

COME AND HAVE A GO!

FREE ACTIVITY SESSIONS AT THE VERACITY SPORTS GROUND WITH ACTIVE NATION

FREE SESSIONS AVAILABLE
FOR THE WHOLE FAMILY
THROUGHOUT JANUARY,
FEBRUARY AND MARCH
2012

- DODGEBALL
- BASKETBALL
- FOOTBALL
- OUTDOOR FITNESS
- BACK TO NETBALL
- FAMILY GOLF



Funded by
Veracity Recreation Ground Trust



Working in partnership

ACTIVE
NATION

PERSUADING THE NATION TO BE ACTIVE

Active Nation, registered charity number 1047742.

Active Nation is a charity on a mission: to persuade the nation to be more active.

For us it's simple: we're just trying to get as many people as possible involved in sport and exercise. We want everyone to feel the benefits of an active lifestyle to make a positive impact upon the health of our communities right across the country!

We are delighted to now be working in partnership with the Veracity Trust to get the community of Sholing more active! Over the next few years we will be working together to offer a wide range of activities for children and adults in and around the Veracity Recreation Ground.

Below are the first set of activity courses starting in the new year, all of which are **completely FREE!**

Dodgeball - Monday 6th February 5-6pm (6 week course)

Learn how to duck, dodge, dive, dip and... dodge! This course is for beginners to learn the technique and the rules of the awesome game of dodgeball! (8-16 year olds)

Basketball - Tuesday 7th February 5-7pm (6 week league)

Weekly 3v3 basketball tournament (8-16 year olds)

Football Sessions - Friday 10th February 6-7pm free

Come for a kick about under floodlights at the Veracity with our football coach. All abilities welcome. (8-18 year olds)

Adult Outdoor Fitness - Saturday 28th January 10-11am (12 week course)

Take the indoor outdoors! Come and get fit at the Veracity with our instructor who will use a range of specialist equipment to get you more active! (16+)

Adult Netball - Tuesday 21st February 6.30-7.30pm (6 week course)

Not played netball since you left school? Want to get fit for start of the New Year? Why not come down and learn the basic techniques of netball and have fun whilst getting fit! The sessions are aimed at beginners or those who have not played for a few years. (16+)

Family Golf Taster Session - Sunday 25th March 1-5pm

Matt Robbins (qualified PGA golf instructor) will be at the Veracity to give basic coaching advice and deliver specially adapted golf activities for the whole family to enjoy!

There's no need to book for any of the sessions – just turn up at the start time ready to get active and have some fun!

For more information on any of the sessions please contact Chamberlayne Leisure Centre on 023 8043 7668 or email chamberlayne@activenation.org.uk