

active *living*

Physical Activity Guide

Autumn - Winter 2008/09



W I G A N
LEISURE & CULTURE
T R U S T

in partnership with Wigan Council

October 2008

Who are the Active Living Team?

The Active Living Team are responsible for helping people to get more physically active to improve their health and quality of life. The Team is part of Sports and Healthy Living - Wigan Leisure and Culture Trust's sport, physical activity and leisure centre provider. We are involved in the delivery of a range of projects and programmes, including the Steps to Health scheme, Next Steps, the NVQ exercise instructor programme and the children's activity project. We also influence the planning of new services and are involved in the delivery of a wide range of activity sessions.

Description of Activity Sessions

Low Aerobics

A low intensity exercise to music class including strengthening and toning exercises. Aimed at beginners or those returning to exercise.



Low Aqua-Aerobics

A gentle exercise to music in the water, ideal for people with back/joint problems. The session takes place in the shallow end of the pool.

Low Circuit

A gentle circuit class with stations of exercise where you are encouraged to work at your own level. Aimed at beginners and those returning to exercise. Fun and enjoyable!

Functional Ability Classes

Ideal for those with balance difficulties, low bone density and osteoarthritis; these classes aim to improve balance, co-ordination, mobility and independence.

Transport can be arranged. **Places must be booked in advance.**

Please contact Katharine Kennedy on 01942 488485 before attending this session.

Chair Exercise

A chair based activity class aimed at those with painful joints and mobility problems.

Pilates

Pilates is a gentle and effective form of exercise that can be practised by people of all ages and physical capabilities. This is a floor based session with slow controlled flowing movements to strengthen and tone the body, improving posture and increasing flexibility. For times and venues of classes contact the Active Living Team on 01942 828572.

Gentle Paces

The class is aimed at people who have conditions such as Stroke, Multiple Sclerosis and Parkinson's Disease. The sessions are very gentle and will be aimed at the needs of the participants. Transport can be arranged. Please contact an Activity Referral Officer before attending this session.

Health Walks

For further information please refer to the Al Fresco Outdoor Activities Health Walks seasonal leaflets. Telephone 01942 488481 to obtain a current copy of the leaflet.

Tai Chi

A gentle martial arts session that is suitable for beginners. Helps with stress relief, improves body awareness, posture and balance. Please be aware that you have to stand for the whole of the class.

Men Only

Sessions consist of a range of different exercises including cardiovascular work and muscle endurance work. The class is aimed at beginners or those returning to exercise and will be particularly beneficial to men with joint and mobility problems.

Salsa Dancing

Learn quick and easy basic steps in this beginners class. Salsa is for everyone, no matter what your age, shape or size. It is a great way to get fit and meet new people.

Aerobox

A mix of aerobics and resistance work, with a boxing theme. This high energy class is aimed at anyone who wants a fun workout to improve cardiovascular fitness and tone.

Yoga

Yoga is a gentle and effective form of exercise that can be practised by people of all ages. This session uses slow, controlled movements to strengthen the body, improve posture and increase flexibility.

Cycling

A fun way to take up cycling in your local area and also a great way to keep your heart healthy. Cycling is also a social activity and a way of meeting others. It is a great opportunity to relax, get away from it all and enjoy the fresh air and countryside. All rides take place on traffic free paths. Rides are free of charge and helmets provided, therefore, booking is essential. For further information please contact 01942 488481.



Activity Session Venues

ABRAM

FUNCTIONAL ABILITY CLASS

Abram Library
Monday 10.00am (level 2)
Monday 11.15am (level 1)
Places must be booked in advance
Transport will be provided for Level 1 class only

ASHTON IN MAKERFIELD

LOW CIRCUIT

St Luke's Church, Stubshaw Cross
Monday 2.00pm

LOW CIRCUIT

St Thomas's Church Hall
Tuesday 2.00pm

ON YER BIKE

Three Sisters Recreation Area
Friday 10.00am - free
Friday 11.30am - beginners/
new starters - free

LOW AEROBICS

Bryn Labour Club
Friday 11.15am

LOW AQUA AEROBICS

Ashton Leisure Centre
Friday 3.10pm

ATHERTON

LOW AEROBICS

Scout Hut, Leigh Road
Monday 10.00am

LOW AEROBICS

Howe Bridge Sports Centre
Monday 12.30pm
Tuesday 7.00pm

LOW CIRCUIT

Howe Bridge Sports Centre
Monday 7.00pm
Tuesday 1.00pm
Wednesday 1.15pm
Thursday 11.00am
Thursday 1.00pm

MEN ONLY

Howe Bridge Sports Centre
Tuesday 10.00am

LOW AQUA AEROBICS

Howe Bridge Sports Centre
Wednesday 10.15am and
11.15am

TAI CHI

Dorset Road Community Centre, Hag Fold
Thursday 11.30am

TAI CHI

Howe Bridge Sports Centre
Thursday 9.30am

GOLBORNE

LOW AEROBICS

L.I.N.C Centre
Monday 10.30am
Wednesday 1.15pm

INCE

GENTLE PACES

Ince Community Resource Centre
Tuesday 1.00pm

CHAIR EXERCISE CLASS

Clarrington Place, Ince
Thursday 1.00pm

PLATT BRIDGE

LOW CIRCUIT

Platt Bridge Community Centre
Thursday 9.30am

HINDLEY

LOW CIRCUIT

Hindley Leisure Centre
Monday 1.00pm

TAI CHI

Hindley Leisure Centre
Tuesday 1.30pm

LOW AQUA AEROBICS

Hindley Pool
Tuesday 8.30am

LOW AQUA AEROBICS

Hindley Leisure Centre
Thursday 9.00am

LOW AEROBICS

Hindley Leisure Centre
Friday 11.30am

LEIGH

FUNCTIONAL ABILITY CLASS (LEVEL 1)

College Street Health Centre
Thursday 1.00pm
Places must be booked in advance
Transport will be provided

CHAIR EXERCISE CLASS

Higher Folds Community Centre
Friday 11.30am

CHAIR EXERCISE CLASS

Pensioners Link,
Charles Street
Friday 12.30pm

LOW CIRCUIT

Leigh Indoor Sports Centre
Thursday 11.00am

LOW AEROBICS

Moss Bank Court, Faith Street,
Off Firs Lane
Monday 2.30pm

LOW AEROBICS

St Joseph's Sodality Church
Wednesday 7.30pm
Thursday 2.15pm - 1/2 seated,
1/2 standing

LOW AEROBICS

College Street Health Centre
Thursday 9.30am

LOW AEROBICS

Leigh Indoor Sports Centre
Friday 9.30am

AQUA AEROBICS

Leigh Indoor Sports Centre
Monday 10.00am
Tuesday 10.30am ladies only

YOGA

Leigh Indoor Sports Centre
Friday 10.00am

SALSA DANCING

Leigh Miners, Twist Lane
Thursday 10.00am

GENTLE PACES

Dam House, Astley
Wednesday 11.00am

PILATES

Leigh Indoor Sports Centre
Wednesday 1.00pm

TAI CHI

12 Apostles Club, Westleigh
Tuesday 10.00am

TYLDESLEY

ON YER BIKE- CYCLING

Gin Pit, Tyldesley
Monday 10.00am - free
Monday 11.30am
beginners/new starters - free

MEN ONLY LOW AQUA

AEROBICS

Tyldesley Pool
Tuesday 11.00am

PILATES

Tyldesley College, Upper
George Street
Wednesday 10.30am
Thursday 9.30am

LOW CIRCUIT

Tyldesley Scout Hut, Shuttle
Street
Wednesday 1.00pm

LOW AQUA AEROBICS

Tyldesley Pool
Monday 3.00pm
Thursday 11.00am
Friday 3.00pm

AEROBOX

Shakerley Community Centre
Tuesday 11.30am
Child care provision available
if required

WIGAN

DANCE AEROBICS

Norley Hall Community Centre
Monday 9.30am

DANCE AEROBICS

St Anne's Church Hall, Beech
Hill
Wednesday 9.30am

SALSA DANCING

St Andrew's Club, Springfield
Road
Tuesday 10.30am

LOW AEROBICS

Robin Park Sports Centre
Wednesday 9.45am
Friday 10.30am

LOW CIRCUIT

Robin Park Sports Centre
Tuesday 1.30pm
Thursday 10.00am
Thursday 11.15am

LOW CIRCUIT

Worsley Mesnes Methodist
Church
Thursday 1.00pm

LOW AEROBICS

Hallgate House, Wigan
Tuesday 10.00am & 11.15am

YOGA

St Andrew's Parish Centre,
Woodhouse Lane
Tuesday 12.45pm
Tuesday 2.00pm

CHAIR EXERCISE CLASS

St Aidan's Social Club,
Winstanley
Tuesday 12.00pm

FUNCTIONAL ABILITY CLASS (LEVEL 1)

Worsley Mesnes Health
Centre, Chandler House
Monday 2.15pm
Places must be booked in
advance
Transport will be provided

FUNCTIONAL ABILITY CLASS (LEVEL 1)

Standish Community Centre
Tuesday 1.30pm
Places must be booked in
advance
Transport will be provided

FUNCTIONAL ABILITY CLASS (LEVEL 1)

Alexander Court, Pemberton
Wednesday 10.30am
Places must be booked in
advance
Transport will be provided

FUNCTIONAL ABILITY CLASS (LEVEL 1)

St Cuthbert's Sports & Social
Centre, Pemberton
Friday 10.30am
Places must be booked in
advance
Transport will be provided

PILATES

Robin Park Sports Centre
Wednesday 10.45am
(beginners)
Wednesday 11.45am
(intermediate)

Food & Physical Activity Sessions

All of the activities in this section are aimed at children aged five and under and their parents and carers.

Pram Push

Ideal for new mums wanting to get fitter while adapting to having a baby, and an ideal opportunity to meet other new mums! A nice walk in the community to include stopping at a venue for lunch.



Swim Tots

Activity for parents or child minders with babies and toddlers from 8 weeks up to 4 years of age. Limit of 2 toddlers per adult. This is a fun session with lots of floats and toys in the small pool. We also have structured tutoring from the swim instructors to help improve movement and confidence in the water. For the older children in the first session we have fun activities to nursery



rhymes and music. Certificates and swim bags awarded after 6 sessions.

It's a Toddle

A fun walk/ toddle around different venues throughout the area. Parents/ child minders/ grandparents etc. are welcome; all routes are accessible by prams and double buggies.

Cook & Taste Groups

Cook & Taste Groups will run for up to 6 weeks at a time. The main aim is to develop cooking skills and give people the opportunity to try new and inexpensive recipes in a fun and safe environment. For more information and to book your place contact the Food & Physical Activity Team on 01942 895634 or 828518.

Take a Break

Exercise sessions with crèche support provided for the under 5 years. Suitable for mums and dads. For more information contact the Active Living Team on 01942 886802, 895634 or 828518.

Postnatal Classes

Do you need to get back into shape after the baby? Then this is for you! A 12 week course of low impact aerobics work. You are welcome to bring along your baby up to the age of 6 months (must be in a carrycot- no prams) and leave them in the class with you. All we ask is to ensure that you have had your 6 week check up. To see if there is a class in your area or if you have any questions regarding postnatal exercise and do's and don'ts, contact the Active Living Team on 01942 828572, 886802 or 895634.

Fit and Food



This is a 6 week course which combines an activity session with an opportunity to prepare healthy meals and packed lunches. It aims to increase physical activity levels and improve knowledge and skills around healthy eating. For more

information contact the Food & Physical Activity Team on 01942 895634 or 828518.

Blender Courses (Weaning Parties)

Blender courses will run for three weeks. These groups will develop skills in preparing first and second stage foods for babies and give people an opportunity to try recipes in a fun and safe environment. Ring 01942 828518 for more information.

Parent and Toddler Groups

A mixture of activity and healthy eating sessions for children from birth up to 2 years old and their parents / carers. The sessions will help establish confidence and basic skills at an early age through a combination of structured play music and games. The sessions will involve exciting fun ways to interact develop and expand your play and food knowledge along with meeting new friends.

Baby Bugs

Baby Gym is a toning exercise session ideal for mums and babies 0-12 months. Tone up in a fun and safe environment.

Physibodies

The session will help establish confidence and basic skills at an early age through structured play and games. A fun way to keep fit and active with your child whilst developing their food knowledge.

Activity Session Venues

ASHTON IN MAKERFIELD

PHYSIBODIES

St Thomas's Church Hall
Monday 10.00am

PRAM PUSH / IT'S A TODDLER

Bryn Children's Centre
Tuesday 12.30pm

PRAM PUSH - MEET AT ASHTON CLINIC

Three Sisters
Thursday 11.30am

PILATES/ CIRCUITS

St Thomas's Church Hall
Friday 9.45am
With free crèche

COOK & TASTE

Ashton Scout Hut
Tuesday 10.00am

GOLBORNE

PHYSIBODIES

L.I.N.C. Centre
Wednesday 10.00am

COOK & TASTE

L.I.N.C. Centre
Friday 10.00am
With free crèche

PLATT BRIDGE

PRAM PUSH

St Nathaniel's Church
Tuesday 10.00am

COOK & TASTE

Platt Bridge Community Centre
Friday 12.45pm
With free crèche

HINDLEY

PHYSIBODIES

All Saints School
Tuesday 10.00am

POST NATAL EXERCISE

Hindley Surestart Centre
Tuesday 1.00pm & 2.00pm
With free crèche
Placed must be booked in advance

SWIM TOTS

Hindley Pool
(all sessions last for 30 minutes)
Monday 1.10pm
Tuesday 1.10pm
Wednesday 1.10pm
All sessions with a parent/carer

During the school holidays the times of the sessions are as follows:
Monday 11.00am
Tuesday 11.00am
Wednesday 11.00am
Please contact Hindley Pool on 01942 255401 for further information

PRAM PUSH/ IT'S A TODDLER

Various start points -
Ring 01942 886802 for further
information
Thursday 11.00am

AEROBICS

Hindley Surestart Centre
Saturday 10.00am
with free crèche

LEIGH

PHYSIBODIES

Leigh Library
Monday 11.00am

BABY BUGS

Kingsleigh Methodist Church
Wednesday 9.30am

COOK & TASTE

Kingsleigh Methodist Church
Friday 9.30am
With free crèche

PARENT & TODDLER GROUP

12 Apostles Nursery,
Westleigh Lane
Thursday 1.15pm

PHYSIBODIES

Westleigh Community Centre
Friday 12.30pm

TYLDESLEY

PHYSIBODIES

Shakerley Community Centre
Wednesday 11.00am

PARENTS PILATES

Tyldesley Children's Centre
Tuesday 9.30am
With free crèche
Telephone 01942 883279 to
book your place

PHYSIBODIES

Tyldesley Children's Centre
Thursday 11.30am

BABY BUGS

Mosley Common Children's
Centre
Monday 1.30pm

COOK & TASTE

Mosley Common Children's
Centre
Tuesday 1.00pm
With free crèche

WIGAN

PHYSIBODIES

Marus Bridge Community
Centre
Monday 9.30am

PHYSIBODIES

Shevington Youth Club
Monday 10.00am

PHYSIBODIES

St Anne's Church, Beech Hill
Tuesday 1.30pm

PHYSIBODIES

Ince Children's Centre
Wednesday 9.30am

PHYSIBODIES

Norley Hall Community
Centre
Wednesday 10.00am

COOK & TASTE

Ince Rosebridge Community
Centre
Friday 11.30am
Telephone 01942 828518 to
book your place

COOK & TASTE

Norley Hall Community Centre
Telephone 01942 828518 for
further information

FIT & FOOD

Shevington Children's Centre
Friday 10.30am

AEROBICS

Marus Bridge Community
Centre
Tuesday 10.00am
With free crèche

BABY BUGS

Standish Community Centre
Thursday 10.00am

**Physical Activity Voucher:
TRY BEFORE YOU BUY!**

This voucher entitles you to **one free** Active Living/Low Activity session at leisure or community venues across the Wigan borough up to the value of £3.50

This voucher is non-refundable and no change will be given.

Please note! you will be medically screened prior to taking part. If you have medical conditions - such as heart disease, diabetes, raised blood pressure - please contact the Active Living Team prior to attending on (01942) 886802 / 828572

Where this voucher was obtained.....

By who.....

Expiry date: 31st March 2009
Value 0.01p

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Times and Days of Activity Sessions

Activities take place across the Wigan Borough, and are listed in this guide by area. This information may change, so you are advised to contact one of the activity officers or the venue prior to attending.

All participants will be medically screened prior to taking part in an activity session, and people with a medical condition may be required to obtain a Steps to Health referral form prior to starting.

Useful Contacts

Active Living Offices

Howe Bridge Sports Centre	01942 886802 (Community Office) 01942 871146 (Referral Office)
Robin Park Sports Centre	01942 828572 (Community Office) 01942 828566 (Referral Office)
Ashton Leisure Centre	01942 732642 (Referral Office)
Hindley Leisure Centre	01942 516986 (Referral Office)
Leigh Indoor Sports Centre	01942 487809 (Referral Office)
Food and Physical Activity Team - Howe Bridge	01942 895634
Food and Physical Activity Team - Robin Park	01942 828518

Active Life Centres

Howe Bridge Sports Centre	01942 870403
Robin Park Sports Centre	01942 828550
Ashton Leisure Centre	01942 720826
Hindley Leisure Centre	01942 253142
Hindley Pool	01942 255401
Tyldesley Pool	01942 882722
Leigh Indoor Sports Centre	01942 487800

Email: activeliving@wlct.org

For all general enquiries please call: 01942 488481

www.wlct.org/activeliving