

one
me's



March
on the move

Activity
Bundle

Name _____



Gym and Leisure Centre Offers

	Who	What	Details		
1	Active Nation Birchwood Birchwood Avenue Lincoln	FREE 7 Day Trial Pass	Visit Venue		16+
		7 consecutive days access to: Gym , Classes, Immersive Classes (Group Exercise Classes require booking) Cannot be used with Yarborough Offer (4) You may only have 1 SEVEN day pass with Active Nation.			
2	Active Nation Birchwood Birchwood Avenue Lincoln	FREE One Entry to Active Play	Visit Venue	Under 143cm tall	Under 12s Only
		This is for children only to access the soft play area. Children must be under 12 and under 143cm in height. Parental supervision is required.			
3	Active Nation Birchwood Birchwood Avenue, Lincoln	10% OFF Children's Birthday Party	Visit Venue	Excludes Food	Under 12s Only
		10% off the full price cost of a children's party (excluding food), one party per Activity Bundle purchase, under 12s only, booking must be made at venue. (If booked and paid in March, the party can be anytime)			
4	Active Nation Yarborough Yarborough Road Lincoln	FREE 7 Day Trial Pass	Visit Venue		16+
		7 consecutive days access to: Gym, Swimming Pool, Casual swimming sessions, Lane Swimming Sessions, Steam & Sauna. Cannot be used with Birchwood Offer (1) You may only have 1 SEVEN day pass with Active Nation.			
5	Active Nation Yarborough Yarborough Road Lincoln	10% OFF Children's Birthday Party	Visit Venue	Excludes Food	Under 12s Only
		10% off the full price cost of a children's party (excluding food), one party per Activity Bundle purchase, under 12s only, booking must be made at venue. (If booked and paid in March, the party can be anytime)			
6	Anytime Fitness Units 2-4 Darwin Plaza Wragby Road Lincoln LN2 4QA	FREE 7 Day Trial Pass	Visit Venue	9am – 5pm only	16+
		7 consecutive days access to the gym including all facilities. Visit Anytime Fitness to take up this offer. Parental consent is required for under 18s.			
7	Better Gym Lincoln Tritton Road Lincoln	FREE 7 Day Trial Pass	Call 01522 536241	Email Lincoln@GLL.org	16+
		7 consecutive days access to the gym and gym classes, a PAR-Q must be completed prior to participation. You must book a time for your first visit with the venue for completion of PAR-Q etc.			
8	Better Gym Lincoln Tritton Road Lincoln	FREE tailor-made exercise programme	Call 01522 536241	Email Lincoln@GLL.org	16+
		If you join after your 7-day trial you will get a FREE tailor-made exercise programme session.			

Don't forget to take up a sponsorship challenge too...
We will recognise great fundraising with great mementos...

	Who	What	Details		
9 <input type="checkbox"/>	Bishop Grosseteste University Sports & Fitness Longdales Road Lincoln LN1 3DY	50% OFF all activities throughout March	Visit Venue	Proof of Age REQUIRED	16+
		All classes and gym sessions throughout March (subject to availability) will be discounted by 50%. Classes require booking as spaces are limited and must be booked up to one week in advance, payment required when booking. The class timetable can be viewed at http://bishopg.ac.uk/student/sportscentre/classes/ Proof of age required (photographic I.D.) and a guest pass form must be completed prior to each gym session and proof of age is required for booking any classes.			
10 <input type="checkbox"/>	David Lloyd, Burton Waters Burton Waters Lincoln	FREE 14 Day Trial Pass	Call 01522 706005		3+
		Pass for 5 family members. Pass can be started at any point between 1 March and 30 April 2018. Pass includes access to ALL facilities, including Les Mills classes, swimming pool, gym, group cycling studio. Creche facilities are on site for U3s and there are activities to suit all ages 3+.			
11 <input type="checkbox"/>	Deans Sport & Leisure Monks Road Lincoln	FREE Climbing Session on Bouldering Wall	Call 01522 876373	Visit Venue	4+
		This includes use of the Climbing Club sessions (Weds 5:30-6.15pm and Fri 5:30-6.15pm) which are supervised (for ages 4-12) OR outside of those times MUST include adult supervision. Visits may be made after 5pm Mon-Fri or at weekends. Space is limited to 10 people at any time and a climbing induction MUST be completed prior to use of wall. This MUST be booked in advance.			
12 <input type="checkbox"/>	Deans Sport & Leisure Monks Road Lincoln	FREE Spa Session	Call 01522 876373	Visit Venue	16+
		This offer can ONLY be used in conjunction with Deans Sport & Leisure Offer (11) and the child MUST be attending the Climbing Club (have supervision). The adult and child must BOTH have purchased an Activity Bundle for the parent to redeem this offer.			
13 <input type="checkbox"/>	DW Sports Fitness Tritton Road Lincoln LN6 7QY	FREE 3 Day Trial Pass	Call 01522 812290		16+
		3 consecutive days access to: swimming pool, sauna, gym, gym classes (Existing members will be given priority for classes).			
UPDATE 14 <input type="checkbox"/>	Fit4Less Lincoln Lincoln Road, Lincoln LN2 4GR	FREE 7 Day Trial Pass	Call 01522 246555	Visit Venue	16+
		7 consecutive days access to: gym, gym classes (Existing members will given priority for classes). Pass can be started NOW and up to April 30 th !			
15 <input type="checkbox"/>	Pure Gym Unit 16 St. Marks Lincoln LN5 7EY	2 FREE Open Days	16 th and 30 th March	Visit Venue	16+
		Taster sessions run from 10am until 8pm on each day and participants will have access to all facilities with no booking required. (Existing members will be given priority for classes). The number of spaces available can be checked via PureGyms website and App. FREE health checks throughout the day and Nutramino samples available.			

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Download your sponsorship form at one-me.org.uk
We want to thank every significant effort to raise money for us...

UPDATE	Who	What	Details		
16	Total Fitness	FREE 7 Day Trial Pass	Call 01522 508200	Visit Venue	16+
	Whisby Road Lincoln Fields Lincoln LN6 3TA	Must be 16+ or accompanied by an adult if under 16 (bundle purchaser or member), this includes access to: swimming, sauna, hydrotherapy pool, gym, gym classes (Existing members will be given priority for classes, check swim timetable for FREE swim sessions). Other facilities may require booking (Squash court).			

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Retailer Offers

UPDATE	Who	What	Details		
17	Currys PC World	10% OFF ALL Fitness Trackers	Cannot be used in conjunction with any other offer.		
	Unit 4 Tritton Retail Park Tritton Road Lincoln LN6 7AN	You may purchase ONE discounted product from a selected range of Activity Trackers. The purchase will be linked to one me's March On The Move account for tracking this promotion only. You may pay with card or cash only. This does not affect your statutory rights.			
18	The Lincolnshire Runner	10% OFF Footwear	Cannot be used in conjunction with any other offer.		
	115c High Street Lincoln LN5 7PR	You may purchase any FULL PRICE footwear and be entitled to a discount of 10% off the cost of the footwear. Discount available on multiple transactions during March. See in store for details.			
19	Intersport Lincoln	10% OFF Sports Goods	Cannot be used in conjunction with any other offer.		
	288-289 High Street Lincoln LN2 1AL	You may purchase any FULL PRICE items and be entitled to a discount of 10% off the cost of the items. Discount available on multiple transactions during March. See in store for details.			
20	Stokes High Bridge Café	10% OFF for 1 person	Cannot be used in conjunction with any other offer.		
	207 High Street Lincoln	Valid only during the month of March. Can NOW be used even if either offer 21 or 22 have already been redeemed.			
21	Stokes Collection Café	10% OFF for 1 person	Cannot be used in conjunction with any other offer.		
	The Collection Museum Danes Terrace Lincoln	Valid only during the month of March Can NOW be used even if either offer 20 or 22 have already been redeemed.			
22	Stokes Lawn Café	10% OFF for 1 person	Cannot be used in conjunction with any other offer.		
	1 The Lawn, Union Road Lincoln	Valid only during the month of March Can NOW be used even if either offer 20 or 21 have already been redeemed.			







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Remember to wear your **one me** wristband and take this brochure with you to each venue...

Activity Offers

	Who	What	Details		
23 <input type="checkbox"/>	Bailar Conmigo	4 FREE Cuban Salsa Classes	Wednesdays 8pm	Visit Venue	18+
	The Rogue Saint 33-37 Mint Street Lincoln LN1 1UB	Lincoln Club Age 18+ due to venue having Bar License. See more details on www.bailarconmigo.co.uk			
24 <input type="checkbox"/>	Bailar Conmigo	4 FREE Cuban Salsa Classes	Tuesdays 8pm	Visit Venue	18+
	El Toro 51 Southgate Sleaford NG34 7SY	Sleaford Club Age 18+ due to venue having Bar License. See more details on www.bailarconmigo.co.uk			
25 <input type="checkbox"/>	Bailar Conmigo	4 FREE Cuban Salsa Classes	Sundays 7.30pm	Visit Venue	18+
	Coronation Hall Spa Road Woodhall Spa LN10 6PZ	Woodhall Spa Club Age 18+ due to venue having Bar License. See more details on www.bailarconmigo.co.uk			
26 <input type="checkbox"/>	Big Jumps Trampoline Club	2 Sessions for £8 (T-Shirt Included)	Call 07983 872495	Only ONE offer from Big Jumps per person	Age 4-16
	Pride Parkway Sleaford NG34 8GL	Also includes two FREE sessions for adults 16+ in dedicated sessions on Fridays 6.30-7.30pm. Maximum of 12 participants at any session. Booking required. Contact Head Coach Stephanie Lansell for more information. steph@bigjumpstc.co.uk			
27 <input type="checkbox"/>	Big Jumps Trampoline Club	2 Sessions FREE	Call 07983 872495	Only ONE offer from Big Jumps per person	Age 4-16
	Pride Parkway Sleaford NG34 8GL	Also includes two FREE sessions for adults 16+ in dedicated sessions on Fridays 6.30-7.30pm. Maximum of 12 participants at any session. Booking required. Contact Head Coach Stephanie Lansell for more information. steph@bigjumpstc.co.uk			
28 <input type="checkbox"/>	Birchwood Colts Junior FC	FREE month of training	Call 07712 879322	New members only	Age 4-15
	Birchwood Leisure Fields Birchwood Avenue Lincoln LN6 0JE	Ages 4-15, boys and girls. U14s would need to train with the U15s as there is no U14 team at present. Contact the Club Secretary for training nights. Suitable attire (shin pads) are required. Coaches are FA Qualified and DBS checked.			

Why not share your activity photos **#MarchOnTheMove** for everyone to see...

	Who	What	Details		
29	Boxercise Lincoln	5 FREE Taster Sessions	Call 07794 726231	Visit winwhitecollarboxing.com	16+
	3 Dixon Way Lincoln LN6	(Age 14+ if accompanied by an adult). All sessions to be taken within the same week. Health form must be completed prior to training. Classes are Sun 6-7pm Mon-Thu 7-8pm. Booking is required as spaces are limited.			EXTENDED 30.04.18
30	Central Wellness	FREE Yoga, Somatic, Tai Chi or Meditation Class	Call 07428 259002	Email hello@centralwellness.uk	No age limits
	2 Allenby Business Village Crofton Road Lincoln LN3 4NL	Offer is good for daytime yoga, somatics, or taichi class or an evening meditation class. Workshops and weekday evening classes are not included in the offer. Offer is valid for March 2018 only.			EXTENDED 14.04.18
31	Combat Zone Paintball	£5 for a Full-Day Paintball Package	Call 01427 611303	Visit combatzonepaintball.co.uk	12+
	Westmoor Lane Kettlethorpe Lincoln LN1 2JW	100 Paintballs, all equipment, FREE gas refills, FREE lunch, 7 games, extra paintballs £5 All details are on the website.			
32	East Midlands Brazilian Jiu Jitsu	4 FREE Fundamentals Classes	Email eastmids.bjj@gmail.com	FaceBook facebook.com/eastmidlandsBJJ/	16+
	Unit 3 Vulcan Park George Street Lincoln LN5 8LG	Age 16+ (Ages 16/17 MUST have parental consent). Adult classes are limited to 12 spaces per session and are strictly offered on a first come, first serve basis. Classes are on Thursdays at 7.30pm. Learn more at www.eastmidlandsbjj.co.uk			
33	East Midlands Brazilian Jiu Jitsu	2 FREE Children's Classes	Email eastmids.bjj@gmail.com	FaceBook facebook.com/eastmidlandsBJJ/	7-15
	Unit 3 Vulcan Park George Street Lincoln LN5 8LG	Ages 7-15 (MUST have parental consent) Classes are limited to 12 spaces per session and are strictly offered on a first come, first serve basis. Classes MUST be taken in the same week. Classes are Monday 5.15pm and Thursday 5pm. Learn more at www.eastmidlandsbjj.co.uk			
34	Elk Motorsport	FREE balaclava for every paying racer	Call 01636 673322	Email bookings@elkmotorsport.co.uk	8+
	Drove Lane Winthorpe Newark NG24 2RB	ADDITIONAL OFFER: For groups of 10 or above the 11 th person goes FREE Adult karts are 16+, drivers must be 5ft 2in or taller. Preferred booking by telephone. Alternatively email bookings@elkmotorsport.co.uk			
35	Hartsholme Cricket Club	4 FREE Indoor Cricket Sessions	Tuesdays 6-7pm	Email iandovey@yahoo.co.uk	5-11
	The Priory City of Lincoln Academy, Skellingthorpe Rd Lincoln LN6 0EP	Ages 5-11, boys and girls. Indoor cricket through the "Kids Into Cricket - Howzat" program. All cricket equipment is provided (please wear plimsolls or trainers) Focus on Fun and Skills. (Season moves outdoor after April 3 rd)			EXTENDED 14.04.18

Follow @onemecharity on Twitter for updates to this Activity Bundle...

	Who	What	Details		
36	Holly Tree Activity Centre	FREE Admission During March	Call 01522 790275	Check website for opening time	Age 2 and under
	Holly Tree Farm Fen Road Washingborough Lincoln LN4 1AE	Free access all month to soft play area as long as parent/guardian has purchased Activity Bundle. Visit length may be restricted on weekends (please check prior to visit) Website: softplaylincoln.co.uk			
37	North Hykeham Tae Kwon Do	4 FREE Tae Kwon Do Lessons	Call 07811 949153	Email instructor@nhtkd.co.uk	9+
	NK Sports Centre Moor Lane Lincoln LN6 9AX	Recommended age 9 and above, spaces are limited and are offered on a strictly first come, first serve basis. Additional sessions will be organised if the demand is high. Please contact the Instructor to book your place.			
38	Precious Moments	2 FREE Children's Yoga Sessions	Call 07715 025834	Email liz@preciousmomentsbabymassage.uk	3-12
	Location will vary. Contact offer provider for confirmation	Additional offer: 5 sessions of children's yoga for £20. This offer is an extension of the 2 free sessions. Class times and locations vary by age. Please check website for details: preciousmomentsbabymassage.uk			
39	Sam Gordon Badminton Academy	2 FREE Sessions of Badminton	Call 07912 442508	Email sam@samgordonbadmintonacademy.co.uk	5-18
	Location will vary. Contact offer provider for confirmation	Additional offer: 15% off the term cost of membership These offers are available at both the Cherry Willingham and Gainsborough Clubs. Please contact the club to book your place as spaces are limited.			
40	Streetbeat Dance and Fitness	4 Streetdance Lessons for the price of 3	Call 01522 512444	Email enquiries@streetbeat.dance	6+
	1 Featherby Place Off High Street Lincoln LN5 8BW	Lessons available are Junior Streetdance (ages 6-10), Senior Streetdance (ages 11-16) and Dance or Fitness (ages 16+). All sessions are GROUP sessions. Spaces are limited and are on a strictly first come, first served basis.			
41	The Showroom	All day session on the bouldering wall for £4.50	Visit Venue	Check website for opening times	7+
	The Showroom Tritton Road Lincoln LN6 7QY	Footwear hire is included in the cost. The session ends when the participant leaves the premises. Please check the website for opening hours: lincsymca.co.uk/climbing Closed on Good Friday and Easter Monday			

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UPDATE














a charity
creating opportunities
for young people
one-me.org.uk

one me is a Lincoln-based charity.
We provide bursaries of £100-£1000 to 16-25 year olds in order to help them further their education, start a business or find employment. To find out if you are eligible for funding visit our website. [@onemecharity](https://twitter.com/onemecharity)

Your £2 will help transform the lives of young people...Thank you.
Get Inspired... Get Active... Get Fit...

Extra Offers!!

	Who	What	Details		
 42 <input type="checkbox"/>	Better Gym Lincoln	FREE 7 Day Youth Gym Access	Call 01522 536241	Email Lincoln@GLL.org	11 -15
	Tritton Road Lincoln	FREE 7 day pass for 11-15 year old children (only during supervised hours) Contact the club for details.			
 43 <input type="checkbox"/>	Deans Sport & Leisure	Platinum Pass for £10	Call 01522 876373	Visit Venue	16+
	Monks Road Lincoln	A Platinum Pass gives access to all of the facilities, including racquet sports, gym, spa, climbing wall. NO sign-up fee, NO contract, NO direct debit. Pass is only valid for March 2018 (Platinum is usually £35pm + £15 sign-up)			
 44 <input type="checkbox"/>	Holly Tree Activity Centre	One FREE Admission During March	Call 01522 790275	Check website for opening times	Age 2+
	Holly Tree Farm Fen Road Washingborough Lincoln LN4 1AE	One FREE entry to soft play area. Child must be under 140cm tall. (4' 7") Parental supervision is required. Visit length may be restricted on weekends (please check prior to visit) Website: softplaylincoln.co.uk			
 45 <input type="checkbox"/>	Darkside Training	HALF PRICE Beginner Strength Course	Call 07717 202065	Email shantelle.darkside@gmail.com	13+
	Unit 9, Newporte Business Park, Lincoln LN2 4SY	This is a WOMEN only venue and activity. The offer is for a half-price Beginner Strength Course (usually £44) Also includes Mum & Baby Sessions Facebook: @darksidegym Website: https://darksidetraining.wordpress.com/			
 46 <input type="checkbox"/>	Look After Yourself LN5	One FREE Class	Call 07967 390152	Email angewes74@hotmail.com	16+
	Bracebridge Heath Village Hall, London Road, Lincoln	Choose from Total Tone, Tabata, Boot Camp or Pilates, more details can be found on the website. Website: www.lookafteryourselfLN5.co.uk Suitable sports clothing, & water/towel recommended. This is not a time-restricted offer			
 47 <input type="checkbox"/>	Music With Mummy	Two FREE Taster Sessions	Call 07717 758485	Email elaine.bielby@ntlworld.com	Age from Birth - 4
	Various Locations Check website for details	2 FREE sessions at the appropriate age related classes: 0-15 months "Jolly Babies" 15 months onwards "Music with Mummy" (or Daddy, or Grandma or someone else important) 3-4 years old "Three Four Time" Website: lincoln.musicwithmummy.co.uk			
 48 <input type="checkbox"/>	Rhythm in Movement Dance Studio	Multiple Offers!	Call 07540 445002	Email alexlaw@rhythminmovement.co.uk	Age 2 ½ +
	Clayton Road Just off Newark Road (opposite Aldi) Lincoln LN5 8RE	1 FREE adult session (depending on availability) 2 FREE children's sessions (depending on availability) 10% OFF Party Bookings Website: rhythminmovement.co.uk			

What's in this bundle?

In this bundle are listed most of the fantastic offers and rewards available to you in return for your £2 (or more) payment.

Please be aware that some of these offers work on a first come first served basis, so book soon to avoid missing out!

Follow us on twitter @onemecharity to hear about any additional offers.

Sponsorship and rewards

Participants who raise over £100 will receive a certificate listing their personal goal and the amount they raised, as well as a medal from one me.

All clubs raising over £1000 will receive a large framed photo of their team.

Terms and Conditions

These offers have been offered exclusively, in most cases, to one me to promote as part of March on the Move. All information is correct at time of printing. All offers are made by each respective venue and are subject to their terms and conditions and booking processes. For further information about each offer you should contact the venue accordingly. one me accept no liability for the failure of the venue to provide their stated offer(s) or for any alteration. All contact, including complaints, regarding offers should be made to each respective provider. Each venue reserve the right to withdraw their offer(s) at any time or make amendments. Please check with each venue. All offers are for redemption and completion in March 2018 only unless stated otherwise. Please ensure you show your wrist-band and this brochure to each venue on request to prove your eligibility for the offer being redeemed. Damaged or lost wristbands would need to be replaced at a cost of £2. This activity bundle is for your personal use and is not to be shared or loaned to anyone else.

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