

Jump out that chair

Get moving and get fit for the future with the WI!



**The WI Sports Week,
AUTUMN-ANTICS,
Monday 12 September -
Sunday 18 September 2016.**

The aim of the WI Sports Week is to encourage as many members as possible to not only try out new sports or activities but to focus on the benefits of leading a healthier lifestyle.

Disclaimer

**Entrants take part in the events at their own risk.
North Yorkshire West Federation of WIs will not be
liable for any claims as a result of injuries sustained
whilst taking part in this event**



Windsurf and Sailing Taster **Yorkshire Dales Sailing Club** **Grimwith Reservoir** **BD23 5ED**

2pm - 4pm (Arrival time 1.40pm)

Windsurfing - Max 6
Sailing - Max 6

£20 (to include light refreshments)

All must be confident in water, but swimming is not essential

The following is provided for you:

- full body wetsuit,
- floatation jacket,
- helmet,
- plus instruction and safety equipment

Participants need to bring footwear (socks & trainers), swimming costume, waterproof jacket, fleece or neoprene gloves, thin fleece hat and towel. Ladies changing and shower facilities are available.

Medical issues need to be advised.



Walk **Grimwith Reservoir** **BD23 5ED**

2pm

£5 (to include light refreshments)

A gentle 4.5 mile walk round the reservoir. The walk provides stunning views of the adjacent moors together with some wonderful panoramas of the Yorkshire Dales.



Beginner's Yoga

**Go Yoga
Unit 4a, Hornbeam Park
Harrogate
HG2 8QT**

11am - 12noon

£7.50 - Max 25

Beginner's yoga with music and some essential oils, a little sound therapy and a nice meditation

Wear comfortable clothing



Aqua - Hydro in Harrogate

**Jenny Field Drive,
Harrogate
HG1 2RP**

2.45pm - 3.45pm

£7.50 - Max 25

Aqua Fit is an aerobics based session in the pool that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness.

Unlike aerobics on land, Aqua Fit is low-impact and the cushioning effect of the water protects joints in the spine, ankles, hips and knees. It is suitable for people of all ages and abilities.

The class lasts 45 mins then there will be a 15 mins cool down swim.



Hula Hooping
Great Ouseburn Village Hall
Lightmire Lane
Great Ouseburn
York
YO26 9RL

1pm - 2pm

£7.50 (includes light refreshments)

Max 20

For all ages and fitness abilities, beginners and improvers.

The class will cover basic hoop fitness moves and will work on strength, core stability and posture.

For the session you will need; to wear cotton clothing preferably loose fitting trousers with a high waist band (no bare midriffs!). Avoid wearing jewellery. Wear smooth soled shoes that support, bare feet is ok, water.



Climbing Wall
Harrogate Climbing Centre
Hornbeam Park Avenue
Hornbeam Park
Harrogate
HG2 8QT

7.30pm - 9.00pm (Arrive 15 minutes early to get kitted up)

£15 - Max 21

Climbers of all abilities are welcome to attend.

Harrogate Climbing Centre will show you the ropes and provide a taster session in climbing, which can aid the development of co-ordination and motor skills, as well as giving individuals achievable goals.

For people with some physical disabilities, an assisted hoist system is available. This is set up in the abseil tower and gives people a sense of the height and exposure that is experienced through climbing.



Relaxation Techniques

**Alma House
Low St Agnesgate
Ripon HG4 1NG**

3pm - 4.30pm (Doors open at 2.30pm)

£10 - Max 30

This session will give you some background as to why it's so important for us all to find a way to relax in this busy modern 24/7 world.

We will then explore some different methods of relaxation - including visualisation, progressive muscle relaxation and breathing techniques, so that you can leave relaxed and with lots of top tips of bite size ways that you can fit relaxation regularly into your life for a better mind and body.

Please bring with you warm comfortable clothing or a blanket to ensure you keep warm whilst doing the practices.



Golf

**Rudding Park Golf
Rudding Park
Rudding Lane
Follifoot, HG3 1JH**

4pm - 6pm

£12

Max 30

Group Lesson with the Rudding Park Golf Pros (Group split into equal numbers).

All equipment will be supplied. Any comfortable clothing should be worn with strong shoes or trainers. No jeans or tracksuit bottoms.

Harrogate Area - Wednesday 14th September 2016



Fencing

Rossett Sports Centre
Pannal Ash Road
Harrogate HG2 9JP

8pm - 9.30pm (Arrive by 7.50pm)

£12 - Max 16

Come along and learn how to Fence. Please wear trainers, tracksuits trousers/leggings and a short sleeved t-shirt which will go under the fencing kit they supply.

Please bring a water bottle that you can refill at the centre if need be.

Harrogate Area - Thursday 15th September 2016



Fit 4 Life

Arkendale Community Hall
Moor Lane,
Arkendale,
HG5 0RF

10am - 11.30am (includes light refreshments)

£5.50

The session will include a nutritional information talk lasting 30minutes covering things like "the Eatwell plate", Portion sizes, fats and labels.

Then 30minutes of gentle exercise



Tour de Yorkshire Talk

**Littlethorpe Village Hall
Littlethorpe Lane
Littlethorpe
Ripon**

12.30pm for 1pm

£15 (includes lunch) – Max 96

Following the success of Tour de France's visit to Yorkshire in 2014, Tour de Yorkshire is now in its second year showcasing the beautiful countryside our counties have to offer.

David Shields from Tour de Yorkshire will talk to the group about the event and its success, and Yorkshire Fayre lunch will be provided.

Massage

**Castle Clinic
Castle Yard
Knaresborough
HG5 8AS**

7pm – 9pm

£15 – Max 18

Practitioners will deliver a short introduction to massage before they demonstrate some massage techniques that the group can then paired off to practice on each other. The practitioners will supervise the practical sessions, ensuring that everyone carries out the massage techniques safely and effectively

Please bring two bath towels each as these will be used to cover up when you are receiving a massage and to wear. Please wear comfortable clothes and flat shoes for when you are giving a massage and for when you are receiving a massage, shorts could be a good idea, but not at all essential as you will be covered by towels and only the section you are having massaged will be visible (for example, back or leg).





Table Tennis Sawley Village Hall Sawley Ripon HG4 3EQ

2pm – 4pm

£8.50 (includes light refreshments) – Max 12

Table tennis is fastly becoming a very popular sport, with clubs and leagues popping up all.

Ted Flaxman from Sawley Village Hall club will provide tuition and guidance and the group will play matches with the opportunity to record scores.



Dance For Well-Being St Wilfrids Church Hall Duchy Road Harrogate HG1 2EY

2pm – 4pm

£10 (includes light refreshments) – Max 35

A growing body of research is showing how dancing improves physical and emotional well-being in later years. It's been shown to be beneficial for people with a number of conditions including arthritis, Parkinson's disease, dementia and depression.

Dancing for Well-Being is ideal if you find other dancing or exercise classes too much, for example, if you have mobility or balance problems, if you use a walking aid or a wheelchair, or if you find co-ordination or remembering moves difficult.

- You can dance SITTING or STANDING
- You can move at the level to suit your abilities and limitations
- You don't need a partner
- You don't need a good memory.

It's good exercise, it's gentle and safe, it's great for company and friendship, it's relaxing and uplifting , but most important of all it's FUN!

Ripon Area – Saturday 17th September 2016



Clay Pigeon Shooting
Warren Gill Shooting Ground
Carter Ings Farm
Fearby Cross
Ripon HG4 4NE

10am – 12noon

£30 – Max 24

Your experience starts with registration, safety talk, gun fit and checking master eye. Once kitted out with all the safety equipment it's time to have a go. Your personal, friendly CPSA certified instructor will teach you gun handling techniques and you will have plenty of time to practice and perfect your aim.

No more than 6 people to 1 instructor, so no hanging around waiting turns, and personal attention at all times for the 15 clay taster session.

Craven Area – Monday 12th September 2016



Fencing
St Andrews Church Hall,
Newmarket Street,
Skipton

6.30pm – 8.30pm

£12 – Max 12

Come along and learn how to Fence. Please wear trainers, tracksuits trousers/leggings and a short sleeved t-shirt which will go under the fencing kit they supply.

Craven Area – Tuesday 13th September 2016



Rock n Roll and Salsa Dance

**Ings School
Broughton Road
Skipton
BD23 1TE**

7.30pm – 8.30pm

£7.50 – Max 40

The session will include both Rock n Roll and Salsa, with a few easy combinations taught suitable for a range of abilities

Clothing wise – comfort is priority, but skirt and heeled shoes are a good idea for the style of dance, and not trainers.

As you enter the school there is an entrance hall through to the hall, there are toilets just to the right here. There is parking at the side of the school building.

Craven Area – Wednesday 14th September 2016



Golf

**Bentham Golf Club
Robin Lane
Bentham
LA2 7AG**

10am – 12noon

£12

Max 8

Group Lesson with the Golf Pros

All equipment will be supplied. Any comfortable clothing should be worn with strong shoes or trainers. No jeans or tracksuit bottoms.

Craven Area – Wednesday 14th September 2016



Croquet

Pendle & Craven Croquet Club
3 Cemetery Road
Earby
Barnoldswick
BB18 6QX

2pm - 4pm

£7.50 - Max 32

Tuition and guidance from the club will be provided for the fun English sport. A bit of competition and gentle exercise.

Please wear flat soled footwear.

Craven Area – Thursday 15th September 2016



Nordic Walking

Ilkley Old Bridge,
near the Riverside Hotel

10am - 12noon

£15 - Max 12

Nordic Poles will be provided

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross country skiing, Nordic Walking becomes a genuinely whole body exercise that can be enjoyed at many levels, from walking for health to athletic Nordic running.

More than 10 million people globally enjoy this outdoor activity all year round.



Matrix Super Bowl

**Carleton New Road
Business Park,
Skipton
BD23 2AA**

4pm (Approx 1 ½ hrs bowling)

£10 - Max 48

Bowling is a great time out and everyone can enjoy it.

Shoe hire is included in the price of a game and there are balls of all weights to suit your needs.

There are lane barriers for less experienced bowlers.



Aquafit
Richmond Swimming Pool
Old Station Yard
Richmond
DL10 4LD

9.30am – 10.30am

£7.50 – Max 30

Aqua Fit is an aerobics based session in the pool that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness.

Unlike aerobics on land, Aqua Fit is low-impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities.



Boogie Bounce & Blockfit Taster
Boogie Bounce Catterick
Richmond Trading Estate
Richmond
DL10 4SX

3pm – 4pm

£7.50 – Max 17

At the taster session you will be lead through a stretch and warm up, trying Boogie Bounce for the first half which is dancing and bouncing to music on a trampette. For the second half you will be doing Blockfit, which is dancing to music on solid floor this time with elements of combat, leading into a cool down and stretch off. Abilities will be assessed on the day to ensure everyone can be catered for.

Suitable clothing for the taster session: t-shirt, shorts/leggings/ tracksuit bottoms and trainers

Richmondshire Area – Tuesday 13th September 2016



Tai Chi
Health Fusion,
5 Leyburn Road
Masham
HG4 4ER

4pm – 5pm

£8 – Max 8

Reduce stress, improve balance and general mobility, and increase muscle strength in the legs

Richmondshire – Wednesday 14th September 2016



Golf
Catterick Golf Club
Leyburn Road
Catterick Garrison
DL9 3QE
10am – 12noon

£12

Max 15

Group Lesson with the Golf Pros working on the swing fundamentals and hitting balls on practice ground for an hour, short break and then 45 mins on the putting green.

All equipment will be supplied. Any comfortable clothing should be worn with strong shoes or trainers. No jeans or tracksuit bottoms.

Richmondshire – Wednesday 14th September 2016



Beginners Pilates

**Colburn Village Hall
54 Colburn Lane
Colburn
Catterick**

2pm – 3.30pm

£7.50 (includes refreshments.)

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

Pilates has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes

Richmondshire – Thursday 15th September 2016



Zumba

**Richmond Operatics Society
1 Bargate
Richmond
DL10 4QY**

9.30am – 10.30am

£6 – Max 18

The class will mix low-intensity and high-intensity moves for a calorie-burning dance fitness party set to the Latin and World rhythms.

Great fun and a great workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility will leave you with boosted energy at the end of the class.

Health & Wellbeing Event

Colburn Village Hall
54 Colburn Lane
Colburn
Catterick Garrison
DL9 5LZ

1pm – 4pm

£TBC

Counselling
Hypnotherapy
Nutrition
Bars Therapy
Soul Cleanse
Acupuncture

Look out for more information and booking form in next months mailing



Disclaimer

**Entrants take part in the events at their own risk.
North Yorkshire West Federation of WIs will not be
liable for any claims as a result of injuries sustained
whilst taking part in this event**

Booking Form

(This form can be photocopied)

Name:

Address:

..... Post Code:

Telephone : Email:

Name of WI:

Please indicate preferred means of contact: Post Email

Activity Date	Activity	No of Places	Cost

CLOSING DATE FOR ALL ACTIVITIES – WEDNESDAY 17TH AUGUST

PLEASE READ THE FOLLOWING BEFORE PLACING A BOOKING:

- **Please make cheques made payable to NYWFWI and send to Alma House, Low St Agnesgate, Ripon, North Yorkshire, HG4 2NA**
- **Please remember to send a Stamped Address Envelope for confirmation if you wish to receive this by post**
- **Any Queries Please Do Not Hesitate To Contact Michelle On 01765 606339 Or Email: nywfw@btconnect.com**
- **All bookings made by telephone or email must be paid for within 5 working days or your places will be cancelled.**