



**Gibraltar Sports and Leisure Authority
Bayside Sports Centre
Bayside Road
Gibraltar**



PRESS RELEASE

No: 23/2013

Date: 11th January 2013

Sport & Leisure Activities for Mature Older Adults starting January 2013

The Gibraltar Sports & Leisure Authority and the Physical Activities Association for Mature Older Adults (PAAMOA) have been working together to create a 'Look After Ourselves,' programme for Gibraltar's senior citizens.

The Chinese philosophy 'use it or lose it,' runs strongly through the local senior population who not only benefit from keeping their bodies and minds agile and active, but also enjoy the social interaction involved by taking part in these programmes.

The weekly programme includes:

Mondays

Aqua Fit – 8.30 to 9.30am

Swimming and exercises in the GSLA big pool with Angie Santos.

Contact PAAMOA, simoneredman@hotmail.com or Tel 54886000 / 20043738 for further information.

Tuesdays

Power Walking - 9.45 to 11am

Bayside Sports Centre

Fitness trail; no kerbs, traffic or fumes - a great way to start the day.

No need to book, just turn up.

Ten Pin Bowling - 10.30am to 12noon

Kings Bastion Leisure Centre

Expert advice on how to play the game is offered.

Special price and a free cup of coffee for PAAMOA members

Telephone 20077338 or e-mail information@kingbowl.com for further information.

Mobility & Chair Exercise Session

Kings Bastion Leisure Centre

Primarily for those over the age of 70.

These sessions are aimed at maintaining mobility, muscle strength and co-ordination.

Two sessions are held in the morning. Times will be confirmed at registration.

Please note there is currently a waiting list, those wishing to join should contact Janet Lima on 20070346/54195000/20071318 or Christine Payas on 54029322/20040961 or via e-mail seniorschairexercises@hotmail.co.uk

Swimming - 10am to 12noon

Gibraltar Sports & Leisure Authorities (GSLA) small pool.

Lifeguard on duty.

Please call 20066118 for further information.

Wednesdays

Yoga for Mature older adults - 9.30 to 11am

Yoga Centre, Town Range

Fantastic exercise for mature older adults led by Karen Avellino, one of Gibraltar's most experienced Yoga instructors.

For further information on the types of Yoga held at the Integral Yoga Centre, please call 20041389.

Thursdays

Recreation Morning for seniors - 10.45am to 12.45pm

Bayside Sports Centre

Badminton, table tennis, soft tennis and carpet bowls, for men and women.

Please wear white soled training shoes and bring a drink.

Time slot available subject to availability.

For further information, please call 20076522.

Thursdays

Exercise to Music Classes - 9.30 to 10.15am

Bayside Sports Centre

Aimed at ages 55 to 65.

A low impact class which includes warm up, mobility, cardio-vascular work, muscular strength and endurance and co-ordination.

Exercise to Music Classes - 10.30 to 11.15am

Aimed at 65 years and over.

A slightly more controlled class which concentrates on mobility, controlled aerobic exercise and core stability.

For further information, please call 20076522.

Fridays

Water Exercises for Frail Older Adults - 12noon to 1pm

GSLA small pool

A class aimed at introducing members to controlled mobility and strength exercises in the water. Contact Simone on e-mail simoneredman@hotmail.com or telephone 54886000/20043738 to check availability.

Saturdays

Swimming - 1 to 3pm

Senior Citizens swimming in the GSLA small pool.

Lifeguard on duty.

Please call 20066118 for further information.

Tai Chi - 1 to 2.30pm

Yoga Centre, Town Range

This gentle form of martial art stretches the body so that it can find its natural balance.

Email: rocktaichi@trainingtm.net or telephone 20078714 for information on costs etc.

Senior Aqua Aerobics & Aqua Fit

Please contact the Physical Activities Association for Mature Older Adults (PAAMOA) co-ordinator on e-mail simoneredman@hotmail.com or telephone 54886000 or 20043738 for further information.

For further information on sport and physical activities for seniors please contact the Sports Development & Training Unit on e-mail gibsportsdev@gibtelecom.net or telephone 20076522.