

# DERBY ARENA

AUTUMN/WINTER 2015/16

**TRACK CYCLING**

**150 STATION GYM**

**GROUP EXERCISE CLASSES**

**SPORTS COURTS**

**UPCOMING EVENTS**

**CONFERENCING & MEETING ROOMS**

**CORPORATE PACKAGES**

**CAFÉ & BAR**



[derbyarena.uk.com](http://derbyarena.uk.com)



Derby City Council



# WELCOME

Welcome to Derby Arena. The venue is a versatile facility providing a wide range of sport and physical activities, and can also host events, concerts, exhibitions and conferences. Our vision is to get more people physically and culturally active.

**Join us and experience  
it all for yourself!**

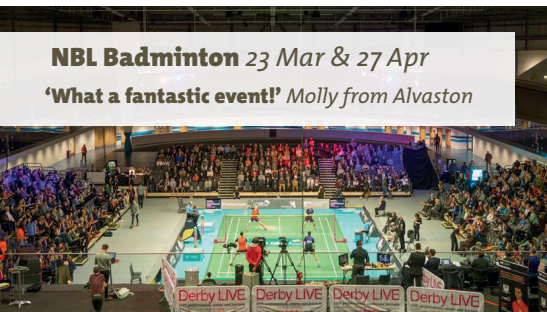


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# THE STORY SO FAR...



**NBL Badminton 23 Mar & 27 Apr**

*'What a fantastic event!' Molly from Alvaston*



**BBC Proms Ten Pieces 19 June**

*'I loved seeing Dick and Dom!'  
Ben, 8 years old from Sinfin*



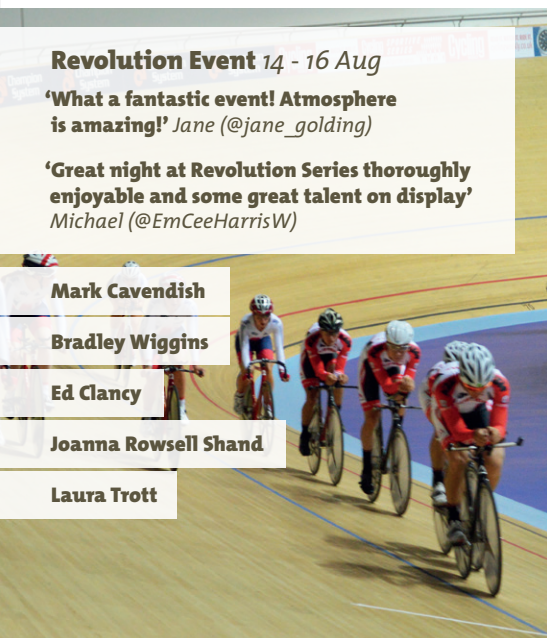
**Jimmy Carr**  
10 Jul

*'Absolutly loving Jimmy Carr got face ache and it's only half time!'  
Anza (@AnzaGale)*



**Championship Boxing 25 Jul**

*'The Arena is buzzing tonight - what a great atmosphere!'  
Robert from Matlock*



**Revolution Event 14 - 16 Aug**

*'What a fantastic event! Atmosphere is amazing!' Jane (@jane\_golding)*

*'Great night at Revolution Series thoroughly enjoyable and some great talent on display'  
Michael (@EmCeeHarrisW)*

**Mark Cavendish**

**Bradley Wiggins**

**Ed Clancy**

**Joanna Rowsell Shand**

**Laura Trott**



*'The reasons why I love to train at Derby Arena is that the facility offers top class fitness training equipment, has extremely friendly and knowledgeable staff, is immaculately presented, is at a great location with free parking.' Belinda*



/Derby Arena



@Derby\_Arena



# TRACK CYCLING

**Derby Arena is the Midlands' brand new hub for track cycling.**

Thanks to the success of Team GB in recent years and all of the attention following the Tour de France and the Olympic games, cycling is now more popular than ever. It is a sought-after type of sport and exercise that is not only fun to take part in but also beneficial for overall health and fitness.

The Arena caters for all abilities\* and offers recreational, training and racing opportunities. We welcome clubs, schools, groups and corporate parties, host our own track league and host local, regional, national and international track events.

Come and experience the thrill of the track.

**'Approximately ten weeks ago I hadn't been on a indoor track before. Simon (track cycling coach) has introduced me to track cycling and recently introduced me to SQT's. Both on and off the track he is an excellent communicator. It isn't very often you receive exceptional coaching and customer service from someone who is not only passionate about his sport but making sure everyone he coaches is treated with respect and has opportunities to achieve their goals.'** Steve



## ARE YOU A NEW RIDER?

Your first experience of track cycling will start with our **Derby Rider** sessions. You don't need to be serious about track cycling to have a go – you can just enjoy the ride!

## ACCREDITATION

We have a four stage development programme for those who want to gain full accreditation for the cycle track. This pathway will develop your skills to be able to ride the track competently and also be able to race. If you have an accreditation from another UK velodrome you'll just need to come in for a Probationary/Stage 4 Accreditation session – find out more on our website.

Once you have gained your accreditation you will be able to access:

- Track league
- Structured quality training (SQT) sessions
- Drop-in sessions

## CYCLE HUB

If you're new to track cycling then you'll be glad to find out that we have track bikes and all the equipment you'll need available for hire. If you're looking to use the track regularly then you can always consider hiring a space in our secure cycle store.



## TRACK PROGRAMME

We have an exciting and varied track programme at Derby Arena – whether you just want to have fun or whether you're training for the Olympics!

We have developed specific sessions to cater for:

- Women only
- Under 16s
- Visually-impaired & physically disabled
- Veterans

Visit our website for the up-to-date programme, where you can also book online for your first session.

## GIFT VOUCHERS

Do you know someone who'd like to have a go at track cycling? Why not buy them a voucher from either our website, Derby LIVE box office or directly from the Arena? Our gift vouchers make a great present for any occasion.

We also sell gym vouchers for health and fitness memberships.

## PRIVATE BOOKINGS

Fancy challenging your friends, families or colleagues to a race on the track? We offer private sessions for birthday parties, club bookings and groups.\* These are personalised sessions that include coaching and all equipment, and cater for different groups of people. To find out more and to register your interest, please visit our website.

\*Children need to be aged 12 and above to undertake accreditation sessions and 9 for family and junior sessions.



# GYM

**Our gym at the Arena has the very latest, state-of-the-art Technogym equipment. We pride ourselves on having a personalised attitude and approach towards our customers.**

Our team aim to give you brilliant customer service with attention to your individual needs.

We're keen to make a difference and we'll ensure to find the perfect and best-suited training programme for your needs. Nothing is impossible and we'll be there to support you throughout your fitness journey.

## SMART TECHNOLOGY

Our fitness gym has the latest interactive Technogym equipment, including industry-leading Excite+ cardio machines with connected UNITY screens, Omnia, and innovative new functional training solution that is ideal for small group training, Kinesis Stations, Element+ and Pure Strength resistance machines.

Why not download Technogym's MyWellness app that will sync with your Technogym key as well as a range of current health and fitness apps to track you progress, training history and help to achieve your goals.

## FAST CLASSES

Fast classes are short, focussed group sessions, designed to motivate and inspire you. Classes are available to all our gym users, are 15-20 minutes long and take place in the functional area of the gym. They're led by our health and fitness advisors and are free.







## GROUP EXERCISE

Our group exercise programme at the Arena is a great way to keep fit and have fun!

We have something for everyone – whether you're new to exercise, fancy a challenge or want to socialise. Our class programme includes Pilates, Zumba, Circuits, Body Pump, Body Combat as well as a varied Watt bike cycling programme.

## WATT BIKE CYCLING

Are you looking for extra inspiration and motivation? Try some of our Watt bike sessions in the Arena's cycling studio.

Our studio is equipped with the latest Watt bikes - developed in association with British Cycling and used by World and Olympic Champions. Riding a Watt bike will make you feel like you're actually riding a real bike. Watt bikes are designed to let you match the set-up of your road bike exactly.

**Go to our website to see our group exercise programme and A-Z class descriptions to find out more about each class. You can book online for group exercise classes up to 7 days in advance.**

**"I feel much fitter than I did before. I would definitely recommend Derby Arena gym. The facilities are brilliant, and the staff are very friendly and knowledgeable."**

*Katie Hicks, member since March 2015*

# MEMBERSHIPS

**We have a range of flexible membership options designed to suit you whatever your needs.**

Our memberships give you the flexibility of paying monthly by direct debit, but with no joining fee and no contract. The most important aspect of our membership offer is that it is personal to you. Our team will work with you to discuss your lifestyle, health and goals to ensure you get the most out of your membership.

You have the freedom to change and adapt your membership throughout your fitness journey. So if your goals change or you want to access additional activities, don't worry your membership can change with you.

Derby Arena is just one of Derby City Council's leisure facilities. Our memberships have the added value of giving you the great opportunity to use any of our other facilities throughout the city, including Queen's Leisure Centre, Springwood Leisure Centre and Moorways Swimming Pool.

## OUR MEMBERSHIP OPTIONS

### JUST

**Choose one of the following options – Gym, Group Exercise or Swim\***  
**£29 per month\*\***

### MIX AND MATCH

**Choose two from the following options – Gym, Group Exercise or Swim\***  
**£31 per month\*\***

### FULL

**Includes all three options – Gym, Group Exercise and Swim\***  
**£36 per month\*\***

\*Swimming is available at Queens Leisure Centre and Moorways Swimming Pool.

\*\*Prices are subject to change, see our website for latest prices.





# LEISURE CARD

**Our range of Leisure Cards offer great discounts on a range of sport & leisure activities.**

## STANDARD / JUNIOR / FAMILY

20% discount for Derby residents and 10% discount for everyone else.

## CONCESSIONARY

40% discount for Derby residents aged over 65 years, registered disabled, unemployed and full-time students.

## OVER 75s

Gym, group exercise classes and swimming for just £1, Monday - Friday, 9am - 4pm and all weekend.

## RECREATION

Free swimming, racket sports and other selected activities Monday - Friday, 9am - 4pm and all weekend. 40% discount on other activities. For Derby residents in receipt of certain benefits, some unemployed people, volunteers and foster carers.

Discounts apply to most but not all activities.

**Find out more and apply at**  
**[derbyarena.uk.com/leisurecard](http://derbyarena.uk.com/leisurecard)**



# CORPORATE PACKAGES

**Looking for a space for your upcoming event, conference, meeting or a corporate party? Or for a unique and exhilarating team-building activity.**

The Arena is an incredibly flexible space, making an ideal venue for a wide range of activities and events of all scales. Build a bespoke package to meet your needs...



## CYCLING

Join the club - Sir Bradley Wiggins, Dame Sarah Storey, Laura Trott, Mark Cavendish, Joanna Rowsell and Ed Clancy have all ridden the Arena's 250m track. Track cycling makes a great team-building activity and suitable for all levels – our coaches will deliver a bespoke session to meet your needs.



## MEETING ROOMS

Our flexible suite of multi-purpose rooms can be used for smaller events, meetings, training, conferences and hospitality or as breakout space as part of a wider package or larger event. In-house technical support is on hand to ensure your event runs to plan.



**Build the perfect package  
for your company**





## GYM MEMBERSHIP

Looking at raising your team's spirit? Membership for the Arena gym's state-of-the-art is a great opportunity to network and to keep fit & healthy. Our bespoke corporate offer incentivizes you to proactively encourage and motivate your staff to be more active.



## CATERING

Our in-house catering team can deliver a wide range of refreshments to suit your needs. Hot & cold drinks, finger buffets, working lunch or something special - whatever your requirements, we'll deliver.



## TOURS

One of our trained tour guides will take you behind the scenes – a great insight into the construction and operation of the Arena.



**Get in touch with us to find out more, on  
01332 640015 or at [arenacorporate@derby.gov.uk](mailto:arenacorporate@derby.gov.uk)  
[derbyarena.uk.com/corporate](http://derbyarena.uk.com/corporate)**

# SPORTS ACTIVITIES



**We have 13 sports courts, surrounded by the Arena's 250m indoor cycle track. Activities and sports currently available to play are:**

- **badminton**
- **netball**
- **volleyball**
- **martial arts**
- **table tennis**
- **futsal**
- **handball**
- **indoor bowls**

**Courts bookings are open to all, from individuals to club, school and corporate groups.**



## COACHED COURSES

We have a great variety of clubs and coached sessions available at the Arena, including **Handball**, **Go Spike Volleyball** and **Sitting Volleyball**, **Badminton** and more. For more information on the sessions please visit our website.

[derbyarena.uk.com/clubs](http://derbyarena.uk.com/clubs)



# EVENTS

The Arena is home to a programme of high-profile events from world-class sports to comedy, rock & pop and even pantomime!

## WHAT'S ON...

### Taekwondo (T.A.G.B.)

Come along and spectate the Europe's largest martial arts competition.

**British Championships**  
Sun 29 Nov

Participants (TAGB members) - £12.

Spectators: adults - £8, children - £4  
and under 5s - FREE

### Aladdin

Take a magical carpet ride through a tale of eastern promise and adventure, to a magical world of make-believe. With fabulous new sets & costumes, hilarious slapstick comedy, high energy music & dance routines, and lots of audience participation, our star-studded pantomime Aladdin will fulfil your three wishes for Christmas 2015.

Mon 7 Dec – Sun 3 Jan

£11.25 - £30.25



To book, visit the events section of our website or call Derby LIVE box office on 01332 255800.

If you are interested in holding an event at the Arena please either email [derbyarena@derby.gov.uk](mailto:derbyarena@derby.gov.uk) or complete the enquiry form online.

## CAFÉ 42

With its name inspired by the steepest gradient of the cycle track, the Arena's licensed café serves a delicious and nutritious range of hot and cold refreshments.

**Breakfasts** Cereals & hot sandwiches

**Sandwiches** Sandwiches, paninis, flatbreads | **Light bites** Jacket potatoes, soups and salads | **Main meals** Burgers, hot dogs, daily specials cooked to order

**Snacks | Hot & cold drinks**

Costa Coffee.



# HOW TO BOOK, ACCESS AND NOTICEBOARD

## HOW TO BOOK?

You can make a booking up to seven days in advance either online, over the phone **01332 640011** or in person at the reception. If you haven't got a membership with us then you'll need to become a pay as you go customer to book sessions online. Please get in touch with us to do so. Please see our website for terms and conditions of booking.

## NOTICEBOARD

For the latest programme changes and updates please see the noticeboard on our website.

## ACCESS

The Arena is accessible to all.

- There are several induction loops around the building as well as a portable loop
- It is fully accessible for wheelchairs with the lifts and ramps located throughout the building and wheelchair spaces in the spectator seating
- Accessible toilets on every level
- Disabled parking
- The gym is IFI-accredited – fully accessible for people with mobility problems
- Assistance dogs are welcome
- Some events will be BSL sign-interpreted, audio- described, captioned and offer relaxed performances



# DERBY ARENA



## CONTACT US

Derby Arena, Royal Way,  
Pride Park, Derby, DE24 8JB

01332 640011

[derbyarena@derby.gov.uk](mailto:derbyarena@derby.gov.uk)

*MINICOM:* 01332 640666

*TEXT RELAY:* 18001 01332 293111

## OPENING TIMES

**Monday - Friday** 6am - 10pm

**Saturday - Sunday** 7am - 9pm

\*Opening times are subject to change, please see our website for the latest updates and Bank Holiday opening times.

## CAR PARKING

Car parking is FREE for Derby Arena customers for a duration of up to 3 hours, followed by a fee of £3 afterwards. Don't forget to get your ticket validated before leaving the building.

## ALTERNATIVE FORMATS

If you require this brochure in an alternative format, please contact us to request a copy.

**For the latest news and updates follow us on social media**



/Derby Arena



@Derby\_Arena



**[derbyarena.uk.com](http://derbyarena.uk.com)**



Derby City Council