

MASSIVE SPORTS DOME
42x30 metres of artificial turf

Available for Games and/or Training for:

Rugby
Football
Five-a-side, Six-a-side games
Rounders & Softball
Athletics Field Events

Other facilities available at the Academy include:
25metre pool, sports hall, gym, dance studio with mirrors
and extensive external pitches

For bookings and further enquiries:
Sue Cox

Bosworth Academy, Leicester Lane, Desford, LE9 9JL
01455 822841 ext. 207 or suec27@bosworthacademy.org.uk

Affiliated Groups

Badminton

Desford Badminton Club

Cricket

Kirby Muxloe Cricket Club

Ivanhoe Cricket Club

Ratby Cricket Club

Newbold Verdon Cricket Club

Football

Desford FC

Epworth Forest FC

Kirby Muxloe FC

Leicester City Development Sqd

Swimming

Braunstone Swimming Club

Hinckley Canoe Club

Leicester Junior Triathlon

Leicester Penguins (Disability)

Miracles to Believe (Autistic Swim)

Other Groups

Desford Striders Running Club

Empress Roller Skating Club

LNR Army Cadet Force

Linda Williams Dance Academy

Market Bosworth Netball Club

5-a-Side Teams

Leisure Leagues

HEALTH & FITNESS PROGRAMME

Spring Term 2017

DANCE

SWIMMING

FOOTBALL

TRAMPOLINING

CANOEING

FITNESS

BADMINTON

CYCLING

Weekly Programme

(Most courses will run for 12 weeks)

MONDAY

Early Morning Swim	06.45-08.00	weekly	£3.00/£2.75
P.A.Y.P Football/Badminton	15.30-21.30	weekly	P.O.A.
Swimming Lessons 4+ yrs	16.00-18.00	9 Jan	£50.40/£75.60
Public Swim	19.00-19.45	weekly	£3.00/£1.75
Leisure Leagues	19.00-21.45	weekly	P.O.A.
Hinckley Canoe Club	19.30-21.00	weekly	P.O.A.

TUESDAY

Over 50s swim	15.15-15.50	weekly	£2.75/£1.50
P.A.Y.P Football/Badminton	15.30-21.30	weekly	P.O.A.
Swimming Lessons 4+ yrs	16.15-18.30	10 Jan	£50.40/£75.60
Market Bosworth Netball	18.00-19.30	weekly	P.O.A.
Circuit Training	18.30-19.30	weekly	£4.00/week
Leicester Tri Club	18.30-21.00	weekly	P.O.A.
Braunstone Swim Club	18.45-19.45	weekly	P.O.A.
Desford Badminton Club	19.30-21.30	weekly	P.O.A.

WEDNESDAY

Early Morning Swim	06.45-08.00	weekly	£3.00/£1.75
Adult & Child Swim 3mths+	14.15-14.45	11 Jan	£50.40
P.A.Y.P 5-a-side Football	15.30-21.30	weekly	£28.00/£38.00hr/pitch
Swimming Lessons 4+ yrs	16.00-18.00	11 Jan	£50.40
P.A.Y.P. Badminton	18.00-21.30	weekly	£6.00/hr/court
Women Only Swim	19.15-20.00	weekly	£3.00/£1.75
Public Swim	20.00-20.45	weekly	£3.00/£1.745

THURSDAY

P.A.Y.P 5-a-side Football	15.30-21.30	weekly	£28.00/£38.00hr/pitch
Swimming Lessons 4+ yrs	16.00-18.45	12 Jan	£50.40/£75.60
Weighted Workout	18.00-19.00	weekly	£4.00/week
P.A.Y.P. Badminton	18.00-21.00	weekly	£6.00/hr/court

FRIDAY

Early Morning Swim	06.45-08.00	weekly	£3.00/£1.75
P.A.Y.P Football/Badminton	15.30-20.00	13 Jan	£156

SATURDAY

Leicester Tri Club	07.45-10.30	weekly	P.O.A.
Desford Football Club	09.00-12.30	weekly	P.O.A.
Adult & Child Swim 3mths+	09.00-10.00	14 Jan	£50.40
Swimming Lessons 4+ yrs	09.00-12.00	14 Jan	£50.40
P.A.Y.P 5-a-side Football	09.00-17.30	weekly	£28.00/£38.00hr/pitch
Linda Williams Dance Sch	09.00-15.00	weekly	P.O.A.
Autistic Swim	15:30-17:30	weekly	F.O.C.

SUNDAY

P.A.Y.P 5-a-side Football	09.00-12.30	weekly	£28.00/£38.00hr/pitch
Public Swimming	11.15-12.00	weekly	£3.00/£1.75
Public Swimming	12.00-12.45	weekly	£3.00/£1.75

Circuit Training: Circuit training is an excellent way to improve mobility, strength and stamina. Circuits are designed to work each part of the body; upper body, core and trunk, lower body and total body. **Contact: Bosworth Academy**

Braunstone Swimming Club: A Swim 21 accredited Swimming Club who will make you feel very welcome and develop your skills further. Offering a wide range of training for all ages and skill levels. **Contact: www.braunstoneswimmingclub.org.uk**

Leicester Tri Club: A novice friendly club who run a range of session throughout the week led by qualified triathlon coaches. All abilities welcome. **Contact: www.leicestertriathlonclub.co.uk**

Weighted Workout: A toning and conditioning class using weights. This class will improve your body shape, tone your muscles, improve strength and general fitness. Perfect for both men and women. **Contact: Bosworth Academy**

Market Bosworth Netball Club: A friendly club for all abilities and ages (16+). **Contact: bosworthnetball@yahoo.co.uk**

Desford Badminton Club: Always looking for new members who have experience of playing badminton. **Contact: Liz Oakes on 0116 2919563**

Hinckley Canoe Club: A friendly and welcoming club—good training for 1, 2 and 3 star canoe and kayak. **Contact 07786 655846**

Desford Football Club: A local football club who welcome players of all ages. **Contact: 07849 628088**

Linda Williams Dance Academy: Professional tuition in ballet, tap, modern gymnastics, singing and acting. Classes for all age groups. **Contact: lindawilliamsacademy@hotmail.com**

Miracles to Believe (Autistic Swim): A free swim for families with children on Autistic Spectrum. **Contact: Bosworth Academy**