

What is Age Friendly?

We have developed a range of age friendly activities to support older people to be more physically active. The activities are beginner friendly and suitable for a range of different abilities. The sessions last for up to 2 hours, and not only support physical activity, but also encourage social interaction. Age friendly activities are discounted through Leeds Card 60 and all activities are included in Active Leeds Membership.



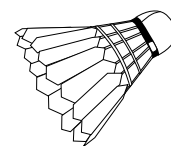
Armley Leisure Centre

Wednesday 10:00 - 12:00 Table Tennis and Short Tennis

Friday 10:00 - 11:00 Table Tennis and Short Tennis

Morley Leisure Centre

Friday 11:00 - 13:00 Active Life Circuit followed by Badminton



Pudsey Leisure Centre

Monday 11:30 - 13:30 Gentle Exercise followed by Mixed Activities

Wednesday 11:30 - 13:30 Gentle Exercise followed by Mixed Activities



Rothwell Leisure Centre

Monday 08:30 - 10:00 Gentle Exercise followed by Short Tennis

Wednesday 08:30 - 10:00 Gentle Exercise followed by Short Tennis

Friday 08:00 - 10:10 Short Tennis and Swimming

Good News Story



As part of our enhanced weight management programme we recently supported Leslie, who needed support to be more active after putting on weight following a breast cancer diagnosis. This time last year Leslie could not walk across her living room but as a result of her hard work and guidance from the team, Leslie recently climbed Whernside in the Yorkshire Dales!



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	13:00 - 14:00	Kirsktall Leisure Centre
Friday	10:15 - 11:15	John Smeaton Leisure Centre
Friday	10:00 - 11:00	Armley Leisure Centre

Keep Moving is a low level, low impact exercise class suitable for people with health conditions who 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	13:15 - 14:15	Yoga	John Charles Centre for Sport
Tuesday	10:00 - 11:00	Tai Chi	Scott Hall Leisure Centre
Thursday	13:15 - 14:15	Pilates	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

Postural Stability- Strength and Balance Programme

Our postural stability programme is 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. The programmes run for 20 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. Please contact us now to start the 20 week programme in April at the following times and locations:

Monday	12:30 - 14:00	St Johns Church Farsley LS28 5DJ
Tuesday	10:00 - 11:30	Richmond Hill Elderly Action LS9 8NP
Tuesday	10:00 - 11:30	Holbeck Together LS11 9NS
Tuesday	13:30 - 15:00	OPAL Tinshill LS16 6DJ
Wednesday	10:00 - 11:30	Cross Gates Newman Centre LS15 7JY
Wednesday	13:30 - 15:00	AVSED Yeadon LS19 7HR
Friday	10:00 - 11:30	Garforth NET LS25 2LP
Friday	13:15 - 14:45	Armley Helping Hands LS12 1SF

