



Newsletter Sept to Dec 2009

Welcome to the 'Everybody Active' Newsletter. Everybody Active is a sport and physical activity programme for adults with disabilities. This newsletter will inform you of upcoming events and weekly sessions.

New Sessions at Rivermead Leisure Complex

Everybody Active: GYM SESSIONS

Start date: Thurs 1 Oct

Time: 10.00am - 12noon

Cost: £3.50

This is an open session for all Everybody Active participants. There will also be the opportunity for Everybody Active Pathway Referrals to join in an easy line circuit session with a qualified instructor. Participants must have had a fitness induction prior to the session.



Everybody Active: SWIMMING SESSIONS

Start date: Tues 29 Sept

Time: 2.30 - 3.30pm

Cost: £2.00

This open session is for adults with disabilities.

**For further information contact
Rivermead Leisure Complex
0118 901 5000**

Do you want to Volunteer?

Volunteering is a great opportunity to:

Meet new people

Make friends

Learn a new skill

Gain a qualification

You can volunteer on a sessions such as the walking club, cycling, multi-sport, trampolining and events. You could be a leader, helper or help complete paperwork. If you become a volunteer you will receive training, a mentor and a uniform.

Contact Tim Waters for further information: 07971308586 or email

timothy.waters@nacro.org.uk



**See over for session &
session updates...**

Weekly Sessions

www.sportreading.co.uk/getactive

Day	Activity	Time	Where	Contact	Notes
Mon	Multi Sport	1.15 - 2.15pm	Cintra Park	0118 901 5712	Sports change wkly
	Gym Session	1.00 - 3.00pm	Palmer Park Stadium	0118 901 5080	Induction required
	Swimming	1.30 - 3.00pm	AcademySport Centre	0118 937 0270	
Tues	Gym Session	10.30 - 12.30pm	AcademySport Centre	0118 937 0270	Induction required
	Gym Session	10.00am - 12noon	Rivermead Leisure Complex	0118 901 5000	Induction required
	Multi Sport	1.30 - 3.00pm	Prospect Park	0118 901 3848	
Wed	Cycling	10.00 - 10.45 &	Palmer Park Stadium	0118 901 5080	Pay at reception
	Cycling	10.45 - 11.30am	Palmer Park Stadium	0118 901 5080	Pay at reception
	Swimming	11.00am - 12noon	Central Pool	0118 901 5070	
Thurs	Boccia	1.00 - 3.00pm	Meadway Sports Centre	0118 901 5060	Pay at reception
	Gym Session	1.00 - 3.00pm	Palmer Park Stadium	0118 901 5080	Induction required
	Trampolining	3.00 - 3.45pm	Meadway Sports Centre	0118 901 5060	Limited spaces
	Swimming	2.30 - 3.30pm	Rivermead Leisure Complex	0118 901 5000	
Fri	Walking Club	10.30 - 11.30am	Palmer Park Stadium	0118 901 5080	Free session
	Trampolining	1.00 - 1.45pm & 2.00 - 2.45pm	AcademySport Centre	0118 937 0270	Limited spaces

For more information please contact Kayleigh Hodges, Physical Activity Officer
Tel. 0118 901 5712 or email: kayleigh.hodges@reading.gov.uk