



B-Active FAMILY PROJECT

Where your family can B-ACTIVE on your doorstep

- Corby Boating Lake**
01536 601980
With a lake side café, fishing, fitness trail and equipment, play area, picnic benches and open space. Just bring your own equipment and some imagination for a fun family day out.
- Weldon Woodland Park**
Open to the family all year round, with a small free accessible car park. With a 40-acre area with grassland walks, fitness trail, BMX track, half pipe skateboard unit, junior football pitch, basketball court and children's play areas.
- East Carlton Park**
01536 770977
Open all year round with free parking and fantastic facilities suitable for the whole family. With a café, children's play area with equipment for children with disabilities, picnic and BBQ areas, table tennis and a pentanque court. Some equipment can be borrowed from the café or you can bring your own.
- Hazelwood Neighbourhood Centre**
01536 443171
There are a number of activities available, with a hireable badminton court, table tennis, short indoor tennis or bowls. There is also a multi-use games area and a children's play area.

- Corby International Pool**
01536 464643
Offering a wide range of facilities from swimming to health & fitness in the pool studio and gym which you can access as a family.
- Lodge Park Sports Centre**
01536 400033
Offering the best opportunities to take part in a full range of leisure activities from football to table tennis, whilst having fantastic facilities to hire including a full-size sports hall, training hall, fitness studios, gym and an all-weather floodlit pitch.
- Priors Hall Golf Course**
01536 260756
Open to the whole family, with a practice putting green and hitting enclosure to warm up and practice before a fun round for the whole family, on an inviting course for all ages and ability. Having enjoyed a round with the family, the course also boasts a bar and restaurant for a bite to eat or a drink.
- West Glebe Pavilion**
01536 204217
A unique facility geared for the whole family with a children's play area, skate park and small BMX track. The pavilion has a community room, along with a 6-a-side multi-use games area with changing facilities.

Crèche contact details

Corby International Pool
01536 464643

Lodge Park Sports Centre
01536 400033



For more information contact:
Tom Cleary (B-Active Family Project Activator)
tom.cleary@northnorthants.gov.uk
01536 464675
www.corbyleisure.co.uk/B-Active



Most families have busy schedules but want to have a healthier lifestyle and spend more time with their family and friends. With parents, grandparents and carer's facing challenging careers, stressful lifestyles and children being in school, free time can be limited. We want to help you know where you can have fun and B-Active together, on your doorstep at times that suit you.

Why is it good to B-ACTIVE with your family?

- Family time is meaningful bonding time
- Establish lifelong habits and memories
- It's fun – there are no rules to the way you can exercise as a family
- Gives your family time to play together, train together and overcome challenges together
- Improves the whole family's health and well being
- Meet new families, creating friendships that can last a lifetime.

By getting your children to connect physical activity with thoughts of togetherness, community and fun, you can guide them towards furthering those beliefs with age.

Children seeing their parents, grandparents and other role models active, can inspire them to do the same and if it's an enjoyable experience, they're far more likely to continue as they are older, when they are adults and with their own children.

Families that play together, have fun together and create lifelong memories together.

See organised activity programme in your area.
www.corbyleisure.co.uk/B-Active

What you CAN DO TOGETHER on your doorstep?

Dog/Family Walk

Turn a walk into a family adventure with games like eye spy, scavenger hunts, obstacle courses, catch, buzz or other on the move games.

Table Tennis

West Glebe and **East Carlton Park** have outdoor table tennis facilities. Anyone can turn up and play, you can bring your own table tennis equipment or borrow some from the office or café.

Woodland Walks

Hazel and Thoroughsale walks are highly accessible from key routes such as Wescott Way, Cottingham Road, Willowbrook Road and Jubilee Avenue. Why not make a trip to the town or boating lake a fun and natural experience with all of your family?
tom.cleary@northnorthants.gov.uk

Multi-Sport

As a family or with friends, have you thought about hiring a hall or court and running your own family fun activity or multi-sport sessions – sports equipment may be available to borrow at the venue.

Neighbourhood Party

Take your family back in time and host your own Community/Family street party on your doorstep, with family, friends and neighbours. Combine food, drink and socialising with egg and spoon races, sack races and other street sports

Swimming

Go for a family swim together. With a wide range of activities at **Corby East Midlands International Pool**, there is plenty for everyone. You could even go for a swim, whilst one of the family enjoys a fun diving session. Check out the Swimming Pool Timetable for more information. There are crèche facilities where a 'bring and swim' service is available, allowing you time to swim, whilst your child plays. Once you have finished your swim your child can be brought down to you so you can all enjoy a family swim together.

Tennis

West Glebe has a tennis court, where anyone can turn up and play. Just bring your own tennis rackets and balls to host your own mini Wimbledon (Strawberries and cream optional).

Family Picnic

With lots of play parks situated all over Corby, why not pack up some equipment, imagination and some lunch to go have fun in the park with your family and friends.
Pack hot chocolate and other warm drinks for the more chilly weather.

Interval Training

Spice up a family walk by challenging children and adults to incorporate different moves, such as running, skipping and hopping. You could also make use of the fitness trail between the boating lake and the swimming pool or use the outdoor fitness equipment at **West Glebe, Kingswood, Exeter and Wharfdale.**

