

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 families to help pupils achieve the governments recommended daily 30 minutes of physical activity outside of school.

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

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

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