

Exercise in the local area

FREE OTAGO EXERCISE SESSIONS

For people aged 60 and over

Otago is a strength and balance training exercise programme that can help to improve:

Balance

General well being

General fitness

Muscle Strength

Classes are being held each week at Life Leisure in Barrow Park by a qualified, trained instructor.

It's a great way to keep fit and meet new people.

Tuesday 2.15pm

Wednesday 2.15pm

Thursday 2.15pm

To book a place, please contact Age UK Barrow on
01229 831425

(please note numbers are limited to 6 people per session)



Hawcoat Community Centre Timetable



Monday	9.15am Rock up to Yoga L4	11.15am-12.30pm Yogasico L2	1.30-2.30pm Community Allotment
Tuesday	1.30pm-3pm Parent & Toddler Group		
Well Being Wednesday	9am-11am Coffee Shop	11-11.45am Community Choir	12-1pm Community lunch L4
Thursday	1.30pm-2.30pm All Age Table Tennis (Alternative Weeks)	Community Bus Service A free community Bus to Asda (including wheelchair access) Leaves 1.15pm-Returns 2.30pm	
Friday	1-2pm ICT Friday Online Support Need help navigating your bills online... Come and see if we can help.		




COMMUNITY BOOK SHELF
 SMALL COMMUNITY LIBRARY
 HELP YOURSELF TO BOOKS
 OPEN WEDNESDAY 9AM-1PM & FRIDAY 1PM-2PM



CHAIR BASED EXERCISE

WITH TRAINED INSTRUCTORS FROM
TEAM ADVANTAGE!



£3
per session

Week commencing
10th January 2022

Day	Location	Time	Partner
Tuesdays @	Croftlands Community Centre, Ulverston	2:15pm - 3:15pm	FSCT
Thursdays @	North Scale Community Centre, Walney	9:30am - 10:30am	CLIMBRIA
Fridays @	Hawcoat Community Centre, Barrow	11:00am - 12:00pm	BAE SYSTEMS

For more info or to secure your place
Email: advantage@barrowlfc.com Call/text: 07483867908



MONDAY

- Junior Raid Runners Athletics

Time: 5.30 - 6.30pm (£2)

Location: Furness Academy Athletics Track

TUESDAY

- Rambling Raiders Well Being Walks

Time: 10.30 - 11.30 (Free)

Location: Various

- Golden Raiders Chair Based Exercise

Time: 2.15 - 3.15pm (Free)

Location: Croftlands Community Centre

- Raider Girls Rugby Training (5-14 years)

Time: 5.30 - 6.30pm (Free)

Location: The Matt Johnson Prestige Stadium

- Raiders Boxercise (Children and adults)

Time: 5-6pm (£3 adults/£1 children)

Location: The Matt Johnson Prestige Stadium

- Girls Rugby Strength & Conditioning (Year 11 - 19 years)

Time: 6.30 - 8.30pm (Free)

Location: The Matt Johnson Prestige Stadium

WEDNESDAY

- Able Raiders - Sports sessions for adults/young people with learning disabilities

Time: 10.30 - 12 midday (£2)

Location: The Matt Johnson Prestige Stadium

- Mini Raiders (2-3 years / 4-5 years)

Time: 4.15 - 5.15pm (£3)

Location: The Matt Johnson Prestige Stadium

ADVANTAGE!

BARROW RAIDERS
COMMUNITY FOUNDATION

THURSDAY

- Golden Raiders Chair Based Exercise

Time: 9.30 - 10.30am (£3)

Location: North Scale Community Centre

- Silver Raiders Walking Rugby Training (55+ years)

Time: 11 - 12 midday (£3)

Location: The Matt Johnson Prestige Stadium

- Raider Braves Boys Rugby Training (5-14 years)

Time: 5.30 - 6.30pm (Free)

Location: The Matt Johnson Prestige Stadium

- Raiders Dodgeball (£2)

Time: 5.15 - 6.15pm

Location: Hoops Basketball Centre

FRIDAY

- Rambling Raiders Well Being Walks

Time: 9.30 - 10.30am (Free)

Location: Various

- Golden Raiders Chair Based Exercise




Time: 11 - 12 midday (£3)

Location: Hawcoat Community Centre

**TIMETABLE
SUMMER 2022**



Contact: advantage@barrowlfc.com

   [advantagebarrow](https://www.facebook.com/advantagebarrow)



come and join us!

Discover more of your local area, meet new people and enjoy being outdoors



Mondays

Living Well Centre Walks

Every Monday morning, meet at 10:30am at the Living Well Centre, Duke Street, Barrow-in-Furness.

Short walks on pavements and paths around Hindpool, Channelside and the reservoir.

Please call to book a place.

Contact: Anne on 01229 444407

Wednesdays

Walney Shoreline Walks

Every Wednesday morning, meet at 10:25am at The Round House, Biggar Bank Road, Walney

Contact: Richard on 01229 587085

Thursdays

Barrow Park Walk

Every Thursday morning, meet at 10.30am at Life Leisure Centre Foyer, Greengate Street

With Raymond

Fridays

Hawcoat Park

Every Friday morning, meet at 9.30am at Hawcoat Park Sports Club.

2-3 miles moderate walk

With 'Advantage! Barrow Raiders Community Foundation'

To find out more, advantage@barrowrwc.com



Supported through funding from players of People's Postcode Lottery

Why not join HAWCs for a Healthy Walk

Meet at Life Leisure/ Front Door

Barrow Park

Tuesdays 1pm

Bring your own refreshments

Barrow Leisure Centre

65+ CLASSES AND GYM SESSIONS

£2
non-members

We have a programme starting for over 65's offering some classes and gym sessions to help motivate you to get moving again after lockdown.

*Here at **lifeLEISURE Barrow Park** we want to help you gain the confidence to get out of the house and get active again!*

MONDAYS 11.15-12.00 - ZUMBA GOLD 13.15 -14.00 - TAI CHI 13.30-14.30 - GYM SESSION	TUESDAYS 10.30-11.00 - YOUNG@HEART 11.15-12.00 - LATIN DANCE 13.30-14.30 - GYM SESSION	WEDNESDAYS 13.30-14.30 - GYM SESSION
THURSDAYS 13.15-14.00 - YOUNG@HEART 13.30-14.30 - GYM SESSION	FRIDAYS 13.30-14.30 - GYM SESSION	

01st June 2022

Rampside Village Hall:

Yoga starting Thurs 7th July 10.45am to 11.45am and 5.30pm to 6.30pm - contact Margaret 07751874225

Table Tennis

Ladies: Wednesdays 10.30am to 12pm

Gents: Thursdays 1.30pm to 2.30pm

Online activities

Sport England	www.sportengland.org
NHS	www.nhs.uk/live-well/exercise/free-fitness-ideas/
Joe Wicks The Body Coach	www.youtube.com/user/thebodycoach1
Mr Motivator	www.youtube.com/user/mrmotivatortv
NHS	www.nhs.uk/10-minute-shake-up/shake-ups
BBC Super Movers	https://www.bbc.co.uk/teach/super-movers