



Portsmouth
CITY COUNCIL



NEW YEAR
NEW YOU
NEW SPORT

WELCOME
BACK TO
SPORT
2016

Get your fitness back on track - it's never too late to try something new

From aikido to softball there are plenty of sporting opportunities in Portsmouth to suit any ability or age over 16 years. So if you want to play but aren't part of a team, or if it's been a while since you wore trainers, take a look at the courses available.

SPORT & ORGANISER	WHEN	WHERE
Couch 2 5K running course Portsmouth Joggers	Tuesdays and Thursdays from 6.45pm.	Lakeside 1000, Portsmouth PO6 3EN
Badminton Wimbleon Park Sports Centre	Tuesdays 7-8pm, starting 12 January.	Wimbledon Park Sports Centre, Taswell Road, Southsea, PO5 2RG
Aikido Kenshinkai Yoshinkan Aikido UK	Sundays 11am-12noon starting 10 January.	Admiral Lord Nelson School, Dundas Lane, Portsmouth, PO3 5XT
Lifeguarding and Lifesaving Portsmouth & Southsea Voluntary Lifeguards	Tuesdays 8-10pm starting 12 January.	Mountbatten Leisure Centre, Alexandra Park, PO2 9QA
Fitness for Sport Portsmouth Triathletes	Mondays 6-7pm starting 11 January.	Hilsea Lido/Blue Lagoon, Hilsea, PO2 9RP
Softball Solent Softball League	Sundays 9.30-11.30am starting 17 January.	Crookhorn College Sports Hall, Waterlooville, PO7 5UD
Gymnastics – women only Portsmouth Gymnastics Centre	Mondays 9-10pm starting 11 January.	Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD
Tennis Portsmouth Tennis Centre	Session 1: Mondays 7-8pm or Session 2: Thursdays 7-8pm w/c 11 January for 6 weeks.	Portsmouth Tennis Centre, Alex Way, Portsmouth, PO2 9AD
Netball England Netball	Wednesdays 7.30-8.30pm starting 13 January for 10 weeks.	St Johns College, Grove Rd South, Southsea, Hampshire PO5 3QW
Cricket Portsmouth & Southsea Cricket Club	Wednesdays 8-9pm starting 13 January for 12 weeks.	Crookhorn College Sports Hall, Stakes Hill Road, Waterlooville, PO7 5UD
Football - women only Royal Navy Football Association	Tuesdays 6.30-8pm starting 19 January and taking place fortnightly.	HMS Temeraire 3G pitches, Burnaby Road, Portsmouth, PO1
Return to Running BH Live Pyramids Centre	Fridays 10-11am starting 22 January.	The Pyramids Centre, Clarence Esplanade, Portsmouth PO5 3ST



You can get this Portsmouth City Council information in large print, Braille, audio or in another language by calling 023 9284 1193

COST	CONTACT	ABOUT
£10 for 12 weeks	Steve Wooldridge: 07827 917482 secretary@pjc.org.uk	A group training programme over 12 weeks, to build endurance towards running a 5km event. Minimum age 18.
£10 for 6 weeks	Wimbledon Park Sports Centre 023 9282 5075	A six-week fun coaching course for new players or 'rusty' players.
£25 for 6 weeks or £5 per session	ksk@kenshinkai.org.uk www.learn-aikido.org.uk	Martial arts moves and techniques to aid weight loss and confidence, and improve fitness and stamina and balance - over a six-week course.
£12 for 6 weeks	Anne White: 023 9246 6710 annewhite50@hotmail.co.uk	Able to swim 200m including frontstroke and backstroke? Then join our six-week introductory course in lifesaving and lifeguarding via theoretical and practical sessions.
£32 for eight weeks or £6 per session	Paul Smith: 07794 761489 paul.smith80@me.com	Through movement and exercise, a range of sessions to improve strength and conditioning and get you back into sport and to improve performance for swimming, cycling and running.
£3 per session	Andy Burgess: 07887 951440 solentsoftballrecruit@gmail.com	A fun, recreational game for both men and women, that is a cross between baseball and rounders. Weekly sessions aimed at players new to softball.
£24 for 8 weeks, or £3 per session	023 9266 0589 gymnastics@parkwood-communityleisure.co.uk	Structured fun gymnastic classes for women beginners – improving stamina, strength and flexibility.
£30 for 6 weeks	023 9266 0589 portsmouthtennis@parkwood-communityleisure.co.uk	A six-week course for new or 'rusty' players to learn the basics of tennis in a fun and sociable group environment.
£3 per session	Debbie Laycock: 07854 090473 debbie.laycock@englandnetball.co.uk	A gentle, fun and friendly re-introduction to netball for ladies aged 16+.
£3 per session	David Chisholm: 07854 779604 david@qintell.co.uk	Sessions in the sports hall nets with the club coaches. A chance to be part of a large cricket club with teams at all levels.
£1 per session	Sophie Davis: 023 9257 3032 sophie.davis@navyfa.com	Football sessions for women players - both beginners and those who have played in the past. Open to Navy personnel and others. Skills training and small sided games.
£10 for 6 weeks	Sarah Gardiner: 07702 849693 sgardiner@englandathletics.org	A weekly social and fun beginners course to build up fitness and endurance under the guidance of an experienced running leader. Running starts at the Pyramids Centre and along Southsea seafront.

Please contact the organisers directly for further information.

great **run**
local
Portsmouth



2K & 5K

GET THE WRISTBAND AND RUN!

- WEEKLY FREE 2K AND 5K RUNS
- RUNS START AT 09:30 FROM HILSEA LIDO
- EVERY SUNDAY
(PLEASE ARRIVE FOR 09:20)

Hilsea Lido,
London Road,
Hilsea,
Portsmouth, Hants,
PO2 9RP

REGISTER AT

GREATRUNLOCAL.ORG

