



Leagues & Competitions:

There are 5 a-side football and badminton leagues running throughout the year. The leagues provide light hearted competition along with all the benefits of regular physical activity. Prizes are on offer for winning teams.

In addition the centre will arrange monthly evening competitions for local sports teams with fantastic prizes on offer.



Sports Clubs and Associations:

If you are a member of a local sports club or association and would like to book our facilities for training sessions or competitions then please speak to a member of staff or call us on 0115 8515871.

There is also the opportunity to join in Bilborough's programme of sports and coaching courses allowing you acquire skills in the form of National Governing Body Coaching Awards, ideal for any budding coaches or referees.



Welcome to
Bilborough
SPORTS CENTRE

Directions

We are easily accessible from the M1 junction 25 along the A52 and junction 26 along the A6010 and A6002 Bilborough Road.



Bilborough Sports Centre
Bilborough College, Bilborough Road, Bilborough,
Nottingham NG8 4DQ

Tel: 0115 851 5871
Fax: 0115 851 5894
Email: bilborough@3dleisure.com

Opening Times

Monday to Friday 4.30pm-10pm
Saturday 9am-8pm
Sunday 10am-7pm



Welcome to Bilborough Sports Centre

We aim to provide a warm and friendly environment where you can enjoy your leisure time. We offer a wide range of sports and leisure facilities for everyone to enjoy regardless of your ability.

What's on offer

Sports Hall:

The sports hall offers facilities for indoor 5 a-side football, badminton, volleyball, hockey, cricket and basketball. If you want to try something else - ask us.

Use of the facilities is open to both members and non-members. Facilities can be booked at hourly rates, seven days a week throughout the year.

Classes are open to members and non-members. To book call us on 0115 8515871. Alternatively you can book via e-mail to bilborough@3dleisure.com

Fitness Room:

Bilborough Sports Centre has a fantastic fitness room with both up-to-date fatburning and training equipment. The fitness room is fully air conditioned with up-to-date sound system and plasma TV screens for your entertainment. Our fully qualified staff are all accredited on the Register of Exercise Professionals and are always on hand to provide advice and support to help you achieve your goals.

All new users of the gym will receive a free induction and we also offer a comprehensive fitness assessment.

A variety of membership packages are available, alternatively you can 'pay as you go' if you wish to use the fitness room on an ad-hoc basis. All users will kindly be asked to complete and sign a 'physical activity readiness questionnaire' and under go an induction prior to using the equipment.

Memberships:

- **Fitness Room membership** packages are available to suit all. Benefits of membership include full access to the gym during opening hours, free aerobics, step, body conditioning and circuit classes and **20% off** all court and pitch bookings.
- An **Annual Sports Centre membership** is available which includes priority bookings over one month in advance and **20% off** all court bookings.

Aerobics/Dance Studio:

We have a light and airy aerobics/dance studio. The studio holds classes such as pilates, yoga, aerobics and body conditioning and is suitable for everyone of all abilities.

Changing Facilities:

Changing facilities are available to all fitness room, studio and sports hall users. The changing rooms are clean and tidy, plus the showers are great!

Meeting Rooms:

The Sports Centre also has two spacious Meeting Rooms available for hire. For more information please ask a member of staff.

Children's Activities:

For children there are facilities to help celebrate that special birthday as well as holiday activity programmes.

Camps - Throughout the holidays we will be running activity camps to entertain and keep children active.

Parties - If you would like to have a special birthday party with a difference based on one or more activities - call to discuss your requirements.

For all sports hall, gym membership and studio prices along with the studio timetable please see separate information sheets.

