

PHYSICAL ACTIVITIES



AVSED social programmes
and activities

Activity	STRENGTH & BALANCE PROGRAMME - LEVEL 1
Description	22-week pilot programme run by Active Leeds. Focussing on fall prevention techniques and building resilience. An hour of strength and balance exercises, followed by refreshment and social element with AVSED.
Cost Per Person	FREE
Transport	YES
Suitability	Accessed through Active Leeds

Activity	BACK TO BASICS - LEVEL 2
Description	Weekly chair-based, gentle and steady routines, exercising every part of the body along to music. The focus is on balance and muscle strengthening exercises – using apparatus such as balls, bands and light weights. Followed by refreshments and social time.
Cost Per Person	Activity - £3.00 Transport - £3.00
Transport	YES
Suitability	Need to be able to transfer onto a chair, manage own personal care and be able to participate in seated exercises.

Activity	STEPPING UP - LEVEL 3
Description	Weekly standing and chair-based routines, quicker-paced, aerobic style - exercising every part of the body, along to music. This class is the next level up from Back to Basics. The focus is on strength and stamina, with progressive routines on posture and stability. Followed by refreshments and social time.
Cost Per Person	Activity - £3.00 Transport - £3.00
Transport	YES
Suitability	Need to have a good level of ambulant mobility, manage own personal care and be able to participate in standing exercises.

Activity	TAI CHI – FOUNDATION - LEVEL 4
Description	Weekly open and welcoming class suitable for beginners. The class is fully standing, working on set routines that focus on flexibility, balance and posture along with breathing and meditation techniques.
Cost Per Person	Activity - £5.00 Block monthly payments (£20/25)
Transport	NO
Suitability	Need to have a high level of ambulant mobility, able to stand for the whole session and be fully independent.

Activity	TAI CHI – INTERMEDIATE - LEVEL 4
Description	Weekly intermediate class for those who have done tai chi before and/or have progressed from our foundation class.
Cost Per Person	Activity - £5 Block monthly payments (£20/25)
Transport	NO
Suitability	Need to have a high level of ambulant mobility, able to stand for the whole session and be fully independent. Need to have practised tai chi at a progressive level previously.

Activity	DANCE - LEVEL 5
Description	Weekly open and welcoming class, suitable for beginners. Easy-to-follow steps themed on popular dance styles. This class is fun and energetic, working the whole body.
Cost Per Person	Activity - £5 Block monthly payments (£20/25)
Transport	NO
Suitability	Need to have a high level of ambulant mobility, able to stand for the whole session and be fully independent.

