

## Appendix 3

# Sports & Physical Activity Provision in Dewsbury

### 1. Introduction

Due to the discovery of RAAC (Reinforced Autoclaved Aerated Concrete), Dewsbury Sports Centre is currently closed. This report aims to provide a comprehensive overview of the current sports and physical activity services in Dewsbury. The report consolidates information gathered through desktop research, discussions with colleagues and the involvement of Kirklees Active Leisure (KAL). It focuses on the existing KAL membership costs, sports and physical activity resources in the Dewsbury area, community-based sports and leisure activities and insights obtained from resident consultations.

Leisure centres form one part of the infrastructure that enables citizens to be active. Some elements of the provision of a leisure centre, such as gyms and fitness classes, are being provided widely through the private market and alternative providers, some of which are provided at a lower cost than KAL. However, accessibility to affordable swimming space is limited.

### 2. Kirklees Active Leisure (KAL) provision

The Standard KAL Membership offers various amenities and access to multiple facilities, while the Gym-only Membership is specific to Huddersfield Leisure Centre (HLC) and is limited to gym use only. The Monthly Membership at Huddersfield Leisure Centre is a standalone option at a different rate. Kirklees Active Leisure (KAL) Standard Membership is:

Off-peak: £19.95 p/m / Full access: £29.95 p/m

There are various forms of access to KAL centres including: Gym; Classes; Flexi card discount; Public Swimming; access to standard centres; single centre membership at Huddersfield Leisure Centre for gym use only; access to Leeds Road Sports Complex and Spen Valley Athletics Track (Princess Mary Athletics Track)

Below shows a price comparison to other local authority areas:

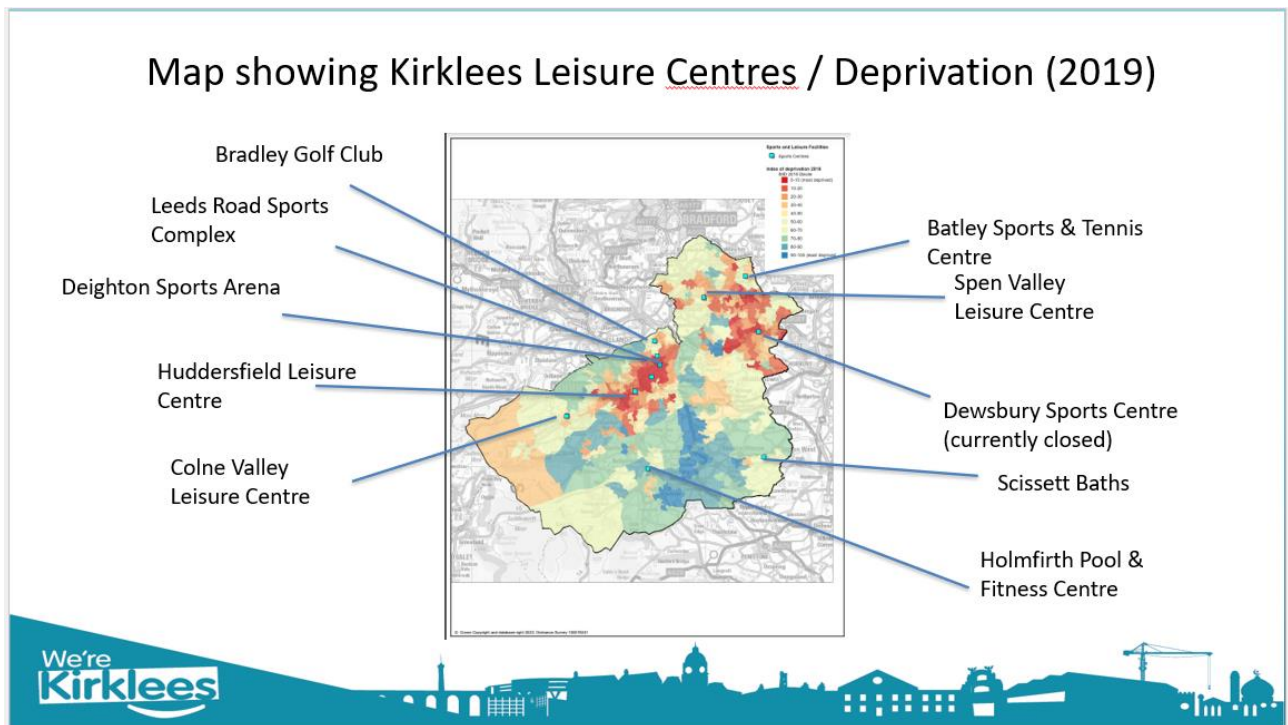
Wakefield £37 pcm

Calderdale £30 pcm

Barnsley £36.50 pcm

Leeds £25.95 pcm.

The nearest KAL managed leisure centre to Dewsbury is Batley Sports and Tennis Centre, which is 4 miles away, around 14 minutes' drive and 30 minutes on a bus from Dewsbury town centre. Spen Valley Leisure Centre, the other KAL managed centre in North Kirklees is a little further, just over 4 miles away.



### 3. Private Gym Provision in Dewsbury

The average cost of a gym membership in the UK is £44.92 a month. This is for a peak, non-contracted/rolling gym membership at a privately owned club.

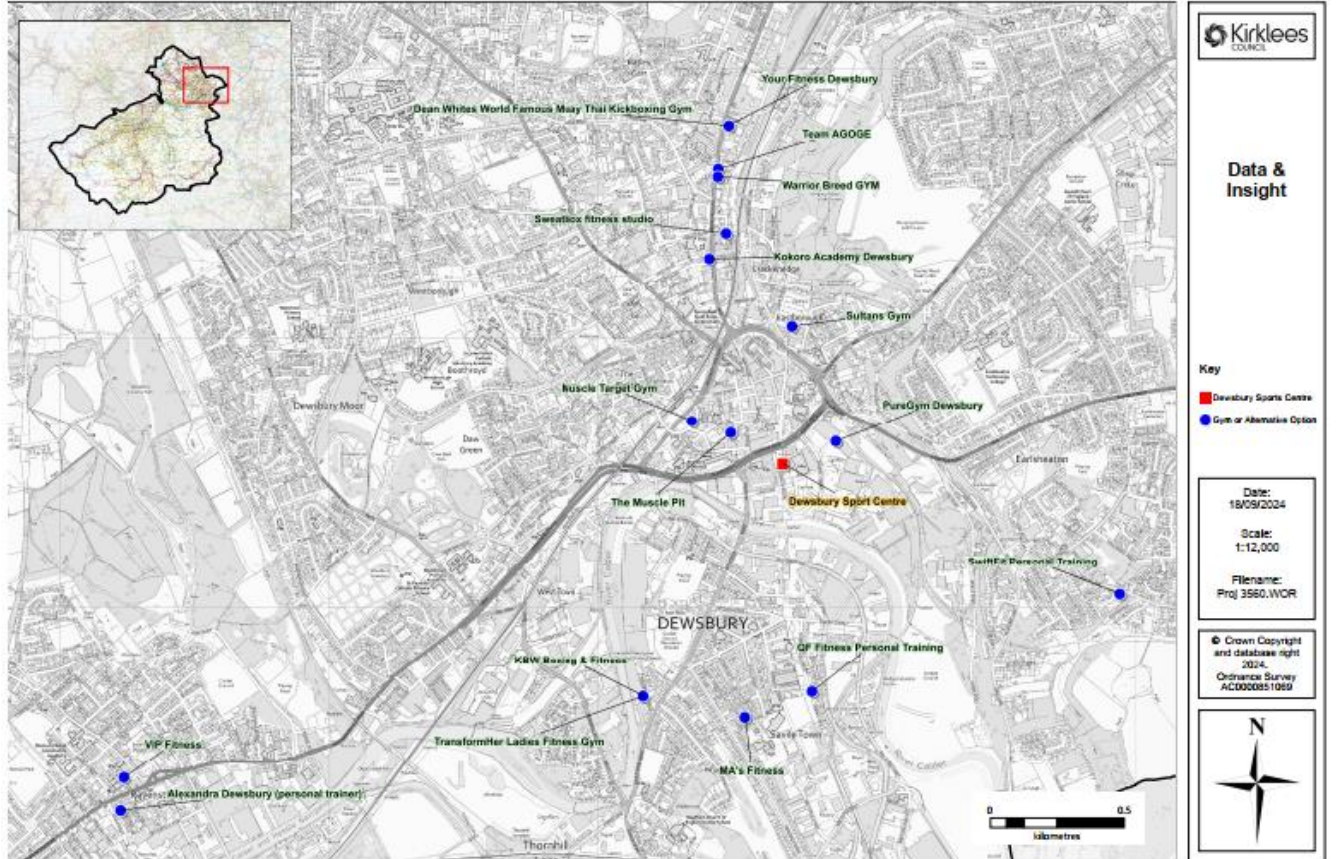
<https://www.leisuredb.com/publications>

Pure Gym opened in early 2024 in the vicinity of Dewsbury Sports Centre. The gym is offering a standard membership of £16.99 per month for the first 3 months plus £15 joining fee, increasing to £19.99 per month. If members select the Plus option this costs £22.99 per month for the first three months plus £15 joining fee, increasing to £25.99 per month and gives them access to 79 gyms across the UK. Although Pure Gym offers classes and a flexible no contract (i.e. leave anytime), there is no swim provision for members.

Alongside this, Dewsbury boasts a diverse fitness landscape, featuring over 18 private gyms, each with an average monthly subscription fee of £27.50. Day passes for these gyms typically cost around £8.

Fitness options in the Dewsbury area extend beyond private gyms, encompassing various amenities such as parks, tennis courts and playing pitches. Notable private gyms in Dewsbury include TransformHer Ladies Fitness Gym and KBW Boxing & Fitness plus there are private personal trainers such as QF FITNESS PERSONAL TRAINING and MA's Fitness situated in the WF12 and WF13 areas. Dewsbury also hosts a thriving martial arts and boxing scene with establishments like Kokoro Academy Dewsbury, KBW Boxing & Fitness and Revolution Martial Arts Academy.

## Private Gym Provision in Dewsbury

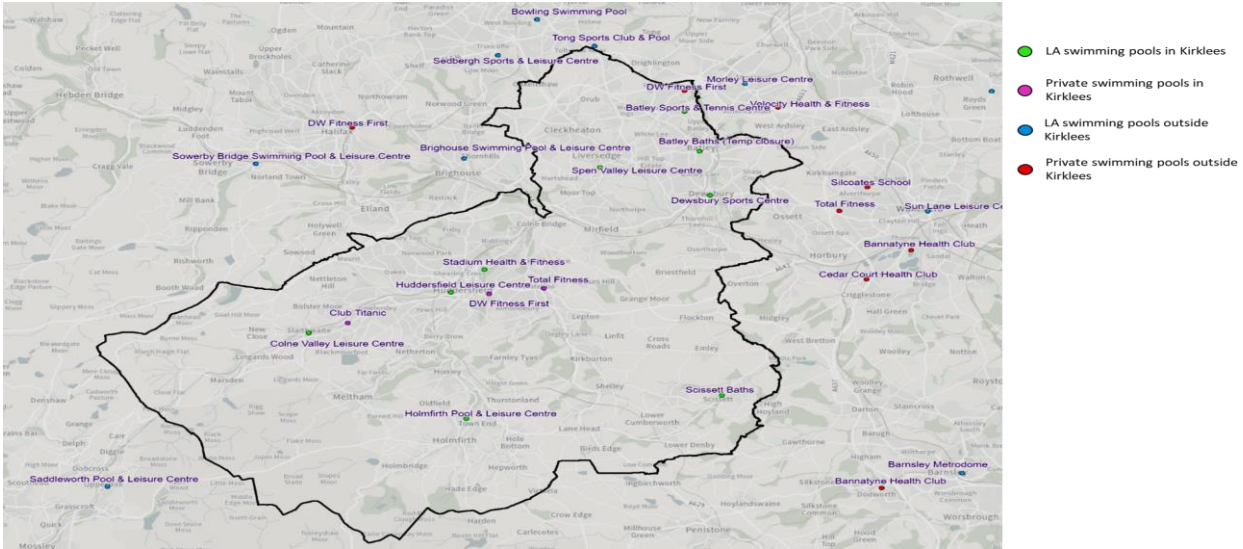


Additionally, it is important to note that while individuals of all ages can work out within their limits, there are age restrictions on the use of gym equipment. For instance, junior members aged between 11 and 15 years can utilise cardiovascular and fixed resistance machines, such as treadmills and chest press machines. However, the use of free weights is restricted to those aged 16 and above (source: online research of various gym policies).

#### 4. Swimming Accessibility

The nearest swim options are Batley Sports & Tennis Centre or Spen Valley Leisure Centre, both are approximately 4 miles from Dewsbury Sports Centre

# Swimming Pool Map





Private swimming provision in North Kirklees is limited. The nearest swimming pool is SWIM! (Batley) and is a small pool and centred specifically around teaching children to swim. Everlast (DW) fitness is a member only gym with swimming pool and is located in Birstall on the border of the district, 5.3 miles from Dewsbury town centre.

Private gyms with pools do not offer pay as you go membership. An example of the monthly prices to become a member of a gym with a swimming pool are:

- Total Fitness           £50
- TruGym                 £45
- Bannatyne             £50.99
- Everlast                £40

## 5. Kirklees Council & Partner Sports Facilities & Physical Activity Provision

Kirklees Communities & Wellness Service support individuals access activities such as walking, Movement and Games in Chairs (MAGIC) and signpost to other physical activities in the community. Tailored support is provided to groups to help set up as well as supporting the growth and sustainability of existing groups in our communities.

MAGIC – Movement and games in chairs	<p>Currently there are no sessions held in Dewsbury</p>  <p>MAGIC timetable North.docx</p>
Kirklees Everybody Active Walks	 <p>Walking timetable - all areas (002).docx</p>

**Kirklees Wellness Service (KWS)** (<https://kirkleeswellnessservice.co.uk/service/move-more/>) aims to improve people's health through a tailored plan and signposting that includes small achievable goals relating to physical activity. For example, **free** cycling sessions are held at the Spenborough running track and the service will signpost individuals to local walking groups but unfortunately none of these are held in Dewsbury town centre.

**Active Travel Profile:** In 2020, the local authority worked in partnership to develop a place based active travel plan for Dewsbury. Active travel encompasses walking, cycling and scooting. The place profile delves into the multifaceted benefits of promoting and enabling active travel, emphasising its influence on physical and mental health, air quality, environmental health, community cohesion and road safety. Through facilitating these activities, communities can foster connectivity; establish healthy neighbourhoods; and redefine purposeful journeys, ranging from school runs to daily commutes.



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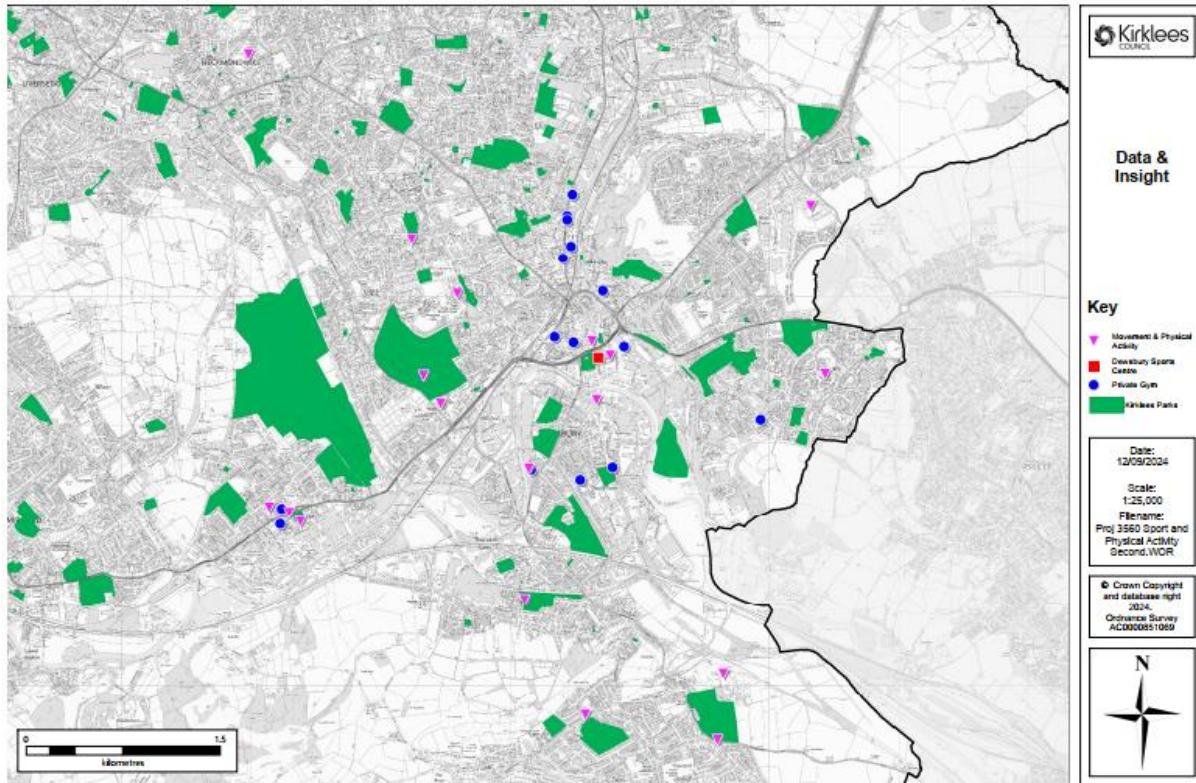
PLACE PROFILE  
MASTER Dewsbury .

## 6. Community and Voluntary Provision

The Voluntary Sector play a key role in providing sports and physical activity provision. Kirklees Community Directory provides contact details of community groups in Dewsbury: <https://communitydirectory.kirklees.gov.uk/communityDirectory/search.aspx?q=dewsbury> .

Current information held by the Communities team around the activities in Dewsbury are:

## Voluntary Sector Sports & Physical Activity Provision in Dewsbury



Activities for young people aged 13 - 19



13-19 Youth Mapping.docx

Physical Activity – What’s on in Dewsbury



Physical Activity Movement Whats On

**Yorkshire Sport Foundation Directory:** The Yorkshire Sport Foundation maintains a directory of sports activities and clubs available to young people in Kirklees. [Yorkshire Sport Foundation - Directory \(sportsuite.co.uk\)](http://sportsuite.co.uk)

**Football Opportunities:** Find Football opportunities in Kirklees through the West Riding FA. This is a great resource for youth interested in football. [Find Football - West Riding FA](#)

**Huddersfield Town Foundation** - Has successfully led a consortium bid to secure £500,000 of funding to get more people active in Dewsbury by playing football. The National Lottery funding through Sport England will deliver the Football Foundation’s Active Through Football programme with the aim of improving physical activity levels of adults in Dewsbury.

**Dewsbury Road Runners** - Caters for runners of all abilities, with an emphasis on the social side. Members are encouraged to improve at a pace which suits them or simply to enjoy themselves and enjoy the benefits of keeping fit. Membership costs £25 per year to be a full member of the club, which includes an England Athletics membership - there are many extra

benefits, including discounts in many sports shops and reductions on race entries.

<https://www.dewsburyroadrunners.co.uk/cgi/index.php>

**Calderdale & Kirklees Recovery College Wellbeing Courses** offers a **free** comprehensive Wellbeing course timetable, such as Yoga: Moving into Happiness (exploring wellbeing through yoga). The course details can be explored at - [Calderdale and Kirklees Recovery College \(calderdalekirkleesrc.nhs.uk\)](http://calderdalekirkleesrc.nhs.uk). This initiative focuses on mental health and well-being, providing valuable resources and support for residents of Kirklees. However, at present none of the sessions that are scheduled in Dewsbury are focused on sport or physical activity.

**The Kirklees School's Out!** programme, funded by the Department for Education's Holiday Activities and Food programme, offers families a range of activities to engage in during school breaks. For more information about the programme, you can visit the School's Out! at <https://www.schoolsoutkirklees.co.uk/>.