

# FIND A LOCAL ACTIVITY FOR YOU



**ACTIVE**  
*Women*

**Spring /  
Summer  
2016**

## **FREE Beginners jogging groups**

**Wednesdays, 10 – 11am**

Meets at the Garden Café, Cowley Road

Contact: t: 01865 252720

e: [sportsdevelopment@oxford.gov.uk](mailto:sportsdevelopment@oxford.gov.uk)

These friendly jogging groups are perfect for beginners or those returning to exercise. All runs are led by qualified jog leaders and are taken at a steady pace to suit all abilities.

## **Ladies Night at Barton Leisure Centre**

**Tuesdays from 7pm**

Gym, swim and spin!

Female only staff.

Contact: 01865 467290

## **Mother and Toddler Learn to Skate**

**Mondays, 10 – 11.30am**

Oxford Ice Rink

*£4 per session for both mother & toddler an additional £2 for every extra child*

**Fridays, 10 – 11.30am**

Oxford Ice Rink

*£4 per session for both mother & toddler an additional £2 for every extra child*

Contact: 0844 8933 222

This session is for both mother & toddlers. Get tips from our qualified coach and also play with the penguins, ice hockey sticks, goals, sledges, cars and other toys. The session combines play & learning to feel confident on the ice.

## **Tennis coaching for beginners & improvers**

**Tuesdays, 9.30am (term time only)**

Bury Knowle Park Tennis Courts

*£4 per session – equipment included*

**Fridays, 1.30pm (term time only)**

Botley Park Tennis Courts (behind West Oxford Community Centre)

*£4 per session – equipment included*

Contact: 07747 026377 or

[noltccompetitions@gmail.com](mailto:noltccompetitions@gmail.com)

Whether you are dusting off your racket, or picking one up for the first time, these sessions are perfect for women of all standards (aged 16+). Our friendly coach will have you playing like a pro in no time!

## **Fun Fitness Tennis – a great workout!**

**Tuesdays, 10.30am (term time only)**

Bury Knowle Park Tennis Courts

*£3.50 per session – equipment included*

Contact: 07747 026377 or

[noltccompetitions@gmail.com](mailto:noltccompetitions@gmail.com)

Enjoy a workout with some tennis thrown in for fun. No tennis skills or experience required you just need to be up for having a good time. For women aged 16+.

## **Enjoy tennis with Premier Tennis**

Premier Tennis offers a range of fun and affordable tennis sessions on Oxford's tennis courts. Sessions include organised play, coaching, cardio tennis, mums and kids activities and more.

*Session prices range from £3.50 - £5 per session*



**For more information on any of these activities or about GO Active please contact**

Emma Collins Tel: 07483 007114 Email: [ecollins@oxford.gov.uk](mailto:ecollins@oxford.gov.uk)

[www.oxfordshiresport.org/active-women](http://www.oxfordshiresport.org/active-women)

**Girls go Climbing - back for 2016!**

**Fridays 6 - 7pm**

Brookes Centre for Sport, Headington  
£2

Women only beginners climbing sessions (more experienced climbers also welcome though!). Learn the skill of climbing and get a great workout too! All equipment provided and all female staff.

For more information contact

[zmeeings@brookes.ac.uk](mailto:zmeeings@brookes.ac.uk)



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