



## OLDER ADULTS 2012

**Go For Life Workshops** - The Go for Life Workshops are now available to all and we are running these workshops in March and April beginning with Rolling and Bowling on Monday 5<sup>th</sup> March. Workshops will now also be held in Cill Bara, Waterford City and Kilmacthomas, Waterford County. There is a flat charge of €10 for the workshops even if you can only attend one. **Please contact Peter Jones on 058 21191 for an Application Form**

## GENERAL ACTIVITIES FOR ALL

**Link2BActive** – WSP's Link2BActive programme has been launched!!!

This programme advertises local facilities and clubs who offer discounted rates/exercise opportunities for older adults. You can see participating facilities by going to this link **<http://www.waterfordsportspartnership.ie/bactive.shtml>**.

### OFFERES INCLUDE:

- Ten Pin Bowling for older adults, Waterford Bowl, **€3.50 per frame Mon-Fri**
- 18 holes of Golf, Williamstown Golf Club, **€11.50, Mon-Fri**
- Pitch and Putt, Regional Sports Centre, **€2.50 all day, every day**
- Reduced gym rates from Butler Community Centre, Cill Barra Sports Centre, Cappoquin, Clonea Leisure Centre, Kingfisher and Park Hotel - see website
- 

**Bowling opportunities** – Due to the success of WSP Bowling programme in 2011, a number of centres currently run weekly bowling sessions as outlined below

<b>Butler Community Centre</b>	– contact 051 876907
<b>Cill Barra Sports Centre</b>	– Tuesday 10.30-12.30, Thursday (men only) 10.30-12.30 €3 (051 350800)
<b>Dungarvan Sports Centre</b>	– On request 058 41111

We are also extremely fortunate to have the only outdoor bowling rink and older adult gym in Waterford in the **Causeway Tennis Club, Dungarvan**. I would urge everyone to visit this facility for a free taster session and their annual membership is €100 per person or €180 for a couple, both of which can be paid in instalments.

Contact Donal McGovern on 087 9954016 for your taster session or any queries.

**Spring Walking Series** –Waterford Sports Partnership is hosting a Spring Series of walks - details will be posted on the website soon. These walks are for all so bring your friends and family. Any questions please contact Jane O'Dwyer on 086 1985729 or email [jodwyer@waterfordsportspartnership.ie](mailto:jodwyer@waterfordsportspartnership.ie)

## WSP Programmes

DATE	PROGRAMME	COST	INFORMATION
March-April	Go for Life	€10 per person	4 workshops planned
March – July	Link2BActive	Dependant on activity	Open days being held by WSP
April	Fittlesticks	€10 per person	Five week walking programme
April	PA ideas for AR groups	€5	Training session in a variety of activities that can be used with your AR groups
May	Pedometer Challenge	€10 per person	Five week programme for groups of 5 to record how many steps they can walk per week. Step counters, Hi Vis vests given to all
June/July	Caman Abu	€5 per person	Adapted Hurling indoors with rubber hurleys and foam sliotars. A five week programme for teams of seven

**1: WSP Link2BActive promotion for Older Adults (March-July)** –As part of the Link2BActive programme, bowling centres, surf schools, golf clubs and gyms are offering discounted rates to older adults. To highlight these facilities, WSP will run a 'one day discounted' taster session for anyone aged 55 years and over in these facilities. This is a great chance to try something new and to challenge yourself and maybe bring another activity to become part of your personal exercise regime.

**2: Fittlesticks Programme (April)** – WSP have received funding from Go for Life to run a five week walking programme called Fittlesticks. These one hour weekly sessions will be delivered by Frank Fahey and will focus on the use of Nordic Poles to improve aerobic fitness, flexibility and muscle strength.  
**The cost for this programme will be €10.**

**3: Physical Activity Ideas workshop for Retirement groups (April)** – This one day workshop gives practical demonstrations of games such as Boccia, Box Hockey, Caman Abu, Indoor Bowling, Polybat and Speed Stacks which individuals can then utilise with their own groups. The workshop will be led by WSP and PALs involved in the South East Network. Equipment will be available for groups to borrow and information will be given on where to buy equipment if groups deem this necessary.  
**The cost for this programme is €5**

**4: Pedometer Challenge (May)** – Interested to see how many steps you can walk a day? Following on from the success of last year's programme, WSP are looking for 50 participants in Waterford City and 50 in Waterford County to take part in their 2012 pedometer challenge. This five week programme will involve individuals being given a pedometer, hi vis vest and a group walking pack and recording how many steps they have walked each day. Waterford Sports Partnership will lead one walk a week.  
**The cost for this programme is €10**

**5: Caman Abu programme (June/July)** – Caman Abu is indoor hurling for older adults. The game and equipment has been adapted so anyone of any ability and mobility can play in any sized area and at any pace so 'Is feidir Lin'. This five week programme will begin with a training day for interested individuals and will be held in Waterford City and Waterford County. Teams are limited to seven.  
**The cost for this programme is €5**