

Why are we doing it?

We want to get more people active by:

- Providing something for everyone, for all ages and abilities
- Offering more exercise opportunities right on your doorstep
- Providing a range of activities to encourage you to try something different
- Opening the door to a healthier future

What's in it for you?

- Get fit and healthy
- Help prevent some medical conditions
- Lose some weight and tone up
- Feel better about yourself
- Have fun and make new friends

For more details on individual activities throughout the year and registration visit our website www.durhamcity.gov.uk/Leisure, telephone 0191 301 8556 or, email: activedurham@durhamcity.gov.uk

If you would like this leaflet in large print, on audio cassette or in another language, contact us on 0191 301 8556.



A great time to get active!

It's fun, there's something for everyone, and it's coming to a venue near you.



Look inside to find out what's going on...

A year of the feel good factor!

Active Durham is a 12 month campaign of sport, exercise and physical activity aimed at improving the health and well-being of the individuals, groups and communities that make up Durham City. Activities will take place at your local leisure centres, swimming pool, community centres and clubs throughout the district.

August - Cricket

Fun for everyone with a series of 'Come and Try It' days for all the family.

September - Cycling

A new leisure cycling scheme throughout the district and why not try the Middle Ride, part of the Durham Big Bike Ride on Sunday 21 September.

October - Walking / Running

Discover Durham by trying one of our organised walks and take part in a Family Fun Run on Sunday 26 October.

November - Fitness

Haven't ventured into your local leisure centre? Come and try the Fitness Suite which is free for the month (including induction).

January - Indoor Sport

Kick start the New Year with a range of free indoor sports on offer at all your local leisure centres including badminton, squash, basketball and many more.

February - Exercise to Music

Taking exercise 'back to basics' with a weekend of tasters for the mind, body and soul at Freeman's Quay. And there'll be exercise tasters across the district with something for everyone.

March - Generation Games

A variety of events and tasters for all branches of the family including a unique circuit designed for the young and old.

April - Clubs and Volunteering

A series of free open days for new members and volunteers at your local community sports club.

May - Urban

Take it to the streets this month with pro skateboarding demo's, BMX and climbing or find your style with dance taster sessions across the district.

June - Water Sport

Learn to swim or get 'Aqua Fit' at Freeman's Quay and have fun rowing on the River Wear.

July - Golf and Tennis

Get the whole family involved in one of our family golf and tennis coaching programmes.



Please note: Activities are subject to availability. Parental permission must be obtained for under 18's. See back page for registration details.