

FUN FITNESS FRIENDS

Get together with the Girls!

USGirls Bristol

Aged 16-24

Join USGirls Bristol and take part in sport and exercise sessions across the city. Meet new friends, get fit and feel fab!

See inside for USGirls activities across Bristol and find out how to join in!

active
WOMEN consortium



email sport@bristol.gov.uk | phone 0117 9223126

 [facebook.com/USGirlsbristol](https://www.facebook.com/USGirlsbristol)

 @UsGirlsTweet

www.usgirls.org.uk

www.bristol.gov.uk/streetgames



Sportivate

 LOTTERY FUNDED  SPORT ENGLAND



**2nd
Chance** project



 

LOTTERY FUNDED

What	Where	When	How Much?	How to?
Basketball (16-25years)	Bristol Brunel Academy , Speedwell Road, Bristol BS15 1NU	Monday 7:30-9:30pm	£5 (First session free)	Turn up contact Steve@bristolstorm.com
Basketball (14-18years)	St Mary Redcliffe and Temple School Somerset Square, Bristol BS1 6RS	Tuesday 6-7:30pm	£2 (first session free)	Turn up contact Steve@bristolstorm.com
Basketball (14-18years)	St Mary Redcliffe and Temple School Somerset Square, Bristol BS1 6RS	Thursday 6-7:30pm	£2 (first session free)	Turn up contact Steve@bristolstorm.com
Basketball (14-16years)	St Mary Redcliffe and Temple School Somerset Square, Bristol BS1 6RS	Sunday 12-2pm	£2 (first session free)	Turn up contact Steve@bristolstorm.com
Basketball (16-18years)	St Mary Redcliffe and Temple School Somerset Square, Bristol BS1 6RS	Sunday 2-4pm	£2 (first session free)	Turn up contact Steve@bristolstorm.com
Back 2 Netball	Kingsdown Sports Centre near Portland Street, Clifton, Bristol BS82 8HL	Monday 12-1pm	£2.50	Turn up Visit www.everyoneactive.com Call Sue 07872 407216
Back 2 Netball	St Pauls Community Sports Academy Newfoundland Street, Bristol BS2 9NH	Tuesday 5:30-6:30pm	£3	Turn up Call Sue 07872 407216
Back 2 Netball Creche Available	St Pauls Community Sports Academy Newfoundland Street, Bristol BS2 9NH	Wednesday 11am-12noon	£2.50	Turn up Call Sue 07872 407216 www.everyoneactive.com
Back 2 Netball Creche Available	Horfield Leisure Centre Dorian Road, Horfield, Bristol BS7 0XW	Wednesday 12:45pm-1:45pm	£2.50	Turn up Call Sue 07872 407216 www.everyoneactive.com
Back 2 Netball	Easton Leisure Centre , Thrissell Street, Easton, Bristol BS5 0SW	12:30pm-1:30pm	£2.50	Turn up Call Sue 07872 407216 www.everyoneactive.com
Swimming (women only)	Henbury Leisure Centre , Avonmouth Way, Henbury School, Bristol BS10 7QH	Monday 7:30pm-8:30pm	£3.70 Adults £2 Child	Turn up Call 01119 3532555 www.everyoneactive.com
Swimmin (adult women only)	Bristol South Swimming Pool Dean Lane, Bedminster, Bristol BS3 1BS	Thursday 6:45-7:30pm	£3.70	Turn up Call 01119 3532555 www.everyoneactive.com
Swimming (women only)	Easton Leisure Centre , Thrissell Street, Easton, Bristol BS5 0SW	Sunday 3:45-4:30 and 4:45pm-5:30pm	£3.70 Adults £2 Child	Turn up www.everyoneactive.com
Cardio Tennis	St Pauls Community Sports Academy Newfoundland Street, Bristol BS2 9NH	Saturdays 1.30-2.30pm	£3.50	Book at the centre or call 01117 377 3405

What	Where	When	How Much?	How to?
Street Cardio Tennis	Easton Leisure Centre , Thrissell Street, Easton, Bristol BS5 0SW	Sundays 11-12am	£3.50	Book at the centre Or call 0117 9031628
Street Cardio Tennis	Netham Park , Avonvale Road, Redfield Chelsea Park , Owen Street, Easton	TBA	TBA	David Hudgell 0117 3525632
Walking Group	Badock Woods, Doncaster Road, Southmead	Tuesdays 9:45am (20-30 min walk) 1:30pm-2:30pm	FREE	Call Zoe Stanbrook 07785 998926 Email zoe.stanbrook@nhs.net
Walking Group	The Cameron Centre Cameron Walk, Lockleaze, Bristol BS7 9XB		FREE	Debbie Parsons 07785 950920 Natalie Bailey 07785 970473
Walking Group	St Pauls Learning Centre 94 Grosvenor Road, St Pauls, Bristol BS2 8XG	Launch Event Friday 16 th September 10:30 am	FREE	Tamadour Saliem 07785 973760 Tamafour.saliem@nhs.net Hayley Coggins 07785 996945 Hayley.coggins@nhs.net
Zumba	Brunel Fitness Centre Bristol Brunel Academy, Speedwell Road, Bristol BS15 1NU	Monday's 7:05pm	£5 non members	Turn up Call 0117 3770098
Zumba	Trinity Centre Trinity Road, Easton, Bristol BS2 0NW	Tuesday	£5	Visit www.zumbabristol.com or call 07881 626988 to book
Zumba	Greenway Centre Doncaster Road, Bristol BS10 5PY	Wednesday 6:30pm	£4.50	Visit www.zumbabristol.com or call 07881 626988 to book
Zumba	Brunel Fitness Centre Bristol Brunel Academy, Speedwell Road, Bristol BS15 1NU	Wednesday's 8pm	£5 Non members	Turn up Call 0117 3770098
Zumba	Brunel Fitness Centre Bristol Brunel Academy, Speedwell Road, Bristol BS15 1NU	Thursday's 9:30am	£5 Non members	Turn up Call 0117 3770098
Zumba	Greenway Centre Doncaster Road, Bristol BS10 5PY	Friday 6:30pm	£4.50	Visit www.zumbabristol.com or call 07881 626988 to book
Zumba	Filwood Social Centre Barnstaple Road, Bristol BS4 1JP	Monday 7:30- 8:30pm	£4	Turn up Call Tracy 07833 458968
Zumba	Oasis John Williams School Petherton Road, Hengrove, Bristol BS14 9BU	Tuesday 6:15- 7:15pm	£4	Turn up Call Tracy 07833 458968
Zumba	Knowle West Health Park , Downton Road, Bristol BS4 1WH	Wednesday 7:45- 8:45pm	£4	Turn up Call Tracy 07833 458968
Zumba Toning	Filwood Social Centre Barnstaple Road, Bristol BS4 1JP	Thursday 8-8:45pm	£4	Turn up Call Tracy 07833 458968

What is USGirls?

USGirls is a sport and fitness project for girls and women aged 16-24. It is funded by Sport England and aims to get more young women active, more often.

How to Join in

It's free to join! Fill out the form below and take to any of the activities listed to join USGirls Bristol. USGirls will then contact you with details of other activities across the city, special offers and events as well as ideas to help you and your family stay fitter.

Sportivate



Free Sports Watch



At activities where you see the  badge you will receive an USGirls sports watch when you attend 5 out of 6 sessions! Sportivate is an exciting new sports programme for 14-24 year olds as part of the London 2012 Legacy Programme to find out more about Sportivate in Bristol visit www.wesport.org.uk/sportivate

Join in! Complete the form and take to your first USGirls Activity Session

Full Name

Date of Birth

Ethnicity (please tick)

Asian British

Asian

Black African

Black British

Black Caribbean

Black Other

Irish

White British

White European

White Other

Other

Prefer not to say

Address

Postcode

Email Address

Telephone Number

Email Address

Please tick if you do NOT want USGirls to contact you