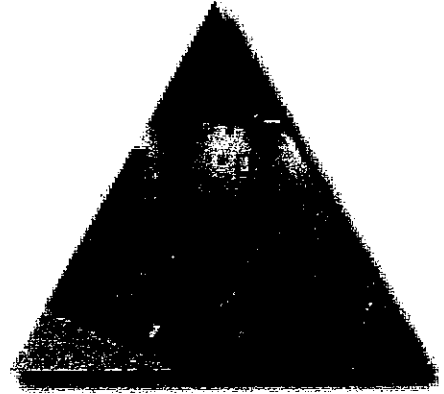
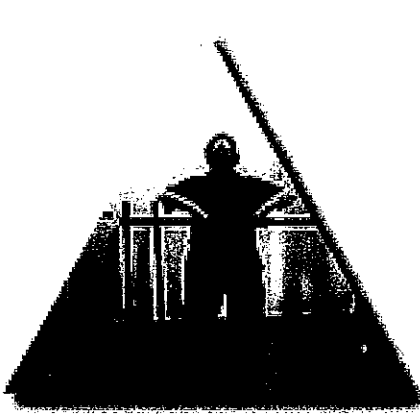


Local Opportunities for Physical Activity



Aberdeen South Cluster

**Kincorth, Torry, Whinhill,
Holburn, Mary well,
Rubislaw, Carden, Garthdee**

1. Local walks
2. Weekly exercise classes for all abilities
3. Swimming pools
4. Parks and leisure related sites
5. Weekly Cycling groups and local cycling maps

1. Local walks

HEALTH WALKS ACROSS ABERDEEN SOUTH

A new series of Health Walks has been devised by the Aberdeen Countryside Ranger Service in conjunction with NHS Grampian and Forestry Commission Scotland. The walks are based around 9 neighbourhoods and in each area there are three different routes, a short, a medium and a long one. The shortest ones take about 30 minutes and the longest about 2 hours.

These walks are aimed at those looking to increase their physical activity from a relatively low level rather than at those who are already accustomed to 10 mile hikes.

You can download copies of the maps and route descriptions here:

http://www.aberdeencity.gov.uk/Parks/crs/pos_health_walks.asp

Examples of health walks around Aberdeen South

Walk 7 Duthie Park 2.75 miles

Walk 8 Torry 2.8 miles

Walk 9 Kincorth Hill Nature Reserve 1.6 miles

To enjoy your health walk you should wear suitable clothing. (For example a waterproof jacket, tracksuit trousers and t shirt and fleece). You should wear a good pair of walking shoes that are comfortable, give your ankles support and fit well.

Take a drink with you. If you take insulin or are on tablets for your diabetes you should also have something sugary with you such as glucose tablets/lucozade/hard sweets and a snack such as a biscuit.

If you want a carer, spouse, partner or friend to accompany you on the led health walk they are more than welcome.

LED WALKS ACROSS ABERDEEN CITY

The 2012/13 Countryside Ranger winter events programme can be accessed at

<http://www.aberdeencity.gov.uk/nmsruntime/saveasdialog.asp?IID=46494&SID=227>

The country side ranger Ruth Bone will be leading walks around Aberdeen using the new Health Walk Map Packs. These walks are between 1.2 and 3.3 miles and are designed to help people to increase their physical activity from a relatively low level All you have to bring is a bottle of water a sugary snack and or drink and any medication that you may require. At the end of the walks we will seek out the nearest café for an optional cup of tea. Please contact the Countryside Ranger Service to book a place on 01224 897400

HEALTH WALKING GROUP

A Health walks group for patients with diabetes has been set up in Bucksburn and Dyce on Tuesday afternoons at 1.45pm from the café in Asda at Dyce shopping centre. All those who want some company whilst getting fit in the outdoors are welcome to join. The walks are led by a group of trained volunteers. Health walks are free. Walks last for around an hour, covering approximately 2 miles unless otherwise specified. Health walks are informal and sociable. For more information about the Dyce/Bucksburn Health walks group. Please contact Marjory Darcy on m.c.darcy@talk21.com

FOR THE MORE EXPERIENCED WALKERS

Ramblers' Aberdeen Group arrange walks of all grades plus social events related to the outdoors. The Group which now has over 300 members was formed in 1982. It exists to encourage walking in the local Grampian countryside. The walks range from five to six mile coastal walks to more arduous climbs of hills and mountains of the Cairngorms. Transport is mainly provided by a hired coach but there are also outings undertaken using private cars and public transport. Social gatherings and longer excursions also take place on a regular basis.

For more information see the website

<http://www.aberdeenramblers.org.uk/>

WALKING HOLIDAYS

Diabetes Research and Wellness Foundation (DRWF) run Walking Holidays which are specifically aimed at people living with diabetes and can provide a good introduction to exercise as part of good overall diabetes self-management. Further information about costs and locations can be accessed at:

<http://www.drwf.org.uk/Events/ActivewithDiabetesWalkingHolidays.aspx>

2. Local Weekly Exercise Classes for all abilities

Kincorth Sports Centre

Kincorth Sports Centre is located in the centre of Kincorth and caters for both locals and those outwith the local area. The Sports hall is 4 badminton courts in size and is available for a variety of activities such as 5-a-side football, badminton, mini tennis, basketball and more.

There is also a varied aerobics programme in operation, and a crèche is provided for a small charge to users of the centre at various times throughout the week.

The Fitness Studio is well equipped with a variety of Cardio machines such as the Jogging machine and cross trainer

Examples of suitable classes on offer:

Low impact aerobics 10-11am Wednesday

Stretch and tone 6pm-7pm Thursday

For more information contact

Kincorth Sports Centre

Corthan Crescent

Aberdeen AB12 5BB Email: Kincorthsports@sportaberdeen.co.uk

Tel: 01224 879759

Torry Youth and Leisure Centre

Torry Youth and Leisure Centre is located in a quiet area of Torry. The centre has a varied Programme with something to suit everyone.

The sports hall is available for booking with almost every indoor sport catered for. The well equipped fitness suite is available for adults (over 16) and has a good balance of cardiovascular machines which include bikes, cross trainers, joggers, a stepper and a rower

Examples of suitable classes on offer

Line Dancing and Over 50's exercise group

Hi/ Lo Aerobics Floor exercises which combines high and low impact moves Tuesday 18.00-19.00

For more information contact

Torry Youth and Leisure Centre

Oscar Road, Torry, Aberdeen AB11 8ER, Email: Torrysports@sportaberdeen.co.uk

Tel: 01224 871213

Fax: 01224 894842

Inchgarth Community Centre

Inchgarth has an excellent programme of activities for adults ranging from fitness, Martial arts, dance, music, entertainment, bingo, art, education, and sport.

Examples of suitable classes on offer

Fitness Gym Monday – Friday 10am till 5pm and after 6pm on Monday and Tuesday

Line dancing Tuesday 11am -12noon

Friskiss and Svetis exercise class Wednesday 6-7pm

Pilates class 10am -11am Fridays

For more information contact

Inchgarth community centre

Aboyne Place, Garthdee

Aberdeen

AB10 7DR

Telephone 325191

email inchgarthcc1@btinternet.com

Website: www.inchgarth.org

Aberdeen Fitness and Wellness Centre (Nuffield Health)

You can sign up for a free 2 day pass where you will get a health/fitness check and a plan for increasing your fitness. There after you will have to sign up to join. There are a range of membership options including 55+ and offpeak.

There are a range of group based exercise classes, a swimming pool café and crèche

For more information contact

<http://www.nuffieldhealth.com/gyms/Aberdeen>

Justice Mill Lane

Aberdeen

AB11 6EQ

Tel: 0845 1545632

Friskis and Svetiss classes

Friskis&Svettis is a non-profit making organisation, the largest chain of fitness centres and one of the best known brands in Sweden. From the first session, which was held in Stockholm in 1978, Friskis&Svettis has grown to over 140 local Friskis&Svettis clubs with 300 000 members in ten European countries.

The mission of Friskis&Svettis is to offer pleasurable and easily accessible high-quality workout for everybody. We want to encourage as many people as possible to adopt a positive, active lifestyle.

In Swedish 'frisk' means fresh or healthy and 'svett' means sweat. Friskis&Svettis aims at creating a bridge between health care and keep-fit activities.

Monday Ruthrieston West Church, Aberdeen 2pm -3pm on Mondays

Thursday Ruthrieston Community Centre, 5.45pm till 6.45pm suitable for older adults

Friday Peterculter Sports Centre 11am-12noon suitable for older adults

Fitness Classes for people with diabetes across Aberdeen City

Monday	Exel Club, Dyce 1.30pm – 3 pm.
Thursday	Balgownie Community Centre, Bridge of Don 1.00pm – 2.30 pm.
Friday	DW Sports at the Beach Aqua aerobics 1.15pm till 2.45pm Inchgarth Community Centre, Aboyne Road, Garthdee. 12.30m – 2.00pm

All Classes £3.00 Per Person
Please Bring Swimwear And A Towel For Aqua-Aerobics.
Classes Suitable For Beginners & Their Partners

Classes for adults with additional support needs

Gentle exercise for all abilities followed by a music group with percussion instruments, singing and karaoke

Friday 10 am–12 noon Inchgarth Community Centre, Aboyne Place, Garthdee

Gentle Exercise Class at Hilton Community Centre Wednesdays 11am till 12 pm Suitable for All abilities especially older adults with disabilities. Enhances mobility, flexibility and co-ordination through exercise to music. £2 per session

Contact Alex on 07846250097 or email info@createaberdeen.org for more information
www.createaberdeen.org

Free Over 60's Exercise Classes at Robert Gordon's University

Robert Gordon's University are offering a free over 60's exercise class from 21st January 2013 at the Garthdee Campus in The Faculty of Health and Social Care Building, next building along to the sports centre. Classes run on Mondays from 10-11 and 11-12 pm. The majority of the exercises are chair based.

To put your name on the waiting list call Donny McDonald 01224 263250.

Free Over 60's Low Level Exercise Classes across Aberdeen City

The following lower level Exercise Classes in the Community are run by Fitness Instructors who have completed the Postural Stability Instructors Course/received training in working with Clients with balance issues. Recommended by NHS Grampian Physiotherapy Department

The lower level classes are held in Sheltered Housing complexes. They are free of charge (the cost is covered by Aberdeen City Common Good Fund). All classes have a chair based element. Patients who wish to use these classes should take a completed 'referral for community exercise classes' form with them to the first class or phone Fiona Murray (Instructor) tel 01224 702305. email fionamurray322@btinternet.com

Monday 1-2pm	Loch Court, Loch Street, City Centre
Tuesday 9.30-10.30am	Lord Hays Court, St Ninian Place, Seaton
Tuesday 2.30-3.30pm	Gray Court, (off Eday Road) Has the longest seated element but with some work standing
Tuesday 3.45-4.45pm	Taransay Court, Lewis Road South Sheddocksley
Wednesday 11.30-12.30pm	Stewart Park Court, Stewart Park Place, Hilton
Wednesday 2-3pm	Woodhill Court, Castle Court (off North Anderson Drive) (Has the least time with seated exercise, most time standing with/without chair support and working away from the chair)
Wednesday 3.30-4.30pm	Denseat Court, Hazlehead

Thursday 9-10am	Hameworth Court, Harehill Road, Balgownie
Thursday 10.30-11.30am	Bede House Court, St Machar Drive, Old Aberdeen

Evergreen Exercise Classes for over 60's or those who are new to exercise University of Aberdeen, Aberdeen Sports Village			
DAY	TIME	ACTIVITY	VENUE
Monday	10:05 - 10:55	Evergreens Exercise	Sports Hall
Tuesday	10:00 - 10:40	Evergreens Aqua Fun	King's Swimming Pool
	10.30-11.30	Evergreens Table Tennis	Sports Hall
Wednesday	10:00 - 11:00	Evergreens Swimming	King's Swimming Pool
Thursday	10:05 - 10:55	Evergreens Fitness Pilates	Sky Studio
Friday	10:05 - 10:55	Evergreens Exercise	Sports Hall

These classes have been specially created by the University of Aberdeen Sport and Exercise Team people aged 60 and over, but are also suitable people of any age who are new to exercise.

For more information contact and up to date programme information
Aberdeen Sports Village, Linksfield Road
tel: 01224 438900 or email: info@aberdeensportsvillage.com

3. Swimming Pools

Kincorth Swimming Pool

Kincorth is a friendly community 25 metre swimming pool. It serves the pupils at Kincorth Academy and is open to the general public outwith school hours.

Suitable sessions include:

Ladies chill out session Monday evening 20.15-22.00

Public session, 17.30-18:30

Public Squid Session Wednesday 17:30-19:00

Public Session Thursday 17:30-19:15

Aqua aerobics classes are available

For more information contact and up to date programme information

Kincorth Swimming Pool
Cairngorm Drive
Aberdeen AB12 5PQ
Email: kincorthpool@sportaberdeen.co.uk
Tel: 01224 859795
Fax: 01224 859796

RGU swimming pool

The community can walk in off the street and use RGU:SPORT facilities, including access to fitness areas, 25m swimming pool and exercise classes, and hire of the multi-activity sports hall and climbing zones.

There is an open to all aqua aerobics session at RGU pool on Tuesdays 11am till 12 noon

Contact reception for membership information. Pay as you go, monthly and annual memberships are available with no joining fee and no contract.

T: 01224 263761
E: swimmingpool@rgu.ac.uk

or contact the reception:
T: 01224 263666 for general enquiries

4. Weekly cycling group and cycling maps

Try Cycling Easy –paced rides have been organized by the Cyclists' Touring Club and Aberdeen Cycle Forum. They are aimed at beginners or those who have not been in the saddle for a while. The rides take in various places of interest such as ancient cairns, march stones, churches, bird hides and local beauty spots. All are welcome.



- Experienced cycle trainers will be there on all rides
- Families welcome (but see important note below)
- Start at 10.00 am, with a cafe stop on the ride, returning before lunch.

The rides are on alternate Saturdays and Sundays, the meeting point varying between **Duthie Park** (at the pond off Riverside Drive), **Hazelhead Park** (Groats Road entrance) and **Seaton Park** (at the car park on Don St.). Details can be found by looking for the "Try Cycling" entries for the relevant month on the *Runs List* page of the CTC website.

Just turn up on the day, or for more information see

tricycling@aberdeencycleforum.org.uk

Important Note : For insurance reasons all children under 17, need **written** parental permission. Those turning up as a family can just sign a form available on the day. Unaccompanied 13 - 17 years olds will need to bring this with them, contact us for more details of what's required.

Not got a bike? Try before you buy..... Cycle hire

Edinburgh Bicycle Co-operative

458 – 464 George Street,

Aberdeen

AB25 3XH, Tel: 01224 632994

Bike hire is available from this city-centre cycle store, including road and mountain bikes for adults and children and a variety of accessories such as trailers, tag-alongs and tows. Helmets can also be hired. The store runs a Bike to Work scheme that works with employers to arrange for employees to get access to bikes in order to cycle to work. This store may easily be found in George Street near the First Bus depot and Mounthooly round-about.

Alpine Bikes

64-70 Holburn Street, Aberdeen, AB10 6BX

Tel: 01224 211 455

The shop hires out bicycles and has a wide range, with something to suit all ages, shapes and sizes. Safety accessories can also be hired and there is a bicycle workshop that can provide repairs, advice, adjustments and more

The Aberdeen Cycle Map was updated in 2010. It shows existing cycle facilities such as cycle lanes, as well as cycle shops, places to lock bikes, recommended quiet routes and recreational routes around the City: Cycling Maps for Aberdeen

The map is available in The Point, Broad Street, Aberdeen, City libraries and most public Council buildings. If you are having problems finding a copy, please contact 01224 523327 during office hours.

There are local maps available online for the following areas:

- Dyce and Bucksburn
- Kirkhill and Kingswells
- Kingswells and Culter
- Mastrick and Bielside
- Bridge of Don and Old Aberdeenshire Council
- Berryden and Cove

<http://www.aberdeencycleforum.org.uk/index.php?pf=emap.php>

We have tried our best to identify a wide variety of opportunities for physical activity. If you come across any that we have not included please let us know and we can add them to this pack.

