

Senior Physical Activity & Adapted Sports Programme

Improve your health, mobility and well-being!

Gain several health benefits from participating from just one session a week.



Our aim is to increase the activity of over 60's through fun, physical activity and healthy living.

All sessions £8

SPAAS Summer Activity Sessions Lakeside Campus

This summer we're delighted to offer a range of activities to choose from.

2nd August

Mindfulness walking: be in the moment as you immerse yourself in the natural environment. Be mindful of how you move & the environment as you walk around our 1.5m woodland trail.

9th August

Functional skills circuit training: Follow our series of everyday activities around this fun filled, timed circuit. Shoveling sand, raking the grass, clearing the path, are just some of the things we'll be doing.

16th August

Raft building: working as a team, design, build, then float your raft around the lake. We'll provide you with all the equipment & instruction you need.

23rd August

Tower climb: traverse our newly opened climbing tower & take in the amazing view once you reach the summit. Full instruction will be provided & equipment supplied.

30th August

Paddleboarding: following land-based instruction, paddleboard around the 1.6m perimeter of the lake. You can sit/kneel/stand on your paddleboard. All equipment will be provided.

6th September

Du/triathlon: choose 2 or 3 of the following activities to participate in this timed event. 1.6mile run/walk, 600m kayak, 200m open water swim, archery shoot out, timed tower climb. Achieve your PR. All equipment will be provided.

All sessions run from 10 – 11.30am & must be booked *in advance*!

For any more information, please contact us at:

spaas@worc.ac.uk

