

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

Barwell Cricket Club

Newbold Verdon Cricket Club

Ratby Cricket Club

Football

Desford FC

Epworth Forest FC

Kirby Muxloe FC

5-a-Side Teams

Leisure Leagues

Swimming

Braunstone Swimming Club

Hinckley Canoe Club

Leicester Junior Triathlon

Leicester Penguins (Disability)

Mark White Coaching

Miracles to Believe (Autistic Swim)

Other Groups

Bookie Bounce

Bull Gymnastics

Desford Striders Running Club

LNR Army Cadet Force

Linda Williams Dance Academy

Market Bosworth Netball Club

One Fit Mama (Pre/Post Natal)

Ronin Martial Arts

HEALTH & FITNESS PROGRAMME

Spring Term 2019

DANCE

SWIMMING

FOOTBALL

GYMNASTICS

CANOEING

FITNESS

BADMINTON

CYCLING

MARTIAL ARTS

NETBALL

MONDAY			
Early Morning Swim	06.45-08.00	wkly/term time	£3.00/£2.75
P.A.Y.P Football/Badminton	15.30-21.30	weekly	P.O.A.
Gymnastics	16.00-17.00	weekly	P.O.A.
Swimming Lessons-4+ yrs	16.00-18.00	7 Jan	£55.20/£82.80
1-1 Swimming Lessons	18.30-18.50	7 Jan	162
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.
Martial Arts Club-children	19.30-21.00	weekly	P.O.A.

TUESDAY			
Over 50s swim	15.15-15.50	weekly	£2.75/£1.50
Gymnastics/Trampoline	16.00-17.00	weekly	P.O.A.
P.A.Y.P Football/Badminton	16.00-21.30	weekly	P.O.A.
Swimming Lesson-4+ yrs	16.15-18.30	8 Jan	£55.20/£82.80
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.
Pre/Post Natal Exercise	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	wkly/term time	£3.00/£1.75
Adult & Child Swim-3mths+	13.00-14.00	9 Jan	£55.20
P.A.Y.P Football/Badminton	16.00-21.30	weekly	P.O.A.
Swimming Lessons-4+ yrs	16.00-18.00	9 Jan	£52.80
Boogie Bounce-10-18yrs	15.45-16.45	weekly	P.O.A.
Boogie Bounce-adults	18.30-19.30	weekly	P.O.A.
Women Only Swim	19.15-20.00	weekly	£3.00/£1.75
Public Swim	20.00-20.45	weekly	£3.00/£1.75

THURSDAY			
P.A.Y.P Football/Badminton	15.30-21.30	weekly	P.O.A.
Swimming Lessons-4+ yrs	16.00-18.45	10 Jan	£55.20/£82.80
Weighted Workout	18.00-19.00	weekly	£4.00/week
Adult Swimming Lessons	18.45-19.15	10 Jan	£55.20
Martial Arts Club-adults	19.30-21.00	weekly	P.O.A.

FRIDAY			
Early Morning Swim	06.45-08.00	wkly/term time	£3.00/£1.75
P.A.Y.P Football/Badminton	16.00-20.00	10 Jan	P.O.A.
Swimming Lessons-4+ yrs	16.00-18.00	10 Jan	£55.20
1-1 Swimming Lessons	17.30-18.30	10 Jan	£162

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	15 Sept	£55.20
Swimming Lessons-4+ yrs	09.00-12.00	15 Sept	£55.20
P.A.Y.P 5-a-side Football	09.00-17.30	weekly	P.O.A.
Linda Williams Dance Sch	09.00-15.00	weekly	P.O.A.
Martial Arts-children	10.00-11.00	weekly	P.O.A.
Autistic Swim	15.30-17.30	weekly	P.O.A.

P.A.Y.P 5-a-side Football	09.00-12.30	weekly	P.O.A.
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: Bosworth Academy**

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

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**

Bull Gymnastics: **Contact: Bullgng@gmail.com**

Pre-Post Natal Exercise: **Contact: One Fit Mama Leicestershire**

Boogie Bounce Xtreme: Complete exercise programme on mini trampolines. Contains a really Powerful bums, tums & thigh section. **Contact: 07462318983/anne@boogiebounce.com**