



ACTIVE HASTINGS

Winter Programme

9 January - 1 April 2012

Whatever your age there's
something for everyone!

Hosted by

active  **hastings**

active atwork

Rounders Netball Badminton
and much more...



Netball Tournament

Friday 3 February
6pm - approx 9pm
Freedom Leisure,
Helenswood Site
(Opp. Conquest
Hospital)

£1 per person.
Teams of 7 players, can
be mixed.

Badminton Tournament

Friday 2 March
6pm - approx 8pm
Summerfields Leisure
Centre,
Falaise Road

£1 per person.
Teams of 4 players, can
be mixed.

Rounders Tournament

Friday 23 March
6pm - approx 8pm
The Oval, Falaise Road
(Opp. Summerfields
Leisure Centre)

£1 per person.
Teams of 6 players, can
be mixed.

Active at Work - FREE activities for workplaces.



Monday 9 January – Sunday 1 April 2012

Excluding Monday 13 - Sunday 19 February, unless otherwise stated.

Active Hastings is the easy, fun way to get your everyday dose of physical activity. It only takes **30** minutes a day for adults and **60** a day for children to get fitter, healthier and happier. You can even break it down into 10 minute slots!

We have activities for all ages and abilities from walks in the park to aerial acrobatics and boxing to tai chi. So, whether you're a fitness freak or a couch potato, from 2 to 102, we've got something to suit you.



Please note...

- All sessions are FREE unless otherwise stated.
- Programme caters for all ages and abilities.
- No need to book unless stated in activity description.
- Sessions may be cancelled due to weather conditions if it constitutes a health and safety risk.
- Where a crèche is available, places are limited and allocated at our discretion. Advanced booking essential.
- The Active Hastings programme includes activities organised by external individuals and agencies. Where this is the case, the details of the group/individual that is organising the session will be listed under the name of the activity. While every effort has been made to ensure the quality of these sessions, Hastings Borough Council cannot accept any liability for activities carried out during these sessions.

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For more information visit
www.activehastings.org.uk



Wheelchair access



Assisted access

Active Hastings aims to make all sessions inclusive, so please look through the programme to find activities that you would like to attend. Venues with wheelchair access are marked with the access or assisted access sign. Please call for details about other sessions suitable for your needs.

Large print and audio versions are available.
Please call 01424 451051.



Adult Sessions

Circuit Training

Organised and led by Chris Tambbeh

Mondays

7 - 8pm
Alexandra Park Multi-Use
Games Area
£2 per session

A fast pace circuit session that improves your strength, endurance and cardiovascular performance. All abilities welcome. Call Chris on 07554 002 985 for more info.

Aqua Gym

Tuesdays 

11am - 12noon
Summerfields Leisure Centre,
Bohemia Road.
£1.50 per session.

This fast paced, water based gym routine will get your muscles working, toning your body while listening to funky up beat music. This workout will set you up for the rest of the day. Spaces are limited so get there early to avoid disappointment.

Social Football

Wednesdays

6.30 - 7.30pm
Alexandra Park Multi-Use
Games Area.

Get off the sofa, ditch the pizza and head down to Alexandra Park for a social football session for men of all ages and abilities. We guarantee you'll have fun and get fit at the same time.

Wellbeing Activity Group

Wednesdays 

1 - 3pm
Summerfields Leisure Centre,
Bohemia Road.

Do you access mental health services? If so, come along to Summerfields for a fun activity session. We meet in the cafe between 1pm and 1.30pm with the activities running in the sports hall between 1.30pm and 3pm. For more information contact Kim from Hastings Recovery Service on 01424 735608.

Cheerleading

Wednesdays

5.30 - 7pm
Summerfields Leisure Centre,
Bohemia Road.
£2 per session.

Join the South East Stars Cheerleading Team. Learn skills such as dance formation, cheer motions, stunting and tumbling with BCA qualified instructors. Men welcome.

Golf


Thursdays

10am - approx 12noon
Beauport Park, Battle

Session includes use of the driving range, 9 hole pitch and putt and a putting course. Please note - while a member of Active Hastings team will be happy to assist you, there will be no golf instructor at these sessions.

Badminton Coaching

Organised and led by Freedom Leisure

Tuesday & Thursdays 
9.30 - 11am
Summerfields Leisure Centre,
Bohemia Road.
£3 per session.

Have you always wanted to learn how to play badminton? Don't miss this fun and friendly professional coaching session. This mixed adult session is open to all abilities. Creche facilities are available, please contact Summerfields on 01424 457691.

Indoor Adult Rounders

Thursdays

6 - 7pm
YMCA,
St Paul's Road.
£1 per session.

Rounders is a sport for all abilities. Even if you have never played before the rules are simple. Come and join our friendly Active Women team for a game. For more information please call Eugenie on 01424 451051.

Masters Football

Thursdays

7.30 - 9pm
Torfield School Multi-Use
Games Area, Bembrook Road.

Over 35? Fancy dusting off your footy gear and popping down for this ever popular session? A great opportunity to get fit and meet new people.

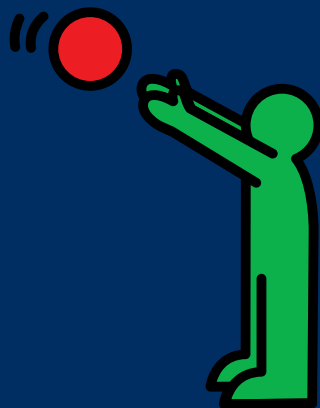
Archery

Organised and led by Bayeux Bowmen

Saturdays 
3 - 5pm

Hornitye Park Sports Complex,
Bohemia Road.

Six week courses available with Bayeux Bowmen. Courses cost £35 per person. For more information and to book please call Colin on 07878 084118 or email colin.ford@homecall.co.uk



Active Women and Ladies Gettin' Active



Too old for Girls Gettin' Active, but don't think that fun should be reserved for the 16 and unders? Fun activities for women aged 17+.

Learn to Swim

Mondays from 16 January

9 - 10am

Sandown Primary School.

The Ridge.

Free.

Tuesday from 21 February

12.15 - 1.15pm



St Mary's School,

Wrestwood Road, Bexhill.

£2 per session.

Friday

9.45 - 10.45am

Battle Abbey School Pool,

Penland Road, Bexhill.

£2 per session.

Do you have a fear of the water? Can't get your face wet or panic just thinking about the deep end? Then it's easy to think swimming is not for you.

The important thing to know is that you are not alone. One in five adults across the country can't swim - but it's never too late to learn. Come join us for our learn to swim programs across Hastings and Bexhill.

New! Warm Up with the Active Women Team

Mondays

Drop in from 9 - 10.30am

Sidley Baptist Church Hall,
Sidley Street, Sidley.

Wednesdays

Drop in from 9 - 10.30am

Victoria Hall, Victoria Road (off London Road), Bexhill.

Come and join us for coffee, tea, chat and a different activity each week. Free fruit and gift on your first visit.

Legs Bums and Tums

Mondays

9.30 - 10.30am

Salvation Army Hall,
Old London Road.

£1.50 per session.

LBT offers participants of all standards and abilities a lower body workout specifically designed to tone up and tackle those problem areas.

Free crèche available. Spaces for the crèche are limited therefore booking is essential. Spaces can be booked from one week in advance of the class from 3 January 2012. Call 01424 451051. No need to book for adult spaces.

Beginners Jogging (evenings)

Mondays

6 - 7pm

Meet at Summerfields Leisure Centre, Falaise Road

Wednesdays

5.30 - 6.30pm

Meet in De La Warr Pavilion Foyer, Marina, Bexhill Seafront.

Why not try a gentle evening jog to wind down after a long day. A simple way to improve your health and fitness! Beginners and intermediates welcome.

Beginners Jogging (daytime)

Wednesdays

10 - 11am

Meeting at the Isabel Blackman Centre, Winding Street.

Ever fancied taking up jogging but didn't know where to start? This beginner's jogging session is for you! Come on your own or bring a friend to this fun and relaxed session, and no excuses ladies, a crèche is provided. Spaces in the crèche are limited so please call 01424 451051 to book.

Groove 'n' Tone

Organised and led by Sammi Orr

Mondays & Thursdays

7 - 8pm

Dance Studio,

William Parker School.

£2.50 per session.

A ladies only fitness session that will sculpt and tone your body back into shape. Burn those calories away whilst listening to high energy chart music. Together we will lose, tone and sustain!

Cardio Tennis

Mondays

7 - 8pm

Victoria Hall, Victoria Road (off London Road), Bexhill
£1.50 per session

Tuesdays

10 - 11am

Broomgrove Centre,
Chiltern Drive



£1 per session

Free crèche provided.

Thursdays

10 - 11am

YMCA, St Paul's Road

£1 per session

Want to get fitter but don't like gyms?

Want to play tennis but no-one to go with?

Introducing Cardio Tennis!! Based to music, it is a social fun activity where players of all levels can play together. Its unique structure is specifically designed to be effective in heart health and fitness. Please call 01424 451051 in advance to book crèche at the Broomgrove Centre as spaces are limited. Spaces can only be booked 1 week in advance.

Back to Netball

Tuesdays

10 - 11am

Hollington Community Centre,
Wishing Tree Road North.
£1 per session

Tuesdays

5.30 - 7pm

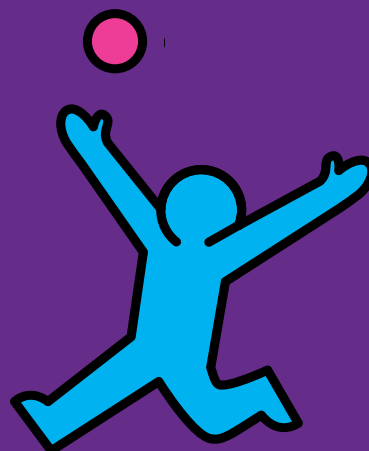
Summerfields Leisure Centre,
Bohemia Road.



£2 per session.

Come and join in for a friendly throw around. For ages 17+, all levels welcome, including complete beginners and those of you who haven't played since school. Bring a new friend along and you'll both get one session free.


Includes free sports session at Summerfields Leisure Centre for children aged 5+ on neighbouring court. No booking needed.



Active Women and Ladies Gettin' Active

Badminton Coaching

Organised and led by Freedom Leisure

Tuesday & Thursdays 
9.30 - 11am
Summerfields Leisure Centre,
Bohemia Road.
£3 per session.

Have you always wanted to learn how to play badminton? Don't miss this fun and friendly professional coaching session. This mixed adult session is open to all abilities. Crèche facilities are available, please contact Summerfields on 01424 457691.

Aerial Acrobatics

Wednesdays including half term

6 - 7.30pm
Summerfields Leisure Centre,
Bohemia Road.
£2.50 per session.

Try out your head for heights and maybe devise a routine on trapeze, ropes or silks. Please wear training clothes with long trousers and be prepared to work hard and have fun. For further details please call Heidi on 01424 451051.

Swimfit

In partnership with Freedom Leisure

Thursdays 
11am - 12noon
Summerfields Leisure Centre,
Bohemia Road
£2 per session

Developed by swimming experts at the ASA, Swimfit, powered by British Gas, provides you with a gym style work-out programme for the pool. British Gas Swimfit engages you in swimming based on your motivation for working-out, helping you to maintain your health, shape and tone your body or even reach your peak fitness level.

Bike it

Thursdays

1.40 - 2.30pm
Summerfields Leisure Centre,
Bohemia Road.
£2.50 per session.

A high energy static bike session to current music, which gets your heart pumping and your thighs toning. Free crèche provided. Spaces in the class and crèche are limited, so please call 01424 451051 to secure your space. Bookings will be taken one week in advance.

New! Zumba

Organised and led by Funk Fusion

Fridays

9.30 - 10.15am
Broomgrove Centre,
Chiltern Drive.
£2.50 per session.

Zumba exercise is a fusion of international and Latin music creating a fun and effective workout, so come shake and shimmy with us.

Free crèche available. Spaces for the crèche are limited therefore booking is essential. Call 01424 451051. Spaces can only be booked 1 week in advance.

No need to book adult spaces. For further details please visit www.funkfusionfitness.co.uk or call Becky on 07736 843755.

Ladies Football


Fridays

6 - 7pm
New Venue!
Summerfields Leisure Centre,
Bohemia Road.
£1.50 per person.

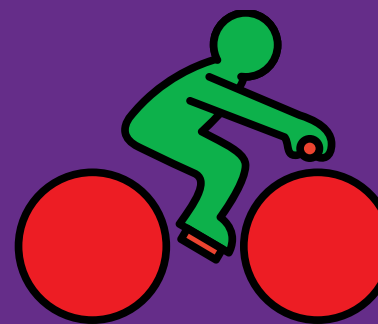
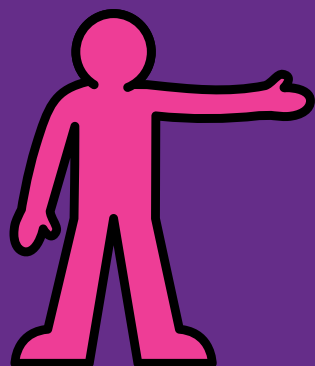
Join our FA qualified coach for a fun, ladies only football session. All abilities and fitness levels welcome.

Women Only Swimming Session

Organised and run by Freedom Leisure

Saturdays including half term 
6 - 7pm
Summerfields Leisure Centre,
Bohemia Road.
£2.60 per session.

Exclusively for women. Whether it is for religious reasons, feeling self-conscious in a swimsuit, or simply not wanting to swim during a mixed session. All windows will be blacked out and only female lifeguards will be on duty.



Girls Gettin' Active For girls aged 10 - 16 unless otherwise stated

New! Gym Circuits

Mondays

4.30 - 5pm Inductions
5 - 6pm Circuit session
Summerfields Leisure Centre,
Bohemia Road
£2 per session Ages 14+

Fancy starting the new year with a gym workout!! Come along to our fast paced gym circuit session, inductions held weekly at 4.30pm for new participants. Circuits start at 5pm. This workout is a great way to combine cardio and strength training whilst having fun.

Trampolining

Tuesdays including half term

4.30 - 6pm
Summerfields Leisure Centre,
Bohemia Road .
£1 per session.

Come and join our experienced trampolining coach for fun games or just a bounce.

South East Stars

Cheerleading

Tuesdays including half term

4 - 5pm and 5 - 6pm

Minis (5 - 8yr olds)

Wednesdays including half term

4 - 5.30pm

Youth/Junior (9 - 15 yr olds)

Wednesdays including half term

5.30 - 7pm

Senior (16 yrs +)

Summerfields Leisure Centre,
Bohemia Road.

£2 per session.

Want to be part of a cheerleading team? Join the South East Stars Cheerleading Team. Learn skills such as dance formation, cheer motions, stunting and tumbling with BCA qualified instructors. Boys welcome.

Booking essential. Call Heidi on 01424 451321.

Tumbling

Thursdays

4 - 5pm

William Parker Sports College.

Ages 14+

Ever wanted to learn how to tumble? From forward rolls to back flips, our qualified staff will teach you everything you need to know.

This session is for 14 - 25 year old girls who have never done tumbling before but want to learn in a safe, friendly environment. This session is in partnership with Sportivate and Hollington Gymnastics Club at their newly opened gym facility.

South East
STARS



Street Games For boys and girls aged 10 - 16 unless otherwise stated



Street 20 Cricket

Tuesdays

6 - 7pm

Fellowship St. Nicholas,
London Road.

Tuesdays

6 - 7pm

Hollington Youth Centre, Old
Church Road.

Wednesdays

6 - 7pm

Tesco's Underground Car Park,
Churchwood Drive.

Fridays

5 - 6pm

Alexandra Park Multi Games
area.

Calling all cricket fans why not come and play this new fast and furious fun game. Increase your technique and skill and socialise with your friends.

Football

Tuesdays

7 - 8pm

Fellowship of St. Nicholas,
London Road.

Wednesdays

7 - 8pm

Tesco's Underground Car Park,
Churchwood Drive.

Come along and play in the Multi Use Games Area. Have some fun with your friends and get fit and active.

Just Play

Tuesdays

6 - 7pm

Alexandra Park Multi-Use
Games Area.

Do you enjoy football are you aged 16 +. Why not come along and join in this new and exciting football session, socialise with your friends and get active. All staff are FA qualified.



Multisports

Mondays

4 - 5pm

Oxford Road Multi-Use Area.

New! Mondays

6 - 7pm

Robsack Multi-Use Games
Area, Whatlington Way.

New! Mondays

6 - 8pm

Downs Farm Community
Centre, Crowborough Road.

Tuesdays

7 - 8pm

Hollington Youth Centre, Old
Church Road.

Wednesdays

5.30 - 6.30pm

Torfield Multi-Use Games Area,
Bembrook Road.

New! Fridays

6 - 7pm

Fellowship St. Nicholas,
London Road.

Fridays

6 - 7pm

Seafont Multi Use Area, rear of
crazy golf course.

Saturdays

11am - 12noon

Quantock Gardens Play Area.

New! Floorball

Fridays

7 - 8.30pm

Summerfields Leisure Centre,
Bohemia Road.

£3 per session.



