

MAKE THE
COMEBACK

Active
lifestyles team

MAKE YOUR COMEBACK TO ACTIVE NORTH AYRSHIRE



| leisure



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THE ACTIVE LIFESTYLES TEAM

The Active Lifestyles Team delivers a Health and Wellbeing Service within local communities, supporting people across North Ayrshire to become 'More Active, More Often'.

This includes our Active North

Ayrshire, Physical Activity on Referral Programme which provides a range of general and condition specific classes.

Our team of Physical Activity Consultants are highly qualified to ensure you are supported and exercising safely.

If you are living with a long-term health condition and would like support to help you become more active for further information:

Email activelifestyles@kaleisure.com or contact us on (01294) 605128.

ACTIVE NORTH AYRSHIRE



MAKING THE COMEBACK

We're looking forward to welcoming our Active North Ayrshire, Physical Activity on Referral Programme participants into our facilities on Monday 28th September.

This booklet contains everything you need to know

and includes the Active North Ayrshire class timetable.

Our programme has changed but we have ensured there is a class suitable for everyone. All our prices remain the same. You can attend a suitable class at any of our available venues.

MAKING THE COMEBACK

HOW TO GET STARTED

It's really important that we ensure you exercise safely.

If you are already a participant within one of our programmes, a member of our team should have already been in touch with you by telephone. If you haven't heard from us please get in touch before trying to book into an activity.

We need to ensure we have accurate up

to date information on any medical conditions you have and medication you are taking. A medical update form must be completed before attending any Active North Ayrshire classes. If you haven't yet completed a form please contact the team and we will organise this for you.



Fit4Access™
Helping everybody feel safe

To ensure the safety of everyone who comes back into our centres, we need you to complete a Fit4Access pass before entering any of our facilities.

Fit4Access is a new online platform designed to help provide greater safety and reassurance to everyone in our facilities. Both staff and customers will be asked to

complete an online health check through Fit4Access to receive their pass which you must show at reception prior to taking part in your activity. You will be required to update your pass every 14 days.

Use the following link to obtain your Fit4Access pass:

www.fit4access.co.uk

If you have any concerns, are feeling anxious about Making the Comeback to our facilities or need support to get started, please contact the team at **activelifestyles@kaleisure.com** or call on **(01294) 605128**

KEEPING YOU SAFE

In addition to the free online programme we launch our facility based revised programme on 28th September.

Behind the scenes we have been working hard to ensure that our facilities are safe for both staff and customers.

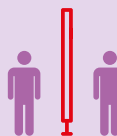
As our facilities reopen there will be:



AMENDED
opening
hours



ONE WAY
SYSTEM
at facilities



PROTECTIVE
SCREENS
at reception



SOCIAL
DISTANCING
markers



ADVANCE
BOOKING
by telephone



HAND
SANITISER
at facilities



FACEMASKS
MUST be worn in
communal areas



NO SHARING
of
equipment



STUDIOS
CLEANED AND
VENTILATED
after classes

Although our timetable will look different, we have ensured there is a class suitable for everyone.

CLASS PROGRAMME

To ensure you can return safely to our facilities, our class programme has been revised.

You might find that your usual class is no longer in our programme however there will be another class suitable for you. All our prices remain the same. If you are unsure what class to attend please contact a member of our team.

PORTAL

	CLASS	TIME	STUDIO
MON	Falls based	10.30-11.30am	Studio 1
	HARP circuit	10.45-11.45am	Main Hall
	Low circuit	4.15-5.15pm	Main Hall
TUE	Falls based	9.15-10.15am	Main Hall
	Falls based	10.45-11.45am	Main Hall
	Low circuit	4.15-5.15pm	Main Hall
WED	HARP circuit	9.30-10.30am	Main Hall
	Low circuit	12.45-1.45pm	Main Hall
THU	BACPR	11.30-12.30pm	Main Hall
	Falls based	1-2pm	Main Hall
FRI	Low circuit	9.30-10.30am	Main Hall
	HARP circuit	11-12pm	Main Hall

All facility based classes, online classes and group walks must be booked in advance by contacting activelifestyles@kaleisure.com or (01294) 605128.

AUCHENHARVIE

	CLASS	TIME	STUDIO
MON	BACPR	9-10am	Studio 2
	Falls Based	10.30-11.30am	Studio 2
	Falls Based	12.30-1.30pm	Studio 2
	HARP Circuit	1-2pm	Studio 1
	Low Circuit	4-5pm	Studio 1
TUE	Falls Based	10-11am	Studio 2
	BACPR	10.30-11.30am	Studio 1
	HARP Circuit	12-1pm	Studio 1
	Falls Based	12.30-1.30pm	Studio 2
	Low circuit	4-5pm	Studio 1
WED	Falls Based	10-11am	Studio 2
	Low Circuit	10.30-11.30am	Studio 1
	Low Circuit	11.30-12.30pm	Studio 2
	Low Circuit	12-1pm	Studio 1
	Falls Based	1-2pm	Studio 2
THU	Falls Based	11.30-12.30pm	Studio 1
	HARP Circuit	11.30-12.30pm	Studio 2
	Low Circuit	1-2pm	Studio 2
	HARP Circuit	1-2pm	Studio 1
FRI	Falls Based	9.30-10.30am	Studio 2
	HARP circuit	10.30-11.30am	Studio 1
	Low circuit	11-12pm	Studio 2
	HARP circuit	12-1pm	Studio 1

As places are limited you must contact us if you can no longer attend so we can offer your place to someone else.

VIKINGAR

	CLASS	TIME	STUDIO
MON	Low Circuits	10.30-11.15am	Theatre
	HARP circuit	11.45-12.30pm	Theatre
	Falls based	1-2pm	Theatre
TUE	Low circuit	12-12.45pm	Theatre
	Falls based	1.15-2pm	Theatre
WED	Low circuit	9-10am	Theatre
	Falls based	12.30-1.30pm	Theatre
	HARP circuit	4-5pm	Theatre
THU	HARP circuit	11-12pm	Theatre
	Falls based	12.30-1.30pm	Theatre
FRI	Low circuit	9.30-10.30am	Theatre
	Low circuit	12.30-1.30pm	Theatre

HEALTH WALKS (Free)

	MEETING POINT	TIME		MEETING POINT	TIME
MON	West Kilbride Campus	10am	WED	Vikingar	1pm
	The Cross, Dalry	12.30pm		The Circuit	2pm
	Auchenharvie LC	2pm		Eglinton Park	2pm
TUE	Garnock Campus	10am	FRI	Auchenharvie LC	2pm

ONLINE

If you're not yet ready to come back into our facilities, we can continue to support you to stay active with our programme of free online classes:

	CLASS	TIME		CLASS	TIME
MON	Breathe with Ease	12pm	WED	Hip and Knee	11.30am
	BACPR	2.30pm		BACPR	2.30pm
	BACPR	3.30pm		BACPR	3.30pm
TUE	Bone Health	2.30pm	THU	Gentle Movement	11am
	HARP	3.30pm		Breathe with Ease	2.30pm
				Move More	3.30pm
			FRI	Neuro Rehab	12.30pm
				Hip and Knee	2pm