



NORWICH
City Council

active
norfolk

Get Into

an active lifestyle...

Start playing your favourite sport again, try out a new one or just get more active.

● AQUAFIT

UEA Sportspark

Starts 22nd February
Wednesdays 2:00 - 3:00 pm
£20.00 for 6 weeks

Sprowston High School

Starts 7th February
Thursdays 7.00 - 8.00 pm
£20.00 for 7 weeks

● ARCHERY

North Wymondham Community Centre

Starts 8th February
Tuesdays 7.00 - 8.30 pm
£30.00 for 8 weeks

North Wymondham Community Centre

Starts 8th February
Tuesdays 8:30 - 10:00 pm
£30.00 for 8 weeks

● BADMINTON

Bob Carter Centre

Starts 3rd February
Fridays 7:00 - 8:00 pm
£20.00 for 8 weeks

YMCA Trowse

Starts 9th February
Thursdays 2:00 - 3:00 pm
£20.00 for 8 weeks

Town Close School

Starts 7th February
Tuesdays 6:15 - 7:15 pm
£20.00 for 8 weeks

● CARDIO TENNIS

Thorpe House

Starts 6th February
Mondays 8:00 - 9:00 pm
£25.00 for 8 weeks

Thorpe House

Starts 7th February
Tuesdays 8:00 - 9:00 pm
£25.00 for 8 weeks

● CLIMBING

UEA Sportspark

Starts 24th February
Fridays 7:15 - 8:45 pm
£40.00 for 6 weeks

● GOLF

Dunston Hall Golf Club

Starts 7th February
Tuesdays 6:30 - 7:30 pm
£35.00 for 8 weeks

Norfolk Premier Golf

Starts 6th February
Mondays 6:30 - 7:30 pm
£35.00 for 8 weeks

Bawburgh Golf Course

Starts 8th February
Wednesdays 6:30 - 7:30 pm
£35.00 for 8 weeks

Royal Norwich Golf Course

Starts 18th February
Saturdays 1:30 - 2:30 pm
£30.00 for 7 weeks

● HORSE RIDING

Show Jumping

Pine Lodge School of Classical Equitation

Starts 7th February
Tursdays 11:00 - 12 noon
£50.00 for 8 weeks

● MMA

(Mixed Martial Arts)

Kickstop

Starts 9th February
Thursdays 7:30 - 9:30 pm
£20.00 for 8 weeks

● NETBALL

UEA Sportspark

Starts 21st February
Tuesdays 6:00 - 7:00 pm
£20.00 for 6 weeks

● PILATES

Capitol House Heigham Street

Starts 24th February
Fridays 7:45 - 8:45 pm
£30.00 for 6 weeks

● SCUBA

Christal Seas Scuba

Starts 2nd February
Thursdays 7:45 - 10:00 pm
£35.00 for 2 weeks

● SKIING BEGINNERS

Norfolk Snow Sport

Starts 17th February
Fridays 6:30 - 8:30 pm
£40.00 for 4 weeks

● SKIING IMPROVERS

Norfolk Snow Sport

Starts 17th February
Fridays 6:30 - 8:30 pm
£45.00 for 6 weeks

● STREET DANCE

Sprowston High School

Starts 8th February
Wednesdays 7:30 - 8:30 pm
£20.00 for 7 weeks

● STRETCH & TONE

Sprowston High School

Starts 8th February
Wednesdays 8:30 - 9:30 pm
£20.00 for 7 weeks

● SWIMMING

UEA Sportspark

Starts 23rd February
Thursdays 7:00 - 7:45 pm
£20.00 for 6 weeks

● YOGA

Acle War Memorial Recreation Centre & Social Club

Starts 1st February
Wednesdays 6:30 - 7:30 pm
£25.00 for 6 weeks

The Orange Grove

Starts 2nd February
Thursdays 10:00 - 11:30 am
£25.00 for 5 weeks

These fun sessions are led by experienced instructors. You must be over 18 to participate. Please book in advance as numbers are limited. More courses available on our website. Book online at www.activenorfolk.org/getinto or call Active Norfolk on 01603 732334 or 732333.