

ACTIVE 50+ CLUB

TIMETABLE OF ACTIVITIES

MAIN HALL ACTIVITIES

Day	Time	Activity
Monday and Friday	9.30am - 1.15pm	Short Tennis
Monday and Friday	9.30am - 1.15pm	Table Tennis
Monday and Friday	9.30am - 12.30pm	Badminton

GROUP EXERCISE STUDIO

Day	Time	Activity
Monday	9.30am - 10.25am	Aerobics
Monday	10.30am - 11.25am	Keep Fit
Monday	11.30am - 12.15pm	Line Dancing
Friday	9.30am - 10.25am	Legs, Bums and Tums
Friday	11.30am - 12.45pm	Choir
Alternate Fridays	10.30am - 11.25am	Keep Fit/Line Dancing

OTHER ACTIVITIES

Day	Time	Location	Activity
Monday and Friday	9.30am - 1.00pm	Tennis Courts	Outdoor Tennis (Seasonal)
Monday and Friday	9.30am - 1.15pm	Everyone Active Gym	Fitness/Gym Session ¹
Monday and Friday	9.40am - 12.20pm	Squash Court	Squash or Racketball
Monday and Friday	10.15am - 1.15pm	Poolside	Sauna ²
Monday and Friday	11.30am - 1.00pm	Main Pool	Swimming ³

¹ Gym one-2-one required before use.

² Not exclusive to Active 50+ Club members.

³ 2 lanes available for lane swimming. Not exclusive from 12pm onwards.

* Programme of activities is subject to change at the discretion of the Activities Manager.

Fareham Leisure Centre

Park Lane, Fareham, Hampshire PO16 7JU

01329 233652

WWW.EVERYONEACTIVE.COM



Everyone Active manages this facility in partnership with Fareham Borough Council.

Active 50+ club



BE HEALTHIER
FEEL
BETTER



30 mins activity
5 days a week

Be active with us at 50 plus

ARE YOU LOOKING FOR THE CHANCE KEEP FIT & MEET WITH PEOPLE OF YOUR OWN AGE?

THEN JOIN FAREHAM LEISURE CENTRE'S ACTIVE 50+ CLUB!

WWW.EVERYONEACTIVE.COM

everyone ACTIVE

Feel better for it

Active 50+ Club



FITNESS,
SPORT & SOCIAL
ACTIVITIES

Fareham Leisure Centre's Active 50+ Club meets every Monday and Friday morning from 9.30am-1.15pm.

Please contact reception for more information on pricing.

GUIDELINES FOR ACTIVE 50+ CLUB MEMBERS

1. Club times are from 9.15am-1.15pm, it may be necessary to alter club times and space during School Holidays. We will inform you via the notice board and Active 50+ Club representatives in advance of any changes taking place.
2. Appropriate footwear must be worn to all activity sessions.
3. Each major activity has a representative who can be approached if you have any suggestions or problems.
4. The Active 50+ Club is provided with its own equipment by the Leisure Centre. This is kept in a locker which is placed in the Main Hall during Club sessions. The representatives hold the keys for this locker and anyone requiring access to it should see them.
5. Membership cards are given out on enrolment; please show your card to reception when paying for each session.
6. As a member of the Active 50+ Club you are entitled to free membership of the Leisure Centre. This allows you to book courts at other times apart from club times to improve your game

during the week. Off peak rates are in operation during the day so courts are cheaper.

7. As a member of the Active 50+ Club you must ensure that you have attended a one-2-one session before using the gym.

Once you have completed the one-2-one session you will be issued with a user card allowing you to use the gym during public sessions. The gym can be used as part of the Active 50+ Club session at a combined cost. Normal admission prices apply outside Active 50+ Club sessions.

8. Anyone interested in joining in with the Rambles should check the club notice board for details.
9. Anyone interested in joining the social events should see June Tedder, Keep Fit instructor.

HEALTH AND SAFETY POINTS

- Suitable non-marking footwear must be worn during all Keep Fit and aerobics sessions. This is a Sport and Leisure Management, and Fareham Borough Council Health and Safety policy.
- During exercise drink plenty of water to minimise the effects of dehydration.
- Please ensure that when taking part in exercise classes, you remain in the class from start to finish, as these sessions are structured and progressive.

What's on offer...

There are Keep Fit sessions, Aerobics, Line dancing, Badminton, Short Tennis, Table Tennis, Outdoor Tennis, Racketball, Squash and Swimming.

The Everyone Active gym is also available during club sessions, however you must attend a gym one-2-one session first. One-2-one sessions are bookable with the fitness team. Please contact reception for more information on pricing.

Both mornings the Swimming Pool and Sauna are available from 11.30am.

If you don't feel like being energetic at all but still want to exercise your lungs you can join the award winning choir which meets on Fridays; subject to vacancy.

As an Active 50+ Club member you will be able to participate in many social activities organised by your 'Club 50 rep', including dances, trips to the theatre, and holidays both in this country and abroad.

If you love the great outdoors there are organised monthly rambles which anyone can join in with.

**CONTACT OUR FRONT OF HOUSE ON 01329 233652
NOW AND START A WHOLE NEW LIFE!**

WHATEVER YOUR
INTERESTS,
THERE IS ALWAYS
SOMETHING ON!