

# ACTIVE AGEING EVENTS

*Lisburn*



Lisburn LeisurePlex

02892 672121

*North Down*



Aurora Aquatic & Leisure  
Complex

02891 270271

*Ards*



Ards Leisure Centre

02891 812837

## Active Ageing Programme

Being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active on a daily basis.

The South Eastern Trust Health Development Department has teamed up with Ards Borough Council, Lisburn City Council and North Down Borough Council's Sports and Leisure Services Departments to design and develop an Active Ageing Programme specifically for older adults. The programme aims to give as many older people as possible the opportunity to experience enjoyable, appropriate and sustainable physical activities in a safe, friendly, supportive and fun environment, therefore helping to improve their health, wellbeing and independence.

The 'Active Ageing programme' will run for a period of 12 months across the councils main leisure sites:

**Newtownards** - Ards Leisure Centre, Comber Leisure Centre and Portaferry Sports Centre

**Lisburn** - Lagan Valley LeisurePlex, Brook Activity Centre, Glenmore Activity Centre, Grove Activity Centre and Kilmakee Activity Centre

**North Down** - Bangor Aurora Aquatic and Leisure Complex and Queens Leisure Complex

Activities on offer fall under four broad themes: Walk with Me events, Splash events, Dance with Me events, and Get Up and Go events. The range of physical activity opportunities varies from council to council, and some venues even offer tea and coffee at reduced rates. **For more information contact the relevant centre.**

**Being more active is very safe for most people. However, if for any reason you are concerned about becoming more physically active you should check with your doctor before starting.**

	Walking Group Walking Football
	Learn to Swim, Swimming, Water Aerobics
	Fit Steps, Line Dancing, Dance to Music, Zumba Gold, Aerobics and Dance
	Momentum Fitness Suite, Gently Does It, Cycle and Swing, Body Blitz, Pilates, Body Conditioning, Power Stretch, Bums Legs and Tums, Core Mobility, Games, Gym, Strength and Balance

Please note that for some classes places may be limited, and that the activities offered vary from council to council. All programmes may be subject to change.