

# 2010 Autumn Group Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9am					
9-9.30am					High Level Balance inc. Tai Chi (9-10am), Coyle St
9.30-10am					
10-10.30am				Boccia – Social (10-11am) Rocky Nook	Core and lower limb strengthening (10:30-11:30) Coyle St
10.30-11am				Boccia – Advanced (11-12pm) Rocky Nook	
11-11.30am					
11.30-12pm					
12-12.30pm					
12.30-1pm					
1-1.30pm					
1.30-2pm					
2-2.30pm		Upper Limb; Strength, Movement, and hand function (2-3pm), Coyle St			Group Circuit (2-4pm) Coyle St
2.30-3pm	After School Programme (2.30-4.30pm) Coyle St	Relaxation (2:15 – 3:15pm) Coyle St	Low Impact Group (3-4pm) Coyle St	After School Programme (2.30-4.30pm) Coyle St	
3-3.30pm					
3.30-4pm					
4-4.30pm					
4.30-5pm					

White slots are available to book 1:1 Sports Therapy and/or Physiotherapy. Phone 846 6295 ext 831 to book your session.

## Sports Therapy Group Timetable

Below is a timetable of the group classes available. The plan is to run this timetable until the 20<sup>th</sup> August. Please phone Stace on 846 6295 ext 831 to book or for more information.

### **Upper Limb Group:**

This group involves exercises to increase upper limb strength and movement. It may also include exercises to increase hand function and control. Clients can participate in group and individualized exercises.

### **Core and Lower Limb Strengthening Group:**

This group runs for 8 weeks. It is aimed at increasing core stability of the trunk and pelvis and also strengthening the muscles of the lower limbs. Each client will have an individualized programme under supervision in a group setting. A physio assessment is required before beginning this group if you are not already attending physiotherapy sessions.

**Relaxation:** This is an hour long session aimed at learning techniques involved with relaxation. It can be carried out in a chair or on the mats. This is run by Stace (Sports Therapist)

### **Low Impact Group:**

This group is designed as an entry point to exercise so people with any level of physical ability are able to join. Exercises are low impact and often done from a seated position. Participants will learn breathing techniques and simple movements that will help to improve their fitness.

**Boccia:** A Paralympic sport which is a cross between indoor bowls and pentanque. It can be a fun social game or a competitive sport. This is held in Rooky Nook Bowling club.

**High Level Balance:** This group is aimed at improving balance. Exercises are carried out in a circuit and also together as a group, and include a balance emphasis as a “cool-down”. This is a high level-group. Participants need to be independently ambulant or independent with a walking aid. This group will be run by Stace (Sports Therapist) and Jess (Physiotherapist). Due to the level of supervision required the group numbers are limited max 8).

**Group Circuit:** During the autumn we will be having an exercise group aimed at having fun and getting some exercise! We will run wheelchair darts, Tai Chi, upper body circuits etc. People are welcome from 2pm, but can arrive anytime until 3pm. This Group will be directed by what you want to do. It is a great chance for you to fit in those extra exercises that require minimal support / supervision.

### **After School Programme:**

Aimed at 10—18 yr olds for extra exercise in a group environment where they can socialise and have fun

**1:1 Sessions:** In addition to these groups 1:1 sessions Physiotherapy and Sports Therapy sessions are available. Please phone us to make an appointment.