

# Physical activity guide



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.

<b>General fitness</b>	
Various physical activity after-school clubs every term at school	<a href="https://www.moortown.leeds.sch.uk/">https://www.moortown.leeds.sch.uk/</a>
Active Leeds Facilities (Leisure Centres)	<a href="https://active.leeds.gov.uk/">https://active.leeds.gov.uk/</a>
Scott Hall Leisure Centre (LS7 3DT)	<a href="https://active.leeds.gov.uk/findacentre/ScottHallLeisureCentre">https://active.leeds.gov.uk/findacentre/ScottHallLeisureCentre</a>
Fearnville Leisure Centre (LS8 3LF)	<a href="https://active.leeds.gov.uk/findacentre/FearnvilleLeisureCentre">https://active.leeds.gov.uk/findacentre/FearnvilleLeisureCentre</a>
Holt Park Active (LS16 7RX)	<a href="https://active.leeds.gov.uk/findacentre/HoltParkActive">https://active.leeds.gov.uk/findacentre/HoltParkActive</a>
John Smeaton Leisure Centre (LS15 8TA)	<a href="https://active.leeds.gov.uk/findacentre/JohnSmeatonLeisureCentre">https://active.leeds.gov.uk/findacentre/JohnSmeatonLeisureCentre</a>
Kirkstall Leisure Centre (LS5 3BE)	<a href="https://active.leeds.gov.uk/findacentre/KirkstallLeisureCentre">https://active.leeds.gov.uk/findacentre/KirkstallLeisureCentre</a>
David Lloyd (LS6 4QW)	<a href="https://www.davidlloyd.co.uk/clubs/leeds">https://www.davidlloyd.co.uk/clubs/leeds</a>
<b>Athletics</b>	
Parkrun (5km) Saturday 9am Junior Parkrun (2km) Sunday 9am	<a href="http://www.parkrun.org.uk/">http://www.parkrun.org.uk/</a>
Valley Striders Running Club	<a href="http://www.valleystriders.org.uk/">http://www.valleystriders.org.uk/</a>
Leeds City Athletics Club (South Leeds Stadium)	<a href="https://www.leedscityac.org/">https://www.leedscityac.org/</a>
St Teresa's Athletic Club	<a href="https://www.sttheresasac.org.uk/">https://www.sttheresasac.org.uk/</a>
Skyrac Athletics Club	<a href="https://skyrac.co.uk/">https://skyrac.co.uk/</a>
Abbey Runners	<a href="https://www.abbeyrunners.co.uk/">https://www.abbeyrunners.co.uk/</a>
Leeds Athletics Network (information on athletics clubs)	<a href="http://www.leedsathletics.net/">http://www.leedsathletics.net/</a>
Roundhegians Badminton Club	<a href="https://roundhegiansbadminton.jimdofree.com/">https://roundhegiansbadminton.jimdofree.com/</a>
City of Leeds Basketball Club	<a href="https://www.cityofleedsbasketballfoundation.com">https://www.cityofleedsbasketballfoundation.com</a>
British Military Martial Arts (Moortown Primary)	<a href="http://www.britishmilitarymartialarts.co.uk">www.britishmilitarymartialarts.co.uk</a>
Leeds Freestyle Kickboxing	<a href="https://www.leedsfreestylekickboxing.com/">https://www.leedsfreestylekickboxing.com/</a>
British Karate and Kickboxing Association	<a href="https://www.bkka.org.uk/index.php/leeds">https://www.bkka.org.uk/index.php/leeds</a>
Akash Shotokan Karate Association	<a href="https://www.akashi.co.uk/">https://www.akashi.co.uk/</a>
<b>Climbing</b>	
City Bloc (LS10 1NT)	<a href="https://www.citybloc.co.uk/">https://www.citybloc.co.uk/</a>
Big Depot Climbing Centre	<a href="https://www.depotclimbing.co.uk/big-depot/">https://www.depotclimbing.co.uk/big-depot/</a>
Clip 'n Climb	<a href="https://clipnclimb.com/">https://clipnclimb.com/</a>
The Climbing Lab	<a href="https://www.climbinglab.co.uk/">https://www.climbinglab.co.uk/</a>
Depot Climbing	<a href="https://www.depotclimbing.co.uk/leeds/">https://www.depotclimbing.co.uk/leeds/</a>
Parthian Climbing	<a href="https://parthianclimbing.com/harrogate/">https://parthianclimbing.com/harrogate/</a>
Adel Cricket Club	<a href="http://adelcc.play-cricket.com/">http://adelcc.play-cricket.com/</a>
Meanwood Cricket Club	<a href="https://meanwood.play-cricket.com/home">https://meanwood.play-cricket.com/home</a>
Old Leos Cricket Club	<a href="https://oldleodiensians.play-cricket.com/home">https://oldleodiensians.play-cricket.com/home</a>

Alwoodley Cricket Club	<a href="https://alwoodley.play-cricket.com/">https://alwoodley.play-cricket.com/</a>
New Rover Cricket Club	<a href="https://newrover.play-cricket.com/">https://newrover.play-cricket.com/</a>
North Leeds Cricket Club	<a href="https://nleeds.play-cricket.com/home">https://nleeds.play-cricket.com/home</a>
<b>Brownlee Centre (LS16 8NA)</b>	
	<a href="https://www.thebrownleefoundation.org/listings/brownlee-centre-bodington-way-leeds-ls16-8na-bike-and-run-sessions-at-the-brownlee-centre/">https://www.thebrownleefoundation.org/listings/brownlee-centre-bodington-way-leeds-ls16-8na-bike-and-run-sessions-at-the-brownlee-centre/</a>
Leeds Urban Bike Park (LS10 3TN)	<a href="https://www.leedsurbanbikepark.com/">https://www.leedsurbanbikepark.com/</a>
Various free bike rides	<a href="https://www.letsride.co.uk/">https://www.letsride.co.uk/</a>
<b>Dancing</b>	
Trishool bollywood dance (Carr Manor Community School)	<a href="http://www.trishoordanceacademy.co.uk/">http://www.trishoordanceacademy.co.uk/</a>
Yorkshire Dance (LS9 8AH)	<a href="https://yorkshiredance.com/coursesclasses/">https://yorkshiredance.com/coursesclasses/</a>
Northern Ballet (LS2 7PA)	<a href="https://northernballet.com/academy/">https://northernballet.com/academy/</a>
Northern School of Contemporary Dance (LS7 4BH)	<a href="https://www.nscd.ac.uk/">https://www.nscd.ac.uk/</a>
Danceworks (Fir Tree Lane Scout Hut)	<a href="http://www.danceworks-leeds.co.uk/">http://www.danceworks-leeds.co.uk/</a>
Headingley Ballet School	<a href="https://headingleyballetschool.wordpress.com/">https://headingleyballetschool.wordpress.com/</a>
Stage Coach (Alwoodley and Roundhay)	<a href="https://www.stagecoach.co.uk/">https://www.stagecoach.co.uk/</a>
RJC Dance (Mandela Centre)	<a href="https://www.rjcdance.org.uk/">https://www.rjcdance.org.uk/</a>
Rhinestones Junior Dance Academy	<a href="https://www.leedsrhinosfoundation.org/sport-and-physical-activity/more/rhinestones-dance-academy/">https://www.leedsrhinosfoundation.org/sport-and-physical-activity/more/rhinestones-dance-academy/</a>
Elevations Academy (Chapel Allerton Primary School)	<a href="https://www.elevationsleeds.com/">https://www.elevationsleeds.com/</a>
<b>John Charles Aquatic Centre (LS11 5DJ)</b>	
	<a href="https://active.leeds.gov.uk/findcentre/JohnCharlesCentreforSport">https://active.leeds.gov.uk/findcentre/JohnCharlesCentreforSport</a>
<b>PE Partner (Moortown Primary)</b>	
	<a href="https://www.pepartner.co.uk/">https://www.pepartner.co.uk/</a>
Foot-Tech	<a href="https://foot-techacademy.co.uk/">https://foot-techacademy.co.uk/</a>
Wigton Moor Junior AFC (LS17 8EN)	<a href="https://www.wigtonmoorjfc.co.uk/">https://www.wigtonmoorjfc.co.uk/</a>
North East Leeds JFC	<a href="https://www.pitchero.com/clubs/northeastleedsjfc">https://www.pitchero.com/clubs/northeastleedsjfc</a>
Leeds City Juniors	<a href="https://leedscityjuniors.org.uk/">https://leedscityjuniors.org.uk/</a>
Catalan Soccer	<a href="https://www.catalansoccer.com/">https://www.catalansoccer.com/</a>
<b>Golf</b>	
Cookridge Hall Golf Club (LS16 7NL)	<a href="https://cookridgehall.co.uk/golf/">https://cookridgehall.co.uk/golf/</a>
Leeds Golf Centre (LS17 9JW)	<a href="https://www.leedsgolfcentre.com/">https://www.leedsgolfcentre.com/</a>
<b>The Little Gym (Moor Allerton Centre)</b>	
	<a href="https://leeds.thelittlegym.eu/">https://leeds.thelittlegym.eu/</a>
Leeds Gymnastics	<a href="https://leedsgymnastics.com/">https://leedsgymnastics.com/</a>
Temple Newsam Gymnastics (John Smeaton Leisure Centre)	<a href="mailto:gymstarjane@hotmail.co.uk">gymstarjane@hotmail.co.uk</a>
YMCA Gymnastics	<a href="https://www.leedsymca.org/lanswood-branch/gymnastics">https://www.leedsymca.org/lanswood-branch/gymnastics</a>
Active Leeds Gymnastics	<a href="https://active.leeds.gov.uk/classesandactivities/sports/gymnastics">https://active.leeds.gov.uk/classesandactivities/sports/gymnastics</a>
North Leeds Gymnastics Academy (Boston Spa)	<a href="https://northleedsgymnasticsacademy.weebly.com/">https://northleedsgymnasticsacademy.weebly.com/</a>
<b>Leeds Hockey Club (LS16 5AU)</b>	
	<a href="https://www.leedshockey.co.uk/">https://www.leedshockey.co.uk/</a>
<b>Elite</b>	
	<a href="https://elitenetballacademy.co.uk/">https://elitenetballacademy.co.uk/</a>
Chapeltown Netball Nights	<a href="http://www.netballnights.co.uk/team/chapeltown">www.netballnights.co.uk/team/chapeltown</a>
Leeds YMCA Netball	<a href="https://www.leedsymca.org/lanswood-branch/netball">https://www.leedsymca.org/lanswood-branch/netball</a>
<b>Rugby</b>	
Roundhegians RUFC (LS8 2AT)	<a href="https://roundhegians.rfu.club/">https://roundhegians.rfu.club/</a>
Moortown RUFC (LS17 7NT)	<a href="https://www.moortownruffc.com/">https://www.moortownruffc.com/</a>
Chapeltown Cougars JRFC (LS7 2HJ)	<a href="http://www.pitchero.com/clubs/chapeltowncougars">http://www.pitchero.com/clubs/chapeltowncougars</a>
North Leeds Leopards Rugby League Junior RLFC (LS7 3DT)	<a href="https://www.pitchero.com/clubs/northleedsleopardsjuniorrlfc">https://www.pitchero.com/clubs/northleedsleopardsjuniorrlfc</a>
Old Leos RUFC (LS17 5PR)	<a href="https://www.pitchero.com/clubs/leodiensian/">https://www.pitchero.com/clubs/leodiensian/</a>
<b>Swimming</b>	

Various Active Leeds Leisure Centres	<a href="https://active.leeds.gov.uk/classesandactivities/swimming">https://active.leeds.gov.uk/classesandactivities/swimming</a>
Bubbles Swimming School	<a href="mailto:info@bubbleswimschoolleeds.co.uk">info@bubbleswimschoolleeds.co.uk</a>
Neptunes Swimming School	<a href="http://www.neptunesswimmingschool.com/">http://www.neptunesswimmingschool.com/</a>
Swim Leeds	<a href="https://swimleeds.com/">https://swimleeds.com/</a>
The Edge (LS2 9JT)	<a href="https://sport.leeds.ac.uk/the-edge/swimming/swimming-classes/">https://sport.leeds.ac.uk/the-edge/swimming/swimming-classes/</a>
Sink or Swim (GSAL)	<a href="http://www.sinkorswimuk.com">www.sinkorswimuk.com</a>
Leeds Beckett University, Headingley Campus	<a href="http://www.leedsbeckett.ac.uk/sport/junior-sport/swimming-lessons">http://www.leedsbeckett.ac.uk/sport/junior-sport/swimming-lessons</a>
Swimbrite	<a href="http://www.swimbriteswimmingschool.co.uk">http://www.swimbriteswimmingschool.co.uk</a>
<b>Sailing</b>	
Leeds Sailing and Activity Centre (LS19 7UR)	<a href="https://active.leeds.gov.uk/findacentre/LeedsSailingandActivityCentre">https://active.leeds.gov.uk/findacentre/LeedsSailingandActivityCentre</a>
<b>Tennis</b>	
Chapel Allerton Lawn Tennis and Squash Club	<a href="https://chapel-a.co.uk">https://chapel-a.co.uk</a>
John Charles Centre (LS11 5DJ)	<a href="https://clubspark.lta.org.uk/JohnCharlesCentreforSport">https://clubspark.lta.org.uk/JohnCharlesCentreforSport</a>
Roundhay Tennis Club (LS8 1DR)	<a href="https://www.roundhaytennis.org.uk">https://www.roundhaytennis.org.uk</a>
Alwoodley Tennis Club (LS17 6NZ)	<a href="https://clubspark.lta.org.uk/alwoodleytennisclub">https://clubspark.lta.org.uk/alwoodleytennisclub</a>
Leeds Beckett University, Headingley Campus	<a href="https://www.leedsbeckett.ac.uk/sport/junior-sport">https://www.leedsbeckett.ac.uk/sport/junior-sport</a>
Adel Tennis Club (LS16 8DE)	<a href="https://clubspark.lta.org.uk/AdelTennisClubASectionofAdelWMA">https://clubspark.lta.org.uk/AdelTennisClubASectionofAdelWMA</a>
Roundhay Park tennis courts	<a href="https://clubspark.lta.org.uk/roundhayparktenniscourts">https://clubspark.lta.org.uk/roundhayparktenniscourts</a>
<b>Triathlon</b>	
Leeds and Bradford Triathlon Club	<a href="https://lbt.org.uk/juniors-youths">https://lbt.org.uk/juniors-youths</a>
<b>Yoga/Pilates</b>	
Yoga Kula (LS7 4NY)	<a href="https://www.yogakulaleeds.co.uk">https://www.yogakulaleeds.co.uk</a>
The Yoga House (LS15 7NN)	<a href="https://www.theyogahouseleeds.co.uk">https://www.theyogahouseleeds.co.uk</a>
Chapel Allerton Pilates (LS7 4LZ)	<a href="https://www.chapelallertonpilates.co.uk">https://www.chapelallertonpilates.co.uk</a>