

About Forever Active

Forever Active sessions are suitable for the over 50 age group and people wanting to return to a more active lifestyle. A variety of sessions are on offer catering for a wide range of abilities.

The health benefits of exercise

- ★ Helps to improve your mood
- ★ Helps with weight loss / maintenance
- ★ Helps you to sleep better
- ★ Helps to reduce blood pressure
- ★ Helps to prevent or manage diabetes
- ★ Helps to increase mobility and muscle strength
- ★ Reduces some risk factors involved in accidental falls
- ★ Helps to improve balance
- ★ Helps with osteoporosis
- ★ Helps with arthritis
- ★ An ideal opportunity to meet new friends

How much exercise should you do to benefit your health?

It is recommended that adults take part in 30 minutes of moderate exercise five days a week.

Forever Active staff

Exercise instructors are all qualified up to a minimum of level 2 on the register of exercise professionals and have attended additional over 50s training workshops, which focus on training staff on safe and effective

exercises for the over 50 age group. Sports coaches all have a National Governing Body coaching qualification in their particular sport.

Please note

We suggest you wear comfortable clothing and footwear and bring a bottle of water to sip to avoid dehydration. You will be required to complete a short medical form before your first session.

Incentives Scheme:

You will be given an incentive scheme card at your first session which your instructor will mark every time you attend. When you have attended a set number of sessions you'll receive a FREE gift!

Activities Available

T'ai Chi: based on the healing, meditative and martial traditions of China, these sessions focus on posture, breathing and movement to develop individual exercises and flowing sequences that can be practiced at home.

Fitness Pilates: aims to strengthen weak areas and stretch tight muscles, enhancing good posture and correct body alignment. Focuses on core stability (abdominals and back) in order to support the spine and the way we move.

Yoga: an excellent work out for both the body and the mind!

Billeve Dance: an informal dance session with optional tuition. Includes ballroom, latin, sequence and line dancing. All abilities are welcome and you do not need to come along with a partner. Bill and Eve also run other dance classes - call 01223 243197 for details.

Aqua Aerobics: using the natural resistance of the water, this provides a workout for people of all fitness levels. Participants do not have to be able to swim.

Body Conditioning: exercises to music, which aim to improve fitness, flexibility and strength. An all round total body workout.

Tenpin Bowling: you will be bowled over with this fun session for all abilities. Alley cats will be at hand to offer advice and help with scoring.

Over 50's Swimming: suitable for people who want to swim lengths as well as for those who want a relaxing swim.

Tennis and Badminton: enjoy taking part in these racquet sports in a relaxed environment. Equipment is provided.

Golf Lesson: enjoy a golf lesson followed by a round of golf to put into practice the skills learnt!

Tennis Lessons: lessons led by a qualified coach from Cambridge Lawn Tennis Club encompassing fun practices and games. In the event of bad weather email steve@cltc.com to check whether the session will take place.

Table Tennis: an excellent way to work on developing your hand-eye coordination! All abilities are welcome to join in.

Gym and Swim: qualified fitness instructors will show you how all of the equipment works and to recommend a suitable programme. Afterwards cool down in the pool or quench your thirst with a drink in the box café.

Rowing: begin on the rowing machines to warm up and practice technique then take to the water on the boats - perfect way to exercise and enjoy the fresh air and scenery of the river. Teas and Coffees available after the session.

Health and Well Being Day

Wednesday 11th October

Cambridge celebrates age!

The International Day Of Older People on the 1st October aims to promote older people in a positive light. This year COPE, in partnership with other local organisations, are arranging a number of events on and around the day.

As part of the celebrations Forever Active are running a **Health and Well Being Day** on Wednesday 11th October from 10.00am - 3.00pm at Chesterton Sport Centre. It will be an action-packed event with taster exercise and sports sessions, informative talks, display stands, demonstrations and healthy eating information.

For a programme of activities call Sally Roden on 01223 517523.

Friends of Forever Active

Would you like to have more of an active role in running of the Forever Active sessions? We are looking for volunteers to help with the following:

- ★ **Facilitation of sessions** which do not have a coach/instructor - taking a register and ensuring that new members are welcomed and that the session is running well - of course you will also be able to join in yourself!
- ★ **Forum membership** - we will be establishing a Forever Active Forum; a group which will help to guide the future development of the programme of activities. Would you like to get more involved with the development of the scheme? Then please consider joining the Forum.

If you would like to have a chat about any of the above or please contact Helen (contact details below).

Contact us

- ★ With suggestions for improvements to the scheme.
- ★ For further details about each of the sessions.
- ★ With suggestions for future activities.
- ★ To add your details to our mailing list so you receive up to date information on all the sessions.

Contact Helen Johnston, Sports Development Officer
Sports Development, Hobson House
44 St Andrews Street, Cambridge CB2 3AS
Telephone 01223 457535
e-mail: Helen.Johnston@cambridge.gov.uk

Healthy Walks

There are a series of healthy and scenic walks taking place in the City.

The walks are an ideal opportunity to enjoy the sights of the city, get some fresh air and have a chat with fellow walkers - as well as enjoying the benefits of exercise. Suitable for all abilities.

For a leaflet contact the Sports Team on 01223 457535.



FOREVER

Active

July - December 2006



Exercise sessions for the over 50 age group and those returning to a more active lifestyle

FOREVER Active

Become a member of the Forever Active sessions and enjoy the benefits of an active lifestyle.

For more information about the Forever Active programme and more details about the activities offered see overleaf.

Booking onto a session:

For many of the sessions it is possible just to turn up and join in. However, if you are planning on attending a session for the first time we do recommend that you contact the Sports Team on 01223 457535 to confirm the details of the class.

PLEASE NOTE that for those sessions marked (B), due to the limited number of spaces available, it is necessary to book your place in advance. Just call the phone number listed for each session.

Cancellation

Occasionally sessions may be cancelled due to unforeseen circumstances or lack of interest. Wherever possible we will try to contact you to inform you of this.

If you cannot attend a session you have booked for, please let us know at least 24 hours in advance, otherwise you will still be liable to pay the fee (unless due to illness).

Chair based exercise classes

These sessions are recommended for adults with mobility problems.

Level 1: Predominantly chair based with some optional supported standing

Level 2: A mixture of seated and standing exercises

The cost of the sessions is £1.50

MONDAYS:

Dunston Court, Wulfston Way

Time: 2.00pm – 3.00pm
Level: 1

Browns' Field Community Centre

Time: 1.00pm – 2.00pm,
Level: 1

Notes: Access is via Green End Road or Kendal Way.

TUESDAYS:

Meadows Community Centre, St Catherine's Road

Time: 1.15pm – 2.15pm
Level: 2

WEDNESDAYS:

Litchfield Hall

Litchfield Road
Time: 11.00am – 12.00noon
Level: 1

Meadows Community Centre, St Catherine's Road

Time: 2.30pm – 3.30pm
Level: 1

Petersfield Active Aging Group, St Matthew's Church Hall

Time: 11.00am – 12.00noon
Level: 1

THURSDAYS:

Salvation Army Hall, Mill Road

Time: 10.00am – 11.00am
Level: 1

Hills Road Sports Centre

Time: 11.15am – 12.15noon
Level: 2

Litchfield Hall, Litchfield Road

T'ai Chi Class
Time: 11.30am – 12.30noon
Level: 1
Notes: Limited spaces available

FRIDAYS:

Trumpington Village Hall, Trumpington Road

Time: 10.30am – 11.30am
Level: 1

Cherry Hinton Village Centre, Colville Road

Time: 12.15noon – 1.15pm
Level: 1

Church of the Good Shepherd, Mansel Way

T'ai Chi Class
Time: 2.00pm – 3.00pm
Level: 2

Activities for the active 50+

These sessions are recommended for adults aged 50+

MONDAYS:

Over 50's Swim**

Venue: Chesterton Sports Centre, Gilbert Road
Time: 10.30am – 12.00noon
Cost: £1.65

Body Conditioning*

For all abilities
Venue: Chesterton Sports Centre, Gilbert Road
Time: 3.30pm – 4.30pm
Cost: £2.00

Rowing (B)* (from 4th Sept)

For all abilities
Venue: Lady Margaret Boat Club
Time: 12.00noon – 2.00pm
Cost: £4.00 + £1.00 annual membership fee
Booking: Sports Development Team 01223 457535

Tennis *

Coaching and/or play for all abilities.
Venue: Cambridge Lawn Tennis Club, Wilberforce Road
Time: 10.30am – 12.00noon
Cost: £2.00

TUESDAYS:

Tennis and Badminton**

Venue: Next Generation Coldhams Lane
Time: 11.00am – 12.00noon
Cost: £1.50

Fitness Pilates (B)*

Please book an introductory session initially - the instructor will then assess what level of session would be most suitable for you.

Introductory Session –

Venue: Chesterton Sports Centre, Gilbert Road
Time: 2.30pm – 3.30pm
Cost: £2.00
Booking: Chesterton Sports Centre 01223 576110

Billeve Social Dance*

Starting on the 18th July
Venue: Buchan Street Neighbourhood Centre, 6 Buchan Street, Kings Hedges
Time: 1.30pm – 3.30pm
Cost: £2.50

Ten Pin Bowling*

Venue: Cambridge Leisure Park
Time: 2.00pm - 3.00pm
Cost: £2.50 per game including shoe hire, a free drink and discounted parking

Yoga (from 18th July)

Venue: Buchan Street Neighbourhood Centre, 6 Buchan Street, Kings Hedges.
Time: 4.00pm – 5.00pm
Cost: £2.00

WEDNESDAYS:

Over 50's Swimming**

Venue: Chesterton Sports Centre, Gilbert Road
Time: 2.00pm – 3.30pm
Cost: £1.65

Body Conditioning

For all abilities
Venue: St Luke's Barn, French's Rd
Time: 9.30am – 10.30am
Cost: £2.00

Body Conditioning*

For all abilities
Venue: Chesterton Sports Centre, Gilbert Road
Time: 6.00pm – 7.00pm
Cost: £2.00 per session

Golf Lessons**

Followed by a round of golf. All abilities welcome
Venue: Cambridge Lakes Golf Club
Time: 10.00am – 12.00 noon
Cost: Under 60's: £6.00. Over 60's: £5.00. Hire of 4 golf clubs and 3 balls: £1.00

THURSDAYS:

Aqua Aerobics (B)*

Venue: Chesterton Sports Centre, Gilbert Road
Time: 9.30am – 10.15am or 10.15am – 11.00am
Cost: £2.00
Booking: Chesterton Sports Centre 01223 576110

Aqua Aerobics **

Venue: Abbey Pool Site, Whitehill Road
Time: 2.00pm – 3.00pm
Cost: £3.00 (Leisure card discounts are available)
Notes: Open to all age groups but particularly suitable for the over 50s or those returning to a more active lifestyle.

Table Tennis**

Venue: Kelsey Kerridge
Time: 2.00pm – 3.00pm
Cost: £2.00 incl. equipment hire

Fitness Pilates (from 20th July)

Venue: Browns' Field Community Centre
Time: 2.00pm – 3.00pm
Cost: £2.00
Notes: Access via Green End Road or Kendal Way. This session is particularly suitable for people who are new to Pilates and for people with mobility problems.

FRIDAYS:

Mighty Movers**

Venue: Meadows Centre, St Catherine's Street
Time: 12.00noon – 1.00pm
Cost: £2.70
Notes: Part of the exercise referral scheme. Please call Carrie Holbrook on 01223 415151 for further details.

Table Tennis (from 14th July)

Venue: Chesterton Sport Centre
Time: 9.30am - 10.30am,
Cost: £2.00 per session incl free tea or coffee

Tennis*

Coaching and/or play all abilities.
Venue: Cambridge Lawn Tennis Club, Wilberforce Road
Time: 9.30am – 11.00am
Cost: £2.00
Notes: This course is currently full.

Gym and Swim*

Venue: Chesterton Sport Centre, Gilbert Road
Time: 2.00pm – 3.00pm: a supervised session in the fitness suite
3.00pm – 3.30pm: a swim or tea / coffee
Cost: £3.50 incl. swim or tea/coffee

Body Conditioning**

Venue: Abbey Pool site, Whitehill Road
Time: 11.00am – 12.00noon
Cost: £2.00 (pay the instructor not at reception)

SATURDAYS:

Pilates** (from 15th July)

Venue: Abbey Pool Site, Whitehill Road (multi purpose room)
Time: 11.00am – 12.00noon
Cost: £2.00 (pay the instructor not at reception)

SUNDAYS:

Tennis*

Coaching and/or play all abilities.
Venue: Cambridge Lawn Tennis Club, Wilberforce Road
Time: 6.30pm – 8.00pm
Cost: £2.00

* A FREE tea or coffee is provided after these sessions.

** These venues have a café facility where participants can purchase tea, coffee or other refreshments after the session.

(B) Booking is essential (see left)