



CHRISTMAS OPENING & CANCELLED SESSIONS

As of the week commencing Monday 20th December our Active Leeds for Health sessions will be running a relatively normal timetable, with the exception of the following sessions that have been cancelled due to staff training:

Tuesday 21st December 2021	13:15 - 14:15	Yoga	John Charles Centre for Sport	Cancelled
Thursday 23rd December 2021	09:45 - 10:45	Keep Moving	John Charles Centre for Sport	Cancelled
Thursday 23rd December 2021	10:00 - 11:00	Keep Moving	Kirkstall Leisure Centre	Cancelled
Thursday 23rd December 2021	13:15 - 14:15	Pilates	John Charles Centre for Sport	Cancelled
Friday 24th December 2021	11:00 - 12:00	Keep Moving	Armley Leisure Centre	Cancelled



To give our instructors a well earned break ALL Active Leeds for Health sessions will be cancelled between Christmas and New Year, and we will return to a normal timetable on Tuesday 4th January.

ACTIVE LIFE

Active Life is an activity programme for older people. It is open to all level and abilities, with focus being on fun and social interaction. Mixed activities include Badminton, Table Tennis and Short Tennis.

ARMLEY LEISURE CENTRE

Wednesday 9:00 - 10:00 Gentle Exercise
Friday 9:30 - 10:30 Gentle Exercise

MORLEY LEISURE CENTRE

Monday 9:30 - 10:30 Gentle Exercise
Monday 10:30 - 11:30 Mixed Activities
Friday 10:00 - 11:00 TBC
Friday 11:00 - 12:00 TBC

PUDSEY LEISURE CENTRE

Monday 11:30 - 12:30 Gentle Exercise
Monday 12:30 - 13:30 Mixed Activities
Wednesday 11:30 - 12:30 Gentle Exercise (Dance)
Wednesday 12:30 - 13:30 Mixed Activities

ROTHWELL LEISURE CENTRE

Monday 08:30 - 09:15 Gentle Exercise
Monday 09:15 - 10:00 Short Tennis
Wednesday 08:30 - 09:15 Gentle Exercise
Wednesday 09:15 - 10:00 Short Tennis
Friday 08:00 - 10:00 Swimming
Friday 08:00 - 10:00 Short Tennis

COVID REHABILITATION



Active Leeds provides support for people that have had COVID to return to activities. There is support available for people that have ongoing problems from COVID especially with fatigue.

What support can you expect from Active Leeds?

- You will have a consultation with a qualified Health and Wellbeing Coach about your current situation, exercise history and symptoms.

- We will work with you to find a balance. This means not overexerting yourself but finding activities that progress you. This may take time.
 - Providing understanding about the important of rest periods, good nutrition and activities including stretching
 - Support with setting goals and changing mindset. Its about get most out of your energy balance and to #LoveYourself
- To enquire about COVID Rehabilitation, click the link to complete the following [survey](#) or visit:

active.leeds.gov.uk/HealthProgrammes/Pages/COVID-Rehabilitation.aspx



Keep Moving

Monday	10:00 - 11:00	Scott Hall Leisure Centre
Monday	10:20 - 11:20	Holt Park Active
Monday	13:15 - 14:15	John Smeaton Leisure Centre
Tuesday	09:45 - 10:45	John Charles Centre for Sport
Tuesday	10:00 - 11:00	Kirsktall Leisure Centre
Wednesday	10:20 - 11:20	Holt Park Active
Wednesday	13:00 - 14:00	Armley Leisure Centre
Thursday	09:45 - 10:45	John Charles Centre for Sport
Thursday	10:00 - 11:00	Kirsktall Leisure Centre
Friday	10:15 - 11:15	John Smeaton Leisure Centre
Friday	11:00 - 12:00	Armley Leisure Centre

Keep Moving is a low level, low impact exercise class suitable for people with health conditions that want to become more active and improve their wellbeing.

We also have a range of Keep Moving beginner sessions at various sites across the city. Please get in contact with us for more information.

Mind & Body

Tuesday	Yoga	13:15 - 14:15	John Charles Centre for Sport
Tuesday	Tai Chi	10:00 - 11:00	Scott Hall Leisure Centre
Thursday	Pilates	13:15 - 14:15	John Charles Centre for Sport

Aqua Mobility is designed for beginners that want gentle exercises in water. The class uses a range of water aids to achieve a full body workout. Suitable for people with arthritis or mild mobility problems. No music is played during this class.

Aqua Mobility

Monday	11:00 - 11:45	John Smeaton Leisure Centre
Tuesday	11:30 - 12:15	Scott Hall Leisure Centre
Wednesday	13:00 - 13:45	Pudsey Leisure Centre
Thursday	09:30 - 10:15	Holt Park Active
Friday	09:05 - 09:50	Wetherby Leisure Centre

Strength & Balance Confidence Building

Our confidence building classes are perfect for those older adults who want to participate in activities to increase strength and balance, or those who feel like they have lost some confidence. Each session will run for a minimum of 6 weeks, and each session includes a coffee/tea and chat!

All participants must refer into the programme. Please contact us on the details below to do so.

Tuesday	10:00 - 11:30 or 11:00 - 12:30	Richmond Hill Elderly Action LS9 8NP	Starts 4th January
Tuesday	13:30 - 15:00	Older People's Action LS16 6DJ	Starts 4th January
Wednesday	10:00 - 11:30 or 11:00 - 12:30	Cross Gates Newman Centre LS15 7JY	Starts 5th January
Friday	10:00 - 11:30 or 11:00 - 12:30	Garforth NET LS25 2LP	Starts 7th January
Friday	11:15 - 12:45 or 13:15 - 14:45	Armley Helping Hands LS12 1SF	Starts 7th January

