

One Leisure Active Lifestyles

March 2022 Newsletter

Welcome to the One Leisure Active Lifestyles Team's March newsletter! We have been busy launching plenty of new beginners activities throughout February as well as distributing our brand new leaflet out across the district. If you haven't seen it yet and would like some copies, please get in touch.

If you require any further information, or feel we could offer something you cannot see here, please get in touch with us either via email activelifestyles@huntingdonshire.gov.uk or phone **01480 388111**.

Upcoming FREE Activities

Swim for Health

A 6-week swimming course for inactive people with a BMI of at least 25. The swimming course will help you improve your fitness, swimming ability and aid with weight loss.

- One Leisure St Neots: Wednesdays 9:15am - 10:00am (starting 20 April)
- One Leisure St Ives: Thursdays 2:15pm - 3:00pm (starting 21 April)
- One Leisure Ramsey: Friday's 9:15am - 10:00am (starting 22 April)

Beginners Indoor Cycling

A 6-week course providing you a safe space to become confident on the bike in class, before transitioning into a 'mainstream' session.

- One Leisure St Neots: Thursdays 5:00pm - 5:45pm (starting 21 April)
- One Leisure St Ives: Mondays 5:00pm - 5:45pm (starting 25 April)

Coming soon! Register your interest....

Shoot for Health

An 8-week football course for inactive people with a BMI of at least 25. We will help you improve your fitness, football skills and aid with weight loss.

Intro to Functional Training

A 6-week course teaching you how to train more effectively to increase all aspects of your physical health - movement, strength, core stability & balance! Ideal for currently inactive adults.

Please ask anyone interested in taking part in any of our courses to contact us.

Active for Health

A brand new programme is coming to St Neots in the coming months focussing on those concerned with their health and weight. This will focus on 3 groups: adults, families and young people.

Details to be confirmed, but will offer an indoor and outdoor option to help you to live a healthier lifestyle.

If you are based in and around St Neots, and feel you could help with the roll out of Active for Health, please get in touch with us directly.

New class in Ramsey for those diagnosed with dementia

A fun, age and dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun!

Ramsey British Legion, PE26 1BG Wednesdays
12:30-13:15

Leisure Facility & Playing Pitch Strategies

KKP Consultants have been appointed to carry out new Leisure Facility strategies for Huntingdonshire. The work will include an audit of all current outdoor and indoor facilities used for sport, leisure and physical activity and will set out the needs and demands for the future linking into the growth of the district and the Local Plan.



www.huntingdonshire.gov.uk/activelifestyles

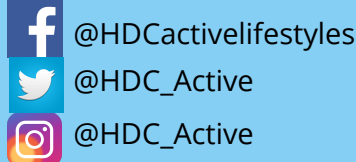


activelifestyles@huntingdonshire.gov.uk



01480 388111

Don't forget to follow us on social media!



Summer Sports Programme

Planning for our 2022 Parish Sports Programme is underway and we are looking for new Parishes to join the programme. The programme sees the Active Lifestyles team work in partnership with local parishes to put on multi sport sessions for primary age children during the school holidays. In 2021 94% of children rated the activity as either 'brilliant' or 'good' and 97% of parents were 'very satisfied' with the activity provided. For more information please contact Tom Leonard on 07821 839252 or thomas.leonard@huntingdonshire.gov.uk

Regular Activities

Please note, from April 1st 2022, RightStart and Specialist Exercise Classes will be increasing in price to £4.20 per class. 10 session class passes will be available for £37.00.

Exercise Referral

Participants are assisted throughout the scheme by a named Physical Activity Specialist, helping you to enjoy and maintain physical activity as part of a healthy lifestyle.

RightStart

RightStart exercise classes are for older people and those requiring additional support to exercise. Including strength and balance, circuits and seated classes.

Specialist Classes

Exercise sessions for those with specific conditions including:
Cardiac disease, Pulmonary disease, those living with & beyond Cancer, and Arthritis.

Walking Sports

Walking sports are just what they sound like – versions of sports follow the rules of the standard game, but players walk instead of run. We run Walking Football, Walking Rugby & Walking Netball.

PEDALS

A cycling scheme for anyone who requires additional support to exercise on their own or with friends and family. The scheme involves instructor-led sessions on adapted bikes.

Wellbeing Walks

A range of regular walks across the district. You can enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders.

Under 5's

Our fun 'Mini' sessions are designed to develop the children's core skills through play, sport and games.

Active & Able

Our disability multi-sports sessions are open to all and our aim is to encourage individuals to play and progress in sport and activity, regardless of ability.

Additional opportunities

Undefeatables

A discounted One Leisure membership for a period of 9 months for those who are inactive with a diagnosis of diabetes type 1 or 2, or are pre-diabetic.

Healthy You

Offering support and advice to those looking to be more active and lead healthier lifestyles, by identifying activities to try as well as providing new opportunities.

Concessionary Membership

Enables eligible people to access a number of activities at One Leisure Facilities at a discounted price.

 www.huntingdonshire.gov.uk/activelifestyles
 activelifestyles@huntingdonshire.gov.uk  01480 388111