

Physical activity guide 2018-19



Following our out of school physical activity pupil audit, health fair (during the Being Healthy themed week) and our partnerships with local organisations, here is a comprehensive guide to physical activity opportunities for pupils (and adults) in the local area. We hope this will signpost parents and carers to help pupils achieve the governments recommended daily 30 minutes of physical activity outside of school.

Please note details are correct as of November 2018.

General fitness

Various physical activity after-school clubs every term

(Moortown Primary)	0113 2685915	https://www.moortown.leeds.sch.uk/
Leeds Let's Get Active (free fitness activities)		https://active.leeds.gov.uk/classesandactivities/leeds-lets-get-active
Scott Hall Leisure Centre (LS7 3DT)	0113 3781285	https://active.leeds.gov.uk/findacentre/ScottHallLeisureCentre
Fearnville Leisure Centre (LS8 3LF)	0113 3781260	https://active.leeds.gov.uk/findacentre/FearnvilleLeisureCentre
Holt Park Active (LS16 7RX)	0113 3781301	https://active.leeds.gov.uk/findacentre/HoltParkActive
John Smeaton Leisure Centre (LS15 8TA)	0113 3782280	https://active.leeds.gov.uk/findacentre/JohnSmeatonLeisureCentre
Kirkstall Leisure Centre (LS5 3BE)	0113 3782086	https://active.leeds.gov.uk/findacentre/KirkstallLeisureCentre
David Lloyd (LS6 4QW)	Leeds@davidlloyd.co.uk	https://www.davidlloyd.co.uk/clubs/leeds

Athletics

parkrun(5km) Saturday 9am

junior parkrun(2km) Sunday 9am

(Roundhay Park, Temple Newsam, Brownlee Centre)

Valley Striders Running Club (LS17 5PR) juniors@valleystriders.org.uk

Leeds City Athletics Club (South Leeds Stadium)

Leeds Athletics Network (information on athletics clubs)

<http://www.parkrun.org.uk/>

<http://www.valleystriders.org.uk/>

<http://leedscityac.org/wordpress/>

<http://www.leedsathletics.net/>

Badminton

Leeds Badminton Club (LS25 1NX) 07732 266805 www.leedsbadminton.org.uk

Basketball

City of Leeds Basketball Club (Carr Manor & Roundhay) 07912 178918 <https://www.cityofleedsbasketballfoundation.com/>

Boxing/Kick boxing/Martial Arts

British Military Martial Arts (Moortown Primary)

Gipton Boxing Club (LS8 3JR) 07751 051219

Leeds Freestyle Kickboxing (GymPro, Street Lane) 07912 526345

British Karate and Kickboxing

Association (LS17 7EZ) 07768 727722

Akash Shotokan Karate Association (Carr Manor) 0113 2696898

www.britishmilitarymartialarts.co.uk

<https://www.giptonboxingclub.com/>

<http://www.leedsfreestylekickboxing.co.uk/GympPro.php>

<http://www.bkka.org.uk/index.php/leeds>

<https://www.akashi.co.uk/>

Climbing

City Bloc (LS10 1NT) 0113 3912652 <https://www.citybloc.co.uk/>

Leeds Clip 'n Climb climbing wall (LS12 6BF)	0113 2458723	https://leeds.clipnclimb.co.uk/
Harrogate Climbing Centre	01423 815024	https://harrogateclimbingcentre.com/
Cricket		
Adel Cricket Club (LS16 8DE)	contact-us@adelcricket.club	http://adelcc.play-cricket.com/
Leos Juniors Cricket Club (Old Leos Cricket Club)	07526 662478	http://www.leosjuniors.com/
Alwoodley Cricket Club (LS17 5PR)	0113 2674112	https://alwoodley.play-cricket.com/
New Rover Cricket Club (LS16 8HF)	0113 2613923	https://newrover.play-cricket.com/
North Leeds Cricket Club (LS8 1JX)	info@northleedsgcc.co.uk	http://www.northleedsgcc.co.uk/
Cycling		
Brownlee Centre bike and run sessions (LS16 8NA)	07878 187742	https://www.thebrownleefoundation.org/
Leeds BMX Club (Fearnville Leisure Centre)	07500 875718	https://www.britishcycling.org.uk/club/profile/2315/leeds-bmx-club
Leeds Urban Bike Park (LS10 3TN)	0113 2772413	https://www.leedsurbanbikepark.com/
Various free bike rides		https://www.letsride.co.uk/
Dancing		
SAA-uk Dance Academy Indian classical dance (Northern School of Contemporary dance)	0113 2445523	http://www.saa-uk.org/education_bharatantyam.php
Chiragi bollywood dance (St Barnabas Church)	07738 943589	http://chiragiatbollywood.com/newdance/
Trishool bollywood dance (Carr Manor Community School)	07540 395526	http://www.trishoordanceacademy.co.uk/
Yorkshire Dance (LS9 8AH)	0113 2439867	https://yorkshiredance.com/coursesclasses/
Northern Ballet (LS2 7PA)	0113 2208000	https://northernballet.com/academy/
Northern School of Contemporary Dance (LS7 4BH)	0113 2193005	http://www.nscd.ac.uk/take-part/classes/children/
Danceworks (Fir Tree Lane Scout Hut)	0113 2950126	http://www.danceworks-leeds.co.uk/
Headingley Ballet School Stage Coach (Alwoodley and Roundhay)	0800 9150199	https://www.stagecoach.co.uk/
RJC Dance (Mandela Centre)	0113 2392040	https://www.rjcdance.org.uk/ http://www.leedsrhinosfoundation.org/dance/28854.php
Rhinestones Junior Dance Academy		
Elevations Academy (Chapel Allerton Primary School)	info@elevationsleeds.co.uk	https://www.elevationsleeds.com/
Diving		
John Charles Aquatic Centre (LS11 5DJ)	0113 3788235	https://active.leeds.gov.uk/findacentre/JohnCharlesCentreforSport
Football		
PE Partner (Moortown Primary)	01133226115	https://www.pepartner.co.uk/
Wigton Moor Junior AFC (LS17 8EN)		http://www.wigtonmoorjfc.co.uk/
North East Leeds JFC (Soldiers Field)		http://www.nelfc.co.uk/
Chapelton Youth Development Centre (LS7)	0113 2623233	
Target Soccer School (LS17 8EN)	Kevin@targetsoccer.co.uk	http://www.targetsoccer.co.uk/
Golf		
Cookridge Hall Golf Club (LS16 7NL)	0113 2300641	https://cookridgehall.co.uk/golf/
Leeds Golf Centre (LS17 9JW)	0113 2886000	https://www.leedsgolfcentre.com/
Gymnastics		
The Little Gym (Moor Allerton Centre)	0113 3359915	https://leeds.thelittlegym.eu/
Leeds Gymnastics (Seacroft)	0113 2656662	https://leedsgymnastics.com/

Temple Newsam Gymnastics (John Smeaton Leisure Centre)	07939355580	gymstarjane@hotmail.co.uk https://active.leeds.gov.uk/findacentre/ScottHallLeisureCentre
Scott Hall Leisure Centre (LS7 3DT) North Leeds Gymnastics Academy (Boston Spa)	0113 3781285 07946082801	https://northleedsgymnasticsacademy.weebly.com/

Hockey

Leeds Hockey Club (LS16 5AU)		http://www.leedshockey.co.uk/contact
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Rugby

Roundhegians RUFC (LS8 2AT)	0113 2667377	http://www.pitchero.com/clubs/roundhegians
Moortown RUFC (LS17 7NT)	07792293704	http://www.pitchero.com/clubs/moortownruffc http://www.pitchero.com/clubs/chapeltowncougars
Chapeltown Cougars JRLC (LS7 2HJ) North Leeds Leopards Junior RLFC (LS7 3DT)	07813 561 090	http://www.pitchero.com/clubs/northleedsleopardjuniorrlfc
Leodiensian RUFC (LS17 5PR)	0113 267 3409	http://www.leodiensian.co.uk/

Swimming

Various Leeds City Council Leisure Centres (see above)		https://active.leeds.gov.uk/
Bubbles Swimming School	0113 2893455	http://www.bubbleswimmschoolleeds.co.uk/
Neptunes Swimming School (Grammar School at Leeds (GSAL) & Moorlands School)	07782 251970	http://www.neptunesswimmingschool.com/
Swim Leeds (GSAL)	0113-2559881	https://swimleeds.com/ https://sport.leeds.ac.uk/the-edge/swimming/swimming-classes/
The Edge (LS2 9JT)	0113 343 5095	
Sink or Swim (GSAL)	07979 813129	www.sinkorswimuk.com
Leeds Beckett University, Headingley Campus	0113 8123160	http://www.leedsbeckett.ac.uk/sport/junior-sport/swimming-lessons/
Swimbrite (Village North Hotel, Parkway Hotel & GSAL)	07527 615736	http://www.swimbriteswimmingschool.co.uk/

Sailing

Leeds Sailing and Activity Centre (LS19 7UR)	0113 3781271	https://active.leeds.gov.uk/findacentre/LeedsSailingandActivityCentre
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Tennis

Chapel Allerton Lawn Tennis and Squash Club	0113 2266622	https://chapel-a.co.uk/ https://clubspark.lta.org.uk/JohnCharlesCentreforSport
John Charles Centre (LS11 5DJ)	0113 3788233	
Alwoodley Tennis Club (LS17 6NZ) Leeds Beckett University, Headingley Campus	Alwoodleytenniscoaching@gmail.com J.A.Gadsby@leedsbeckett.ac.uk	https://clubspark.lta.org.uk/alwoodleytennisclub https://www.leedsbeckett.ac.uk/sport/junior-sport/ https://clubspark.lta.org.uk/roundhayparktennisclubs
Roundhay Park tennis courts		

Yoga/Pilates

Yoga Kula (LS7 4NY)	07445 625645	https://www.yogakulaleeds.co.uk/
The Yoga Space (LS7 2JF)	07501 463275	https://theyogaspace.co.uk/
Chapel Allerton Pilates (LS7 4LZ)	0113 262 3174	https://www.chapelallertonpilates.co.uk/