

Exercise, sport and physical activities for seniors.

Starting first week in October 2019

GSLA Bayside Sports Complex.

GSLA – Fun Recreation Afternoon for men and women – Tuesday’s 1.45pm to 3.30pm. Badminton, table tennis and carpet bowls, a fun afternoon for men and women. Please wear white soled training shoes and bring along a drink. Tel. 20076522 or email Michelle.turner@gsla.gi for further information. No need to book.

GSLA - Exercise to Music – Thursday’s at the Bayside Sports Centre, Victoria Sports Hall.

- **Class one - 9.15am to 10am** - Aimed at ages 55 to 67, a low impact class which includes warm up, mobility, cardio-vascular work, muscular strength, endurance and co-ordination.
- **Class two - 10.15am to 11am** - Aimed at 68 years and over. A slightly more controlled class incorporating all of the above. Tel. 20076522 or email Michelle.turner@gsla.gi for further information.

Both classes require those taking part to be able to stand and sit and to be able to move forwards, backwards and to the side unaided. No need to book.

GSLA Swimming Pools Complex.

GSLA Swimming Pools Complex offer opportunities for seniors, swimmers and non-swimmers, to swim in their 25 metre and accessible swimming Pools. Please contact GSLA Swimming Pools on Tel 20063601 for a programme of seniors swimming times or email swimmingpool@gsla.gi for up to date information.

Other physical activities available for seniors.

Mobility & Chair Exercises – Tuesday’s 10.30am to 11.30am .King’s Bastion Leisure Centre - Primarily for those over the age of 70 years, aimed at maintaining mobility, balance and co-ordination. Contact Janet Lima on Tel. 54195000/20071318 or Christine Payas on Tel. 54029322/20040961 or e-mail cushycushy60@icloud.com for further information and to register.

Yoga for mature older adults – Wednesdays 9.30am to 11am. Fantastic exercise for mature older adults held at the Yoga Centre, Town Range, led by highly experienced Yoga instructor Jasmine Viagas. Email jasviagas@yahoo.co.uk or Tel 54029918 for further information.

Tai Chi, Mobility and Relaxation - Wednesdays 10am to 11am at Gibraltar Tai Chi premises, Wellington Front. This gentle form of martial art will focus on core strength and mobilising joints that can be troublesome as we become older. *Sessions start Wednesday 2nd October.* Contact Marie on mariedcfox@gmail.com for further information. For details of existing sessions please see Rock Tai Chi Facebook page or contact Dilip on email rocktaichi@trainingtm.net or Tel 20078714.

Ten Pin Bowling at King's Bastion Leisure Centre 9am to 11pm. Off-peak rates for senior citizens. PAAMOA members meet Tuesday mornings 10am and Friday afternoons 2pm for friendly competition.

Petanque – available most early evenings (Weather permitting) at the Smith Dorrien Avenue Petanque Association Headquarters. Email mariovictory@hotmail.com or Tel. 54002652/20071691.

PAAMOA have an extensive programme of Aqua Aerobic, Pilate's and Mobility, Movement and Memory classes for seniors. Please contact the Physical Activities Association for Mature Older Adults (PAAMOA) via their website WWW.PAAMOA.GI or their PAAMOA Facebook page 'PAAMOA@' for further information.