1 female family member or friend</li> </ul>

Public swim sessions are available to access at Queen Street pool – please read Derby City Council’s Terms and Conditions when accessing the public swim sessions.

Please see contact details of workers:

Sara Adcock	07812301995 Sara.adcock@derby.gov.uk	Livewell	01332 641254 livewell@derby.gov.uk
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