


Lifestyle signposting opportunities for Scarborough

(Please contact services direct for up-to-date costs as prices may change from April 2011.)

<p>Gym Fitness facility available</p> <p>Classes (Prices range from £3.15 - £4.05) Hi Lo aerobics Aerobics Tai Chi Low Impact Men's keep fit Fun and fitness Health and fun club (for over 50s)</p> <p>Easyline Designed to be used by any individual regardless of age or physical ability; it's used in a group situation and is ideal for previous non exercisers (£2.50 per class)</p> <p>Exercise referral A qualified exercise referral instructor is available for eligible patients at a subsidised rate, following referral from a health professional. Individualised programmes are designed based on the specific needs of the patient (£25 for 10 weeks including personal instructor time).</p> <p>Sport (Prices from £5.05) Badminton - Tennis - Football - Table tennis</p>	<p>For further information please contact:</p> <p>Scarborough Sports Centre Filey Road Scarborough YO11 2TP</p> <p>☎ 01723 360262</p> <p>www.scarborough.gov.uk</p> <p>Membership or pay as you go</p> 
<p>Gym Shape Shop fitness suite</p> <p>Classes Aerobic sessions</p> <p>Sport Sports hall and Tennis centre</p>	<p>Pindar Leisure Centre Moor Lane, Eastfield, Scarborough, YO11 3LW</p> <p>☎ 01723 585637</p> <p>Pay as you go only</p>
<p>Swimming Indoor six lane Pool (25 x 12.5 metre) £2.90 - £4.60 Aquafit £4.10 per session Swimming lessons: Adults lessons (age 16+) £43 for 10 or £4.30 each</p>	<p>Scarborough Swimming Pool Ryndle Crescent Scarborough YO12 6AQ</p> <p>☎ 01723 367137</p>

Outdoor activities

For opportunities to take part in outdoor physical activity, **Groundwork North Yorkshire** may offer a suitable alternative to the usual options. They are a voluntary sector agency who work with volunteers on a range of projects involving countryside conservation and practical environmental improvement works, as well as planting, landscaping and habitat management

For more information contact Tom Mutton on (01723) 232320 or tom.mutton@groundwork.org.uk

www.groundwork.org.uk/nyorkshire



Extend (Age Concern)

Fun and easy exercises to music while seated using apparatus.

Chair based exercise classes for the Over 50s are provided by Age Concern

West Ayton Methodist Chapel - Tuesday 1.15-2.45 pm £2.00

Glaves Close, East Ayton – alternative Thursdays 10.00-11.00 £2.00

Cedar Court, East Ayton – alternative Thursdays 10.30-11.15 £1.50

Oasis Centre, Castle Road – alternative Thursdays 1.30-2.30 £2.00

To book a place ☎ 01723 379058

www.ageconcern.org.uk



Extend (Support for Carers)

Simple routines to music for the over 60's, which aids co-ordination, flexibility and movement provided by qualified Extend teachers.

Each session is £2.

Eastfield Community Centre - Monday 10.15 - 11.45 am

Scarborough Emmanuel St John's Church, St John's Rd (off Falsgrave) - Wednesday 1.15 - 2.45 pm

☎ 01723 364808 for further information

Health Walks


Led community walks are available through Age Concern and are free of charge. All abilities welcome!

Please contact Age Concern on 01723 379058 for further details.



North Yorkshire Stop Smoking Service

North Yorkshire Stop Smoking Service NHS provides locally based one-to-one or group sessions, both with the expert guidance of a Specialist Stop Smoking Advisor.

 **0300 303 1603** for further information and appointments

www.nypct.nhs.uk/stayinghealthy/StopSmoking

The advisor will give information about medications on prescription to help you stop smoking and can assist you in getting a prescription.




Health Trainers

Health Trainers work on a one to one basis to supports individuals to set achievable, realistic goals, signposting them to appropriate local services and groups as necessary.

Health Trainers offer support with:

- healthy eating
- losing weight
- physical activity
- stopping smoking
- reducing alcohol and substance misuse
- reducing stress and anxiety

 0800 917 7752

 www.nypct.nhs.uk/StayingHealthy/HealthTrainers.htm

They are based at Falsgrave Community Resource Centre, Seamer Road, Scarborough.


Weight Watchers

Available at three locations within Scarborough:

- Westborough Methodist Church
- Alexandra Bowling Club
- Queen Street Methodist Church

www.weightwatchers.co.uk

(Select Find a meeting)

 08457 123000



Slimming World

- St Johns Church, St Johns Road, Scarborough
 01723 370339, Fridays 10:00 am and Thursdays 6:00 pm
- St Columbia Church Hall, Dean Road, Scarborough
 01723 507734, Mondays 10:00 am
- Scarborough Hospital Sports & Social club, Woodlands Drive, Scarborough,  01723 378762, Tuesdays 6:30 pm
- St Columba's Church Hall, Dean Road, Scarborough
Wednesday 5.00 pm and 6.30 pm

www.slimmingworld.com (Select Nearest group search)

