

The Sports Page

Tors Community Sports Club Newsletter: March 2011

Over the past few months, **Tors Community Sports Club**, your local village sports club has been working closely with **Village Games Derbyshire** to develop sport and leisure activities in the local area. Some new and exciting sessions have already started, with more to follow over the next few weeks, giving everyone, whatever your age, an opportunity to get involved!

Our Saturday morning **Family Fun Sessions** got off to a tremendous start on 12th March. Karen Allen, from "Purple Play People", led the session and the Scout Hut "buzzed" as the children and their parents took part in a range of games, play and creative activity.

Active Gold



Daytime sessions around your area
Crich, Wednesdays 2-3pm
South Wingfield, Thursdays 2-3pm
Gentle exercise, chat and a cuppa!

£2.50

Come and try!

Ring Heather for more info 07909 444295

If you like Latin dancing and want to burn off some calories – watch out for the new **Zumba** sessions coming soon. Zumba may be a relative newcomer to the fitness scene but it has grown to be the world's largest dance fitness program. Over 10 million people are now using the latin-inspired dance steps and contagious music to get themselves into shape. Come and try it!

Family Fun Session

For children up to 12 years (under 8s accompanied)
Games, clay craft, den building, mud play, junk modelling, giant construction and lots more!



Every Saturday,
12th March – 16th April,
10 - 11:30am

Scout Hut, Jeffries Lane, Crich

£2 per child (£1 each additional child in a family)

Look out for our "**Active Gold**" sessions around the area too. These are daytime sessions for adults who fancy some gentle exercise, chat and a cuppa whilst trying something new like Boccia, New Age Kurling or Bowls.

Women's Zumba



16+

Coming Soon

ZUMBA
FITNESS

£2.00

Scout Hut,
Jeffries Lane,
Crich

