

We are interested in the following sessions

- | | |
|--|---|
| <input type="checkbox"/> Netball | <input type="checkbox"/> Aerobics |
| <input type="checkbox"/> Rugby | <input type="checkbox"/> Keep Fit |
| <input type="checkbox"/> Football | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Cricket | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Athletics |
| <input type="checkbox"/> Table Tennis | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Lacrosse |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Chair exercise |
| <input type="checkbox"/> Walks for Health | |
| <input type="checkbox"/> Other: (please specify) | |
| | |

PTO ... fill in your details and return this form today!

Already successful!

'The sessions are excellent, very rewarding for the children and the parents are very pleased.'
said Mrs H of Whaley Bridge.

'The chair exercises were a resounding success and the coaches you sent us were great.'
said Mrs W of Glossop.

'I was very impressed with the whole set up and my child thoroughly enjoyed himself.'
said a Fairfield parent.

We can provide support and training for running your own sessions

High Peak Borough Council
Council Offices, Hayfield Road
Chapel-en-le-Frith, High Peak
Tel: 0845 129 77 77
E-mail:
paule@highpeak.gov.uk
Website: www.highpeak.gov.uk

High Peak Sports Development

Active in the Community

Bringing

Sport and Exercise

to you ...

**This scheme is for everyone!
All ages and abilities.**

Fill in the form, or call for a chat about how your group or community can benefit.



High Peak Borough Council

0845 129 77 77

www.highpeak.gov.uk

About the scheme ...

ACTIVE IN THE COMMUNITY aims to promote and develop sport and physical activities to improve the quality of life and health of people in the High Peak.

Activities can be provided at community venues, such as village halls, schools and day care centres.

What sort of activities?

- Sports coaching
- Exercise for health
- Children's activities

All the coaches on our register are professionally trained.

What about equipment?

If your group doesn't have equipment, we have some available on free loan or we can give advice on applying for grants to provide it.

How much does it cost?

The cost is dependant on the activities requested because of the specialist nature and skills required.

Prices range from £9.00 - £20.00 per hour.

We may be able to help you find funding.

Who are we aiming at?

After School Clubs, Youth Clubs, Scouts and Guides, Community Groups, Women's Groups, Disabled Groups, Men's Groups, over 50's

... anyone can benefit from this scheme!

We aim to target groups who find it difficult to access services, particularly young people, older people, disabled people, people living in small isolated communities and those who would benefit from physical activity.

Please fill in and return to:

Active in the Community
Sports Development
High Peak Borough Council
Municipal Buildings
Glossop
SK13 8AF

Name: _____

Address: _____

Organisation (if appropriate)

Tel (day) _____

e-mail _____

Possible venue _____

Preferred day & time _____
