



EVERYONE

**WANTS TO
BE ACTIVE**

YOUNG AT HEART

Activities suitable for older adults looking to stay active at their own pace. All sessions are low impact, suitable for all abilities, and are designed to be enjoyable and sociable.

Everyone Active working in partnership with Stratford-on-Avon District Council.





Day	Time	Session	Leisure Centre
Monday	09:30-10:30	Aquafit	Stratford Leisure Centre
	11:00-13:00	Table Tennis	Stratford Leisure Centre
	11:30-12:30	Swimming	Shipston Leisure Centre
Tuesday	09:00-10:00	Swimming	Southam Leisure Centre
	09:00-10:30	Swimming	Stratford Leisure Centre
	10:00-10:45	Aquafit	Southam Leisure Centre
	11:00-13:00	Badminton & Table Tennis	Stratford Leisure Centre
	14:30-16:00	Swimming	Stratford Leisure Centre
Wednesday	11:30-12:30	Short Mat Bowls	Southam Leisure Centre
	11:30-12:30	Walking Netball	Stratford Leisure Centre
	15:00-16:00	Swimming	Shipston Leisure Centre
Thursday	13:30-14:30	Swimming	Southam Leisure Centre
	14:30-16:00	Swimming	Stratford Leisure Centre
Friday	11:00-13:00	Badminton & Table Tennis	Stratford Leisure Centre

All our centres are working towards becoming dementia friendly with our front of house staff benefiting from dementia awareness training. Each centre has a named dementia champion who actively promotes and implements dementia friendly actions. If you have any suggestions on how we can do more then please let us know.

Carers go free at all sites. More information about dementia friends can be found at www.dementiafriends.org.uk

You can find out more about the sessions by contacting the leisure centres on the phone numbers below, or feel free to pop in and chat with our friendly reception team who can help organise you observing a session if you are unsure if it's for you.

Shipston Leisure Centre
01608 662354

Stratford Leisure Centre
01789 268826

Southam Leisure Centre
01926 817788