

## 5-11years Hubs and Family Physical Activity Sessions

Monday	<b>HUB @ Willows Sports Centre DE1 3NZ</b>	<b>4:30-5:45pm FREE</b>	<b>Sara Jess</b>	<b>5-11yrs</b>
Tuesday	<b>HUB @ Merrill Academy DE24 0AN</b>	<b>4:45-6pm FREE</b>	<b>Jess Ben</b>	<b>5-11yrs</b>
Wednesday	Family Boxfit Johnson Building Derby College DE24 8PU	5-6pm FREE	Shakey Ben	5-17yrs Plus 1 family/friend
	Female Fitness Littleover Community School DE23 4BZ	7:10-8:10pm Free	Cara	9+ Must be accompanied by female adult
Thursday	<b>HUB @ St Philips Church DE21 4JU</b>	<b>4:30-5:45pm FREE</b>	<b>Ben Chris</b>	<b>5-11yrs</b>

Please bring water with you to each session

All Live it clients are required to attend one HUB per week, swimming is also available at a reduced rate for you and your family, contact your Live it advisor for more info

Sara – 07812301995 sara.adcock@derby.gov.uk

Jess – 07534404175 jess.needham@dcct.co.uk

Ben – 07957782237 ben.asquith@dcct.co.uk