

What's On



Nottingham



November 2018

Thursdays 2pm – 3pm

Yoga

Bilborough Library, Bracebridge Drive, NG8 4PN

Suitable for all abilities including complete beginners, come along and try Yoga in a friendly, inclusive setting with the guidance of instructor Teresa. Yoga mats provided. To book your space or for more information call or text Teresa on 07880 591989.

Thursdays 7pm – 8pm

Walking Football

Nottingham Academy, Greenwood Road, Sneinton, NG3 7EB

Just £2 a session! Open to all abilities! Come along and have a go. For more information call or email Nottingham Walking Football on 0844 879 4783 or info@walkingfootballnottingham.com.



Walking Netball

Tuesdays 10:30am – 11:30am Muslim Community Organisation Centre

Wednesdays 10.00am – 11.00am Mellish Sports centre

FREE sessions open to all ages and abilities. Come along and try a slower version of Netball. For more information, please email ruth.pickthorn@englandnetball.co.uk or give Ruth a call on 07872407215.

Mondays, Tuesdays, Thursdays, Fridays & Sundays

Swim for Health

Across all Nottingham City Council Leisure Centres with a pool An open swim session for everyone, with the added benefit of a pool helper to support swimmers, with health conditions, long standing illness, a disability or wanting to improve water confidence. For more info call 0115 876 1600.

Wednesdays 6.00pm – 7.00pm

Couch 2 5k

YMCA Youth & Community Centre, Aspley FREE inclusive, friendly sessions led by run leader Lazaros, suitable for all ages and abilities. Take the sessions at your own pace and get guidance on running. For more information call 0115 913 5808 or email goga@nottinghamcity.gov.uk.



Learn 2 Cycle

Tuesdays 4.30pm – 5.30pm

Clifton Leisure Centre

Thursdays 6pm – 7pm

Mellish Sports Centre

FREE Indoor Cycle training for children aged 4-9 delivered by qualified instructors. Activities now available for accompanying adults. Booking is essential, potential for new spaces every week. Call 07753 907826 or email gina@ridewise.org.uk.

 **GetOutGetActiveNottingham**



**Nottingham
City Council**