

# Sports and park facilities in Nottingham, UK



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## Introduction

A Nottingham resident with no access to private transport and living on a low income asked for information about accessible gyms, and the list below compiles what I have found. This document lists physical sports facilities – gyms, parks and so on, while a companion document lists sports clubs

and groups where people enjoy sport and have substantial opportunities to build friendships too. That companion document is available at [Sports clubs and groups in Nottingham, UK](#).

Please send updates and corrections to [peter.bates96@gmail.com](mailto:peter.bates96@gmail.com).

## Summary table of indoor gyms

Name	Postcode	To join	Monthly
Al-Hurraya	NG7 2BY		
Crossfit	NG3 1GE		£65
David Lloyd	NG8 5AR		Inquiry 9/2/24
Everlast	NG4 2PA		£35
Formula One	NG1 2EW		£28
JD Gyms	NG7 3AG		£22
Kinetic Studios	NG5 2LA		£25
Legends Gym	NG8 5AH		Inquiry 9/2/24
Lenton Centre	NG7 1RQ		£14
LivingWell	NG1 3PZ	£25	£35
Mercure	NG5 2BT		£45
Nottingham Strong	NG7 2FH		£55
NTU	NG1 4FQ		£17.50
Nuffield Health	NG3 5RH		£66
Outdoor gyms	See below		£0
Portland Centre	NG2 2HB		£16.50
Pure Gym	NG7 7BA	£10	£18
THE Gym Group	NG1 4AF		£18
Urban Escape	NG1 5RH		£41
Victoria Leisure Centre	NG1 1DB	£30	£37
Virgin Active	NG2 3AE		£52

## Details of Indoor gyms

**Al-Hurraya**, Unit 6, Lenton Business Centre, Lenton, Nottingham NG7 2BY. [Website](#). Email: [info@al-hurraya.org](mailto:info@al-hurraya.org). Tel: 0115 786 9206. Sources: AAC, JJZ. Last checked 09/02/2024.

**Cinderhill Gym Ltd**, Nuthall Road NG8 6AD. Sources: AAA.

**Clifton Leisure Centre**, Southchurch Drive NG11 8AB. Part of Active Nottingham. Sources: AAC.

**Crossfit**, Unit 8, Alfred Street NG3 1GE. [Website](#). Sources: AAC. Last checked 09/02/2024.

**David Lloyd**, Aspley Lane NG8 5AR. [Website](#). Sources: AAC. Last checked 09/02/2024.

**Djanogly** Community Leisure Centre, Gregory Boulevard NG7 6ND. Sources: AAA, AAC.

**Evolve Nottingham**, Strelley Social Club, Helston Drive NG8 6JZ. Mob: 07851 292 071 or 07957 592 454. Email: [evolvenottingham@outlook.com](mailto:evolvenottingham@outlook.com). Sources: AAC, JJZ. A range of sports activities.

**Formula One**, 21 Victoria Street NG1 2EW. [Website](#). Sources: AAC. Last checked 09/02/2024.

**Greenway Community Centre**, Trent Lane, Nottingham NG2 4DF. Sources: AAC. There is outdoor gym equipment behind the building. Last checked 09/02/2024.

**H3 GYM**, 4 Longden Street NG3 1JN.

**Harvey Hadden** Sports Village, Wigman Road NG8 4PB. The Village includes Astro Kings. Sources: AAA. AAC.

**JD Gyms**, Chettles Trade Park, Midland Way NG7 3AG. [Website](#). Sources: AAA, AAC, JJE. Last checked 09/02/2024.

**Ken Martin** Leisure Centre, Hucknall Lane NG6 8AP. Sources: AAA, AAC.

**Kinetic Studios** 37 Haydn Rd, NG5 2LA. [Website](#). Sources: AAC. Last checked 09/02/2024.

**Lady of Leisure**, Hawthornes, Palm Street, New Basford NG7 7ET. [Website](#). No Facebook. Women-only gym. Sources: AAA, AAC.

**Legends Gym**, Adco Business Centre, Plantation Side, NG8 5AH. [Website](#). Source: AAA, AAC. Last checked 09/02/2024.

**Lenton Centre**, Willoughby St, Nottingham NG7 1RQ. [Website](#). Source: AAA, AAC. Offers a concessionary price for those who are unemployed or over 60 years old. Last checked 09/02/2024.

**LivingWell Gym**, Hilton Hotel, 38 Milton Street NG1 3PZ. [Website](#). Source: AAA, AAC. Last checked 09/02/2024.

**Mellish Sports Centre** - Studio2, Kimmel Road, Bulwell NG6 9FH. Boxing sessions. Sources: AAC, JJZ. Tel: 01159754772.

**Mercure** Nottingham Sherwood Hotel, 296 Mansfield Road NG5 2BT. [Website](#). [Facebook](#) most recent 2019. Sources: AAA, AAC. Access to leisure facilities £10 for a day pass or memberships starting at £45 per month. [HB540@accor.com](mailto:HB540@accor.com) confirmed active at 20/03/2024.

**Nottingham Strong**, 42 Church Street, Lenton. Email: [train@nottinghamstrong.com](mailto:train@nottinghamstrong.com). Sources: AAC.

**Nottingham Trent University**, City Sports Centre, Students Union, 50 Shakespeare Street, Nottingham NG1 4FQ. [Website](#). Source: AAA. Email: [enquiries@ntu.ac.uk](mailto:enquiries@ntu.ac.uk). Open to the public but confusing online registration process. The cheapest membership option is Pink Lite membership which requires a single annual payment of £175 and restricts access to before noon on weekdays. James Hayter is the Director of Sport ([james.hayter@ntu.ac.uk](mailto:james.hayter@ntu.ac.uk)) and is reviewing whether Pink Lite can be offered on a monthly subscription from October 2024.

**Portland Centre**, Muskham Street, Meadows NG2 2HE. Sources: AAA, AAC. Tel: 0115 859 9968. [Website](#). Last checked 09/02/2024.

**Pure Gym** Sovereign House, 184 Nottingham Road NG7 7BA (cheapest, so is the example used in the table above). Source: AAA, AAC, JJS. Last checked 09/02/2024.

**Pure Gym**, 20 Castle Bridge Road, Nottingham NG7 1GX. Source: AAA, AAC. [Website](#). Last checked 09/02/2024.

**Rebels Gym**, 11a Croydon Rd NG7 3DS. Tel: 07488387893. [Website](#). Part of the Holiday Activity Fund programme. Source: AAC, JJZ.

**Southglade** Leisure Centre, Southglade Road NG5 5GU. Sources: AAA, AAC, JJZ.

**The Gym Group**, 14 Trinity Square NG1 4AF. [Website](#). Source: AAA, AAC, JJE.

**The Gym Group**, 684 Mansfield Road, Sherwood, Nottingham, NG5 2GE. [Website](#). Source: AAA, AAC.

**The Gym Group**, Castle Retail Park, 2 Radford Boulevard, Nottingham, NG7 5PQ. [Website](#). Source: AAA, AAC.

**Urban Escape**, 33 Wollaton Street NG1 5RH. [Website](#). Sources: AAC, JJE. Last checked 09/02/2024.

**Victoria Leisure Centre**, Gedling Street NG1 1DB. Part of Active Nottingham. [Website](#). Sources: AAC. Active Nottingham allows [concessions](#) to people in specific categories but this does not appear to include asylum seekers (inquiry sent 12/02/2024). Last checked 09/02/2024. Previously at The Cornerhouse, Burton Street NG1 4DB.

## Outdoor gyms

**Outdoor gyms** are available in 32 Nottingham parks, listed at this [Website](#) and below and free to use. Videos on the website demonstrate how to use the equipment. If you find any equipment that is not working, notify [parksandopenspaces@nottinghamcity.gov.uk](mailto:parksandopenspaces@nottinghamcity.gov.uk). Street name and postcode for the main entrance to each park requested 17/02/2024.

**Barton Green Park**, Pieris Drive NG11 8SR also has a playground and multi-use games area. Source: AJJ.

**Birchover Park**, Birchover Road NG8 4BW also has a playground and basketball hoop. Source: AJJ.

**Bulwell Forest**, Hucknall Road, Bulwell NG6 8LQ also has a playground and multi-use games area. Source: AJJ.

**Bulwell Hall Park** off Sandhurst Road NG6 8GG also has a playground. Source: AJJ.

**Chediston Vale Park**, Chediston Vale NG5 5QA also has a playground, multi-use games area. Source: AJJ.

**Clifton Central Park**, Swansdown Drive NG11 8AB also has a playground. Source: AJJ.

**Edwards Lane**, Longdale Road NG5 6ER also has a playground, multi-use games area, small BMX & Skate park. Source: AJJ.

**Forest Recreation Ground**, Gregory Boulevard NG7 6LB also has a playground and multi-user games area. Source: AJJ.

**Gawthorne Street Park**, New Basford NG7 7JS also has a playground and multi-use games area. Source: AJJ.

**Heathfield Park**, Ventnor Rise NG5 1HR also has a playground and multi-use games area. Source: AJJ.

**Independent Street Park**, Radford NG7 3LN also has a playground. Source: AJJ.

**King Edward Park**, Carlton Road NG3 2DN also has a playground, multi-user games area and skate park. Source: AJJ.

**King George V Playing Fields**, Aspley Lane NG8 5RY. Source: AJJ.

**Lenton Recreation Ground**, Derby Road NG7 2DP.

**Peggy's Park**, Bedale Road, Daybrook NG5 3GJ.

**Queen's Walk Rec** NG2 2DF also has a playground and multi-use games area. Source: AJJ.

**Radford Recreation Ground**, Ilkeston Road NG7 3 HF also has a playground and multi-use games area. Source: AJJ.

**Robin Hood Chase Park**, St Ann's NG3 4EY also has a playground and multi-use games area. Source: AJJ.

**Ruddington Lane Park**, Clifton NG11 7HH

**Shipstone Street**, NG7 6GJ also has a playground. Source: AJJ.

**Silverdale Play Area**, Brookthorpe Way NG11 7FF also has a playground. Source: AJJ.

**Southglade Park**, Southglade Road, Bestwood NG5 5GU also has a playground, multi-use games area and skate park. Source: AJJ.

**Stockhill Park**, Stockhill Lane, Basford NG6 0LP also has a playground and goal end. Source: AJJ.

**Strelley Recreation Ground** off Edge Way NG8 6NA also has a multi-user games area. Source: AJJ.

**Sutton Passeys Crescent play area**, NG8 1BU also has a playground. Source: AJJ.

**Valley Road Recreation Ground** NG5 3BL also has a playground, multi-use games area and skate park. Source: AJJ.

**Vernon Park**, Vernon Avenue, Old Basford NG6 0AP also has a playground. Source: AJJ.

**Victoria Embankment Memorial Garden** NG2 2JY also has a playground, multi-use games area and paddling pool. Source: AJJ.

**Woodthorpe Park**, Sherwood

**Whitemoor Drive**, Tintern Drive, NG8 5FD also has a playground. Source: AJJ.

## Other parks and playing fields

**Abbey Bridge Road**, Coleby Avenue NG7 2NF has a playground. Source: AJJ.

**Amesbury Circus** NG8 6DD has a goal end. Source: AJJ.

**Angel Green**, NG11 8RX has a playground. Source: AJJ.

**Astley Drive** NG3 3EU has a playground. Source: AJJ.

**Basford Junction**, off Lauriston Drive NG6 0DR has a multi-use games area. Source: AJJ.

**Beechdale Mews**, Chapman Court/Gaynor Court NG8 3FQ has a playground. Source: AJJ.

**Bentinck School**, Cope Street NG7 5AF has a multi-

use games area. Source: AJJ.

**Bilborough Park**, Wigman Road NG8 4PB has a playground. Source: AJJ.

**Bobber's Mill Road** off Maun Avenue NG7 5RU has a playground. Source: AJJ.

**Brian Wakefield Memorial Ground**, Lenton Lane, NG7 2SA. [Website](#). [Facebook](#). Inquiry sent 20/02/2024. Sources: AAA, AAC.

**Breckswold Drive** NG11 9ER has a playground. Source: AJJ.

**Bridlington Street** NG7 5BG has a playground. Source: AJJ.

**Broxtowe Country Park**, off Westleigh Road NG8 6HR has a BMX track and multi-use games area. Source: AJJ.

**Bulwell Bogs**, Main Street NG6 9AA has a playground and a water park. Source: AJJ.

**Cauntton Avenue** NG3 5HH has a playground. Source: AJJ.

**Chard Street** NG7 7GU has a playground. Source: AJJ.

**City Heights** off Wells Road NG3 6AB has a playground. Source: AJJ.

**Clifton Playing fields**, Farnborough Road NG11

8JU has a BMX track.  
Source: AJJ.

**Colesbourne Road** NG11  
8JH has a playground.  
Source: AJJ.

**Colville Street** NG1 4HQ has  
a playground and multi-use  
games area. Source: AJJ.

**Colwick Country Park**, River  
Road off Mile End Road  
NG4 2EW has a playground.  
Source: AJJ.

**Colwick Woods**,  
Greenwood Road NG3 7FS  
has a playground and a  
small BMX track. Source:  
AJJ.

**Commercial Road** NG6 8LT  
has a playground. Source:  
AJJ.

**Coppice Park**, Ransom Road  
NG3 5HN has a playground  
and a multi-use games area.  
Sources: AJJ, AAC.

**Corncrake Way**, NG6 0NG  
has a playground. Source:  
AJJ.

**Dave Eastwood Sports**  
Ground, Lenton Lane NG7  
2SA. Sources: AAA, AAC.

**Djanogly City Academy**  
(**Haydn Road Sport**  
**Ground**), Haydn Road NG5  
1EB. Sources: AAA, AAC.

**Fearnleigh Drive**, NG6 0JH  
has a playground. Source:  
AJJ.

**Fernwood Crescent**,  
Rushford Drive NG82GL has  
a playground. Source: AJJ.

**Forster Street**, NG7 3DH  
has a playground. Source:  
AJJ.

**Gabrielle Close** NG6 0DP  
has a playground. Source:  
AJJ.

**Green's Mill**, Belvoir Hill  
NG24LF has a playground.  
Source: AJJ.

**Greenway**, Trent Lane NG2  
4DF has a playground and a  
multi-use games area.  
Source: AJJ.

**Groveside**, NG11 9PD has a  
playground. Source: AJJ.

**Hedley Villas**, NG7 7BN has  
a playground. Source: AJJ.

**Hempshill Lane** NG6 8PF  
has a playground. Source:  
AJJ.

**Heskey Park**, Heskey Close  
NG3 1AN also has a  
playground and multi-use  
games area. Source: AJJ.

**Highbury Vale**, Brooklyn  
Road NG6 9ES has a  
playground. Source: AJJ.

**Highfields Park**, University  
Boulevard NG7 2RD has a  
playground. Source: AJJ.

**Hood Street**, NG5 4DL has a  
playground. Source: AJJ.

**John Carroll Leisure Centre**,  
Denman Street Central NG7  
3PS has a playground.  
Source: AJJ.

**Kennington Road** NG8 1QD  
has goal ends and a  
playground. Source: AJJ.

**Lees Hill** NG2 4JT has a  
playground. Source: AJJ.

**Maples Street** NG7 6AD has  
a skate park. Source: AJJ.

**Melbourne Park**, off  
Melbourne Road NG8 5HL

has a playground and multi-  
use games areas. Source:  
AJJ.

**Mill Street playing fields**,  
Greenwich Avenue NG6  
0LD. Sources: AJJ, AAC.

**Moor Road**, NG8 6LS has a  
playground. Source: AJJ.

**Mosswood Crescent** NG5  
5SW has a playground.  
Source: AJJ.

**Newstead Abbey**, NG15  
8GE has a playground.  
Source: AJJ.

**Norman Archer Memorial**  
Ground, Green Lane NG11  
8LT. Sources: AJJ, AAC.

**Nottingham Arboretum**,  
**Waverley Street** NG7 4HF.  
Sources: AAC.

**Pearmain Drive** NG3 3DL  
has a playground. Source:  
AJJ.

**Penn Avenue** NG7 2LG has  
a playground. Source: AJJ.

**Peppers Rest Garden**,  
Radford Road NG7 5FP has  
a playground. Source: AJJ.

**Pirate Park**, Mansfield Road  
NG5 2DP has a playground.  
Source: AJJ.

**Poplar Avenue**, NG5 1DJ  
has a playground. Source:  
AJJ.

**Rise Park**, Bestwood Park  
Drive NG5 5EJ has a  
playground. Source: AJJ.

**Ronald Street** NG7 3GY has  
a playground. Source: AJJ.

**Rosedale Drive** NG8 2JA has  
a playground. Source: AJJ.

**Ruddington Lane** NG11 7BY has a playground and a multi-user games area. Source: AJJ.

**Scafell Way** off Farnborough Road NG11 9FW has a playground and goal end. Source: AJJ.

**Seaford Avenue** NG8 1NB has a playground and basketball hoop. Source: AJJ.

**Silverdale Road** off Radford Road NG7 7EZ has a playground. Source: AJJ.

**Snape Wood Road** NG6 7GH has a playground and a multi-use games area. Source: AJJ.

**Spider Park**, Dunkirk Road NG7 2LF has a playground. Source: AJJ.

**Stirling Grove** NG11 9AJ has a playground. Source: AJJ.

**Sunninghill Park**, Sunninghill Drive NG11 8FL

has a playground and multi-user games area. Source: AJJ.

**Sycamore Rec**, Hungerhill Road NG3 4NB has a playground and multi-user games area. Source: AJJ.

**The Ridge**, Ridgeway NG5 9BX has a multi-use games area. Source: AJJ.

**The Green**, Middle Furlong Mews NG2 1HQ has a playground. Source: AJJ.

**Tintagel Green** NG11 9NA has a playground. Source: AJJ.

**Top Valley Community Centre**, Knights Close NG5 9AJ has a playground. Source: AJJ.

**Torville Drive** NG8 2BU has a playground. Source: AJJ.

**Victoria Park**, Bath Street NG1 1DF has a playground and a multi-use games area. Source: AJJ.

**Wallan Street** NG7 5ND has a playground and a goal end. Source: AJJ.

**Wallis Street** NG6 0EU has a playground. Source: AJJ.

**Western Boulevard** NG8 5AL has a playground. Source: AJJ.

**Whitwell Road** NG8 6JS has a playground. Source: AJJ.

**Willow Hill Close** NG6 5DH has a playground. Source: AJJ.

**Wollaton Park**, Wollaton Road NG8 2AD has a playground. Source: AJJ.

**Woodfield Road** NG8 6HY has a playground. Source: AJJ.

**Woodthorpe Grange**, Woodthorpe Drive NG5 4HA has a playground. Source: AJJ.

## Arenas, pitches and centres

1. **Axed**, The Cornerhouse. [Website](#). Sources: AAC, JJE.
2. **Brendon Lawrence Sports Centre**, 35 Hungerhill Road NG3 4NB. [Website](#). Tel: 0115 911 2226. Email: [enquiries@renewaltrust.org.uk](mailto:enquiries@renewaltrust.org.uk). Run by the Renewal Trust and offers Feel Good Football sessions and other sports. Sources: AAA, JJZ.
1. **Brocklehigh** Community Sports and Art Centre, Fircroft Avenue NG8 3AJ. Sources: AAA, AAC.
2. **Carrington Sports & Recreation Centre**. 204 (or 212) Noel Street NG7 6AT. Sources: AAA, AAB, AAC, AAD. Inquiry sent 20/02/2024.
3. **Carrington Sports and recreation ground**, Mansfield Road NG3 5DR. Appears to be a facility held by Carrington School. Sources: AAA, AAC.
3. **Clip 'n Climb** Nottingham, Unit 2B Ash Court, Millennium Way East, Phoenix Park NG8 6AR. [Website](#). Email: [info@clipnclimbnottingham.co.uk](mailto:info@clipnclimbnottingham.co.uk).

4. **Depot Climbing** Nottingham, The Tram Depot, 4 King Edward Street NG1 1EU. [Website](#). Email: info@theclimbingdepot.com
4. **Combat Archery**, NG3 7ED. [Website](#). Sources: AAC, JJZ.
5. **Combat Archery**, NG7 2TG. [Website](#). Sources: AAC, JJZ.
6. **Combat Archery**, Unit B, Bar Lane Industrial Estate NG6 0JA. [Website](#). Sources: AAC, JJZ.
5. **Forest Sports Zone**, Gregory Boulevard NG7 6LD. Sources AAA, AAC.
6. **Mapperley Plains Sport and Social Club**, Plains Road, NG3 5RH.
7. **Mapperley Sports Village**, Ransom Drive NG3 5LR. Sources: AAA, AAC.
8. **Mellish Sports Centre**, 2 Kemmel Road NG6 9FH. [Website](#). [Facebook](#). Active at 05/03/2024. Sources: AAC
7. **National Ice Centre**. [Website](#). Inquiry sent to [accessibility.officer@national-ice-centre.com](mailto:accessibility.officer@national-ice-centre.com) 18/02/2024. Sources: AAA, AAC.
8. **No Strings Badminton Club**, Clifton Leisure Centre, Southchurch Drive NG11 8AB. Sources: [Website](#). No Facebook. No contact details. AAA, AAC, AAH. There are No Strings badminton sessions elsewhere too, but not evidence of a community, just the court hire organization.
9. **Nottingham Belfry**, Mellors Way, Nottingham Business Park NG8 6PY. Sources: AAA, AAC, JJS.
10. **Nottingham Climbing Centre**, 212 Noel St, New Basford NG7 7FR. Email: [info@nottinghamclimbing.co.uk](mailto:info@nottinghamclimbing.co.uk). Also has a training room with free weights.
11. **Nottingham Hockey Centre**, University Boulevard NG7 2PS. Sources: AAA, AAC.
12. **Nottingham indoor bowls centre**, Beechdale Road NG8 3FH. [Website](#). [Facebook](#). Inquiry sent 20/02/2024. Sources: AAA, AAB, AAC, AAD, JJS.
13. **Nottingham Tennis Centre**, University Park NG7 2QH. Sources: AAA, AAC.
14. **Nottingham Trent University Sports Centre**.
9. **Nottingham Wildcats Arena**, Nottingham Wildcats Arena, Greenwood Road, Sneinton NG3 7EB. [Website](#). Sources: AAA, AAC, JJZ.
10. **Notts County** football club, Meadow Lane NG2 3HJ. [Website](#). Sources: AAA, AAC.
11. **Notts Parkour** Park, Bulwell Forest Recreation Ground, Hucknall Rd, Nottingham.
15. **Pass Move Grin Sports Centre**, Unit B1, Bar Lane Industrial Park, Bar Lane NG6 0JA. [Website](#). Sources: AAA, AAC.
16. **Powerleague**, Thane Road, Lenton Lane Industrial Estate NG7 2TG. [Website](#). Sources: AAA, AAC.
17. **Riverside Family Golf Centre**, Lenton Lane NG7 2SA. [Website](#). Sources: AAA, AAC, JJC.
18. **Southglade Park Hub Football Centre**, Southglade Road NG5 5GU. Sources: AAA, AAC.
19. **Sports Centre**, Minver Crescent NG8 5PN. [Facebook](#). SActive at 05/03/2024. Sources: AAA, AAC.
12. **University of Nottingham**, David Ross Sports Village, University Park NG7 2RD. Sources: AAC. Inquiry sent 18/02/2024.



20. **Valley Road Tennis Courts**, Valley Road NG5 3BL. Sources: AAA, AAC.
21. **Winners Gym**, Roden House, Roden Street NG3 1JH. Most recent [Facebook](#) entry 2018. Facebook message sent 28/02/2024. Sources: AAA, AAC.

## Appendix 1: In Nottingham City but closed

1. **Better Gym**, Waterway Building, Castle Wharf, Canal Street NG1 7EH. Source: AAA, AAC. Listed by Active Places as closed.
2. **Bushido MMA Academy**, Ashley Street NG3 1JG. Source: AAA, AAC. Listed on Active Places as closed.
3. **Castle College** Carlton Road NG3 2NR. Source: AAA, AAC. Listed on Active Places as closed.
4. **Castle Gym**, 30-38 Maid Marian Way NG16GF. [Website](#). Not yet re-opened. Sources: AAC, JJE. Last checked 09/02/2024.
5. **Colwick Racecourse**, Racecourse Road NG2 4BH. Listed by Active Places as closed. Sources: AAA, AAC.
6. **Fitness Express** at the National Ice Centre, Bolero Square NG1 1LA. Listed by Active Places as closed. Sources: AAA, AAC.
7. **Gym Combat City**, 12 Bottle Lane NG1 2HL. Kinetic Fit were at the same address at one time. Gym Combat at Crocus Street NG2 3DP. All these options listed on Active Places as closed. Sources: AAA, AAC
8. **Gym4All**, 155 Huntingdon Street, NG1 3NL. Listed by Active Places as closed. Sources: AAA, AAC.
9. **H2 Fitness**, 308c Victoria Centre NG1 3QN. Listed by Active Places as closed. Sources: AAA, AAC
10. **Hempshill Lane Park**, Hempshill Lane NG6 8PF. Source: AAA, AAC. Listed by Active Places as closed.
11. **KK Sports** and Leisure Centre, Carlton Road NG3 2NR. Source: AAA, AAC.
12. **Reviva health club** for women, 11 Thurland Street NG1 3DR. Listed in Active Places as closed. Sources: AAA, AAC.
13. **Stones Gym**, Trent South Industrial Park NG2 4EQ. Listed by Active Places as closed. Sources: AAA, AAC.
14. **VanClaron Chats**, 57-63 Boden Street, Nottingham NG7 3JY. [Website](#). The Hub does not have gym equipment on the premises but offers indoor exercise activities aimed at promoting physical and mental well-being for all members of the community. They include yoga, pilates, aerobics and circuit training and are designed to cater to various fitness levels and can be accessed by the general public for a small charge or, in some cases, free for those facing financial hardship. Sources: AAC, JJZ.
15. **YMCA**, 4 Shakespeare Street NG1 4FG. Hosts **YMCA Running Club**. Gym has closed, confirmed 15/02/2024. Sources: AAC, AAG, JJE.

## Appendix 2: Not open yet

**UFC Gym**, Huntingdon Street NG1 3NL. [Website](#). New venue not open yet. Sources: AAC. Last checked 09/02/2024.

## Appendix 3: Not open to adults

FSM football and leisure centres – for 5-8 year olds. [Website](#). Sources: JJE. Last checked 09/02/2024.

## Appendix 4: Non-sports clubs it is worth asking

In my search for free or cheap access to a gym or free weights, it is worth checking out the following.

**Travel Well Community Connectors**, Nottingham City General Practice Alliance, 79A Upper Parliament Street, NG1 6LD. Email: [nnicb-nn.atccnottinghamcity@nhs.net](mailto:nnicb-nn.atccnottinghamcity@nhs.net).

[Big Green Book](#) lists outdoor activities in and around Nottingham.

**Nottingham and Nottinghamshire Refugee Forum**. No sports equipment, but there are free boxing sessions on Thursdays 11:30-12:30 in the gym upstairs. Last checked 13/02/2024.

**Community centres** – inquiry sent to all those with an email address 09/02/2024 to <https://peterbates.org.uk/wp-content/uploads/2023/03/Community-Centres-in-Nottingham.pdf>.

**Notts in Mind** is a free 12-week programme using sport and physical activity to improve wellbeing run by Trent Bridge Community Trust. Based at Cotgrave Leisure Centre, Woodview, Cotgrave NG12 3PJ. Tel: 0115 982 3000 or email [fmn@trentbridge.co.uk](mailto:fmn@trentbridge.co.uk).

[uk](#). Their programmes use leisure centre facilities.

**Nottingham High School Sports Ground**, Hucknall Road NG5 1NX. In Nottingham City. Hosts their **Cricket Club**. Source AAC: AAQ.

**Nottingham City Care** – inquiry sent to complaints team 10/02/2024 as they have no direct email contact for Social Prescribers or Care Navigators.

**Nottingham City GP Alliance** – inquiry sent 10/02/2024 asking if their Social Prescribers or Care Navigators could help. Request forwarded to Martin Marcus who heads up the social prescribing work - [martin.marcus@nhs.net](mailto:martin.marcus@nhs.net).

**Wellness in Mind** – confirmed 12/02/2024 – “we do not provide gym equipment with our service.”

**Pearson Centre** – email inquiry sent 12/02/2024.

**City churches** – inquiry sent 12/02/2024 to all those listed at <https://peterbates.org.uk/wp-content/uploads/2023/07/Churches-in-Nottingham-list-for-website.pdf> where an email address is known.

[content/uploads/2023/07/Churches-in-Nottingham-list-for-website.pdf](https://peterbates.org.uk/wp-content/uploads/2023/07/Churches-in-Nottingham-list-for-website.pdf) where an email address is known.

**Arimathea Trust** – inquiry sent 13/02/2024.

**Refugee Roots** – inquiry sent 13/02/2024.

**Cultural centres** – inquiry sent on 17/02/2024 to [arianacommunitycentre@gmail.com](mailto:arianacommunitycentre@gmail.com); [hello@brazilianculturalcentre.co.uk](mailto:hello@brazilianculturalcentre.co.uk); [enquiries@theicca.co.uk](mailto:enquiries@theicca.co.uk); [info@fivewayscentre.org](mailto:info@fivewayscentre.org); [mail@muslimhands.org.uk](mailto:mail@muslimhands.org.uk); [admin@pakistancentre.org.uk](mailto:admin@pakistancentre.org.uk); [nottingham@augb.co.uk](mailto:nottingham@augb.co.uk).

**Bilborough College** – inquiry sent 20/02/2024.

**Nottingham College** inquiry sent 20/02/2024.

**Confetti** – inquiry sent 20/02/2024.

**Switch up** – inquiry sent 20/02/2024.

**University of Law** – inquiry sent 20/02/2024.

**Ridewise** – inquiry sent 22/02/2024. Source: JJZ.

**Schools** – inquiry sent to Secondary schools 22/02/2024. Nottingham

Girls High School is listed on  
Active Power as site

1002491. Inquiry sent to  
Sutherland House School

([SHSAdmin@autismeastmidlands.org.uk](mailto:SHSAdmin@autismeastmidlands.org.uk)) 27/02/2024.

## Sources

Checked at [Find your local council - GOV.UK \(www.gov.uk\)](https://www.gov.uk) to confirm it lies in Nottingham City –  
Source: AAC.

From Nottingham City Council Parks Dept – Source AJJ.

[Gyms](#) (JJE), [Sports facilities](#) (JJS) [Sports and social clubs](#) Rooms for hire. [Swimming - competitive](#) (JJT), [Swimming – open water](#) (JJV), [Taekwondo](#) (JJW), [Tennis](#) (JJX), [Water ski, wakeboard](#) None.  
[Walking sports](#) (JJY)