

7-15 June  
2018



Golden Games



# Aberdeen's FREE Sports & Activities Festival for older adults



## THURSDAY 7 JUNE 2018

| Event                               | Description  | Venue   | Time          | Intensity |
|-------------------------------------|--|---|---------------|-----------|
| Table Tennis                        | Table tennis session (singles/doubles)   | RGU SPORT, Garthdee Road, AB10 7GE  | 10.00 - 11.00 | M         |
| Walking Football                    | A slower version of the beautiful game - same rules just no running!   | Torry Sports Centre, Oscar Road, AB11 8ER                                     | 10.00 - 11.00 | M         |
| Racketball                          | Introduction to racketball, which is similar to squash, learning the basics of the game.   | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU             | 10.00 - 11.30 | L/M       |
| Footgolf                            | Footgolf is new to Aberdeen and combines Golf & Football. Easier to play than Golf and no equipment required.  | Hazlehead Golf Complex, Hazlehead Avenue, AB15 8DB                            | 10.00 - 11.30 | L/M       |
| Care Home Pentathlon                | The Team Pentathlon host 5 different physical activity challenges and is specifically for older people from care facilities, sheltered and very sheltered housing complexes, and third sector organisations  | Westburn Outdoor Centre, Westburn Park, AB25 3DE                              | 11.00 - 13.00 | V/L       |
| Walking Netball                     | An adaption of the well-loved game with no running or jogging.   | Jesmond Sports Centre, Jesmond Drive, Bridge of Don, AB22 8UR                 | 12.00 - 13.00 | M         |
| Intro to Gymnastics                 | Take part in a gentle gymnastics session, suitable for beginners or experienced adults, with a qualified coach.  | Alex Collie Sports Centre, Carden's Knowe, Bridge of Don, AB22 8PE            | 12.00 - 13.00 | M         |
| Technogym                           | Easy-going gym equipment designed to help people increase strength, balance & flexibility.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE                              | 12.00 - 13.00 | M         |
| Badminton                           | A coached Badminton session suitable for beginners or those who have played before.  | Torry Youth & Leisure Centre, Oscar Road, Torry, AB11 8ER                     | 13.00 - 14.00 | M/H       |
| Flashmob Rehearsal with Quicksilver | Learn a dance routine to perform if you wish.  | Citymoves Dance Agency Studio, Top Floor, Triple Kirks, School Hill, AB10 1JS | 13.30 - 15.00 | M         |
| Boccia                              | An Indoor version of bowls, played seated.   | Alzhemiers Scotland, King Street, AB24 5AA                                    | 13.30 - 15.00 | L         |
| Care Home Pentathlon                | The Team Pentathlon host 5 different physical activity challenges and is specifically for older people from care facilities, sheltered and very sheltered housing complexes, and third sector organisations. | Westburn Outdoor Centre, Westburn Park, AB25 3DE                              | 14.00 - 16.00 | V/L       |

**Intensity** VL - Very Low L - Low M - Medium H - High

### General Enquiries

If you have any questions about the sessions you can call 01224 438900 and speak to the staff at Aberdeen Sports Village. All bookings must be made via the Box Office.

## FRIDAY 8 JUNE 2018

| Event                     | Description  | Venue   | Time          | Intensity |
|---------------------------|--|---|---------------|-----------|
| Intro to indoor Cycling   | An instructed 30 minute session with music using indoor bikes and the virtual wall for an outdoor view.                                    | Jesmond Sports Centre, Jesmond Drive, Bridge of Don, AB22 8UR                 | 10.00 - 11.00 | M/H       |
| Fitsteps Fab              | A class based on Latin & Ballroom moves.   | Citymoves Dance Agency Studio, Top Floor, Triple Kirks, School Hill, AB10 1JS | 10.00 - 11.00 | M         |
| Nordic Walking            | Nordic walking uses sticks or poles. It is a great all round dynamic strength exercise involving the upper body more than regular walking. | Hazlehead Park (meet at car park beside cafe)                                 | 10.00 - 11.00 | M         |
| Intro to the gym          | An instructor led Gym session, introducing you to the variety of cardio and resistance machines.   | Beach Leisure Centre, Sea Beach, AB24 5NR                                     | 10.00 - 11.00 | M         |
| Learn to Lift             | Introduction to free weight resistance training exercises.   | RGU SPORT, Garthdee Road, AB10 7GE  | 10.30 - 11.30 | M/H       |
| Dreamboats and Petticoats | Dance in reflection to the music to move the body into exercise and promote wellness.  | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU             | 11.00 - 11.45 | M         |
| Pickleball                | A racket sport that combines elements of badminton, tennis, and table tennis.  | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU             | 11.00 - 12.30 | M         |
| Osteobuild                | A class with resistance, gentle bone load, cardiovascular exercise and Tai Chi which aims to improve bone density over time.               | Westburn Outdoor Centre, Westburn Park, AB25 3DE                              | 12.15 - 13.15 | M         |
| Table Tennis              | A coached Table Tennis session suitable for beginners or those who have played before.   | Kincorth Sports Centre, Corthan Crescent, AB12 5BB                            | 11.30 - 13.00 | M         |
| Indoor Climbing           | rock climbing indoors to heights ranging from 10-15 metres.  | Transition Extreme, Links Road, AB24 5NN                                      | 12.00 - 12.30 | M/H       |
| Open Swim                 | An open swim session in our 25m pool.  | Aberdeen Sports Village, Aquatics Centre, Regent Walk, AB24 1SX               | 12.00 - 13.00 | L         |
| Tennis                    | A coached Tennis session suitable for beginners or those who have played before.   | Westburn Tennis Centre, Westburn Park Road, AB25 3DE                          | 12.00 - 13.30 | M/H       |
| Putting and Bowling       | A relaxed session where you can try both putting and outdoor bowling, no experience necessary.   | Albury Outdoor Centre, Albury Road, AB11 6TN                                  | 13.00 - 15.00 | L/M       |
| Swimming                  | An open swim session.  | Tullos Swimming Pool, Girdleness Road, Torry, AB11 8FJ                        | 14.00 - 15.00 | L/M/H     |
| Outdoor Bowling           | A coached Bowling session suitable for beginners or those with some experience.  | Cults Bowling Club, 293 North Deeside Road, Cults, AB15 9PA                   | 14.00 - 16.00 | M         |
| Learn to Swim             | A small group session suitable for beginners.  | Tullos Swimming Pool, Girdleness Road, Torry, AB11 8FJ                        | 15.00 - 15.45 | L         |

## SATURDAY 9 JUNE 2018

| Event              | Description   | Venue   | Time          | Intensity |
|--------------------|---|---|---------------|-----------|
| Multi Activity Day | Take part in a variety of activities in our indoor athletics track. | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU | 14.00 - 16.00 | L/M       |

## MONDAY 11 JUNE 2018

| Event                                   | Description   | Venue  | Time   | Intensity |
|---|---|--|--|-----------|
| Seated Yoga                             | A gentle seated yoga class with modified yoga poses so that they can be done while seated in or standing beside a chair.  | Westburn Outdoor Centre, Westburn Park, AB25 3DE   | 10.00 - 11.00  | L         |
| Aberdeen Women's Alliance Heritage Walk | In association with the Aberdeen Women's Alliance, come and explore some of the fascinating history & women of Aberdeen.  | Aberdeen Community Health & Care Village, Frederick Street, AB24 5HY                         | 10.00 - 11.30  | L/M       |
| Functional Fitness MOT's                | Have you had your Fitness MOT? A gentle set of 6 exercises which can highlight your strengths and weaknesses with regards to strength, balance and flexibility. | Middlefield Hub Manor Avenue AB16 7UR  | 10.00 - 10.30<br>10.30 - 11.00<br>11.00 - 11.30<br>11.30 - 12.00 | L/M       |
| Table Tennis                            | Table tennis session (singles/doubles)  | RGU SPORT, Garthdee Road, AB10 7GE   | 11.00 - 12.00  | M         |
| Pilates (Floor Based)                   | Exercise that focuses balance, posture, strength and flexibility. Floor based with a mat.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE   | 13.00 - 14.00  | L/M       |
| Table Tennis                            | A coached Table Tennis session suitable for beginners or those who have played before.  | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU                            | 13.00 - 14.00  | M         |
| Functional Fitness MOT's                | Have you had your Fitness MOT? A gentle set of 6 exercises which can highlight your strengths and weaknesses with regards to strength, balance and flexibility. | Danestone Community Centre Fariview Street, Bridge of Don, AB22 8ZP                          | 14.00 - 14.30<br>14.30 - 15.00<br>15.00 - 15.30<br>15.30 - 16.00 | L/M       |
| Ballroom Dancing                        | An introduction to social ballroom dancing, everyone welcome, no experience needed.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE   | 14.30 - 15.00  | M/H       |
| Target Shooting                         | An introductory session to target shooting suitable both for beginners and anyone who may wish to return to the sport.  | Bon Accord Small Bore Rifle Club, Denwood Target Shooting Centre, Countesswells Rd, AB15 7YD | 14.00 - 15.00<br>15.00 - 16.00<br>16.00 - 17.00                  | L/M       |
| Walking Football (Womens Only)          | Just like regular football but with no running! Ladies only session.  | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU                            | 14.30 - 15.30  | M         |
| Stable and Able                         | A class using a combination of seated and standing exercises to support and improve balance, strength & posture.  | Dementia Resource Centre, 13-19 King Street, Aberdeen AB24 5AA                               | 14.30 - 15.30  | L         |
| Gentle Movement                         | A class focussing on smooth gentle body movements and breathing awareness. Part of the Move More Aberdeen Programme for people affected by Cancer.              | Westburn Outdoor Centre, Westburn Park, AB25 3DE   | 15.00 - 16.00  | L         |

**Intensity** VL - Very Low L - Low M - Medium H - High

## TUESDAY 12 JUNE 2018

| Event                              | Description   | Venue   | Time                           | Intensity |
|------------------------------------|---|---|--------------------------------|-----------|
| Learn to Lift                      | Introduction to free weight resistance training exercises.  | RGU SPORT, Garthdee Road, AB10 7GE                                | 10.00 - 11.00                  | M/H       |
| Intro to Circuits                  | A circuits class for beginners. A variety of exercises to introduce you to a circuits-style session.  | Westburn Outdoor Centre, Westburn Park, AB25 3DE                  | 10.00 - 11.00                  | L/M       |
| Pittodrie Health Walk              | Low intensity health walk followed by refreshments at Pittodrie.  | Pittodrie Stadium Richard Donald Stand Gate 9                     | 10.00 - 12.00                  | L         |
| Outdoor Bowling                    | Lawn bowling- group activity.   | 50 Carlton Place, AB15 4BQ  | 10:00 - 12:00                  | L         |
| Belly Dancing                      | Come and try this fascinating ancient dance in a fun relaxed environment.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE                  | 11.15 - 12.15                  | L/M       |
| Walking Football                   | Just like regular football but with no running!   | Aberdeen Sports Village, Sports Centre, Linksfield Road, AB24 5RU | 12.30 - 13.30                  | M         |
| Silver Steps                       | An energising exercise to music class, promoting flexibility, strength, coordination, mobility, cardiovascular health - and enjoyment - for the young at heart. | Westburn Outdoor Centre, Westburn Park, AB25 3DE                  | 12.30 - 13.30                  | M         |
| Stable and Able                    | A class using a combination of seated and standing exercises to support and improve balance, strength & posture.  | Westburn Outdoor Centre, Westburn Park, AB25 3DE                  | 13.45 - 14-45                  | L         |
| Croquet                            | A coached Croquet session suitable for beginners or those who have played before. With Crathes Croquet Club.  | Albury Outdoor Centre, Albury Road, AB11 6TN                      | 14.00 - 15.00<br>15.00 - 16.00 | L/M       |
| Friskis & Svettis (Special Senior) | A Swedish Exercise class for active older adults.   | Beach Leisure Centre, Sea Beach, AB24 5NR                         | 14.00 - 15.00                  | M/H       |
| Learn to Swim                      | Improve your water confidence, and provide the basic principles behind effective swimming.  | Aberdeen Sports Village Aquatics Centre, Regent Walk AB24 1SX     | 14.45 - 15.45                  | L         |
| Steady Steps                       | A class focussing on stretching, strength and mobility.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE                  | 15.00 - 16.00                  | L         |



### VSA

Anyone of any age who helps a relative, friend or neighbour who cannot manage without their support has taken on an unpaid caring role in addition to their existing commitments. VSA Carer's Resource Service provides information, advice and support to Carer's across Aberdeen.

**Telephone:** 01224 212021

**Email:** Carersinfo@vsa.org.uk

**www.vsa.org.uk**

## WEDNESDAY 13 JUNE 2018

| Event                    | Description   | Venue   | Time                           | Intensity |
|--------------------------|---|---|--------------------------------|-----------|
| Qi Gong                  | A powerful system of healing and energymedicine from China. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy. | Aberdeen Sports Village Sports Centre, Linksfield Road AB24 5RU | 10.00 - 11.00                  | L         |
| Intro to the Gym         | General induction to The Gym and advice on how to use the equipment. .  | Aberdeen Sports Village Sports Centre, Linksfield Road AB24 5RU | 10.00 - 12.00                  | L         |
| Indoor Cycling           | Studio Indoor Cycling Class.  | RGU SPORT, Garthdee Road, AB10 7GE                              | 11.00 - 11.45                  | M/H       |
| Walking Netball          | An adaptation of the well loved game with no running or jogging.  | Aberdeen Sports Village Sports Centre, Linksfield Road AB24 5RU | 11.00 - 12.00                  | M         |
| Learn to Lift            | Minimal experience preferred. All levels welcome.   | Aberdeen Sports Village Sports Centre, Linksfield Road AB24 5RU | 11.00 - 12.00                  | L         |
| Floatfit                 | A new higher-intensity low impact fun exercise class ...on water. A fun full-body workout for active older adults.  | Beach Leisure Centre, Sea Beach, AB24 5NR                       | 12.45 - 13.15<br>13.15 - 13.45 | H         |
| Fit to Dance             | A ballroom-inspired dance fitness class with a mixture of dance moves and strengthening exercises   | Westburn Outdoor Centre, Westburn Park, AB25 3DE                | 12.45 - 13.45                  | M         |
| Country Walk in the City | Come and get some fresh air with a gentle walk on the edge of the City and enjoy some lovely views over Aberdeen.   | The Henry Rae Centre, Manor Avenue, Aberdeen, AB16 7UR          | 13.30 - 14.30                  | L/M       |
| Zumba Gold               | A zumba class specifically tailored for the older participant.  | 15.00-16.00<br><b>Aberdeen Sports Village</b>                   | 14.15 - 15.00                  | M         |
| Aqua Zumba               | A low-impact class with upbeat Latin-American dance rhythms   | 16.00-17.00<br><b>Tullos Swimming Pool</b>                      | 15.00 - 15.45                  | M/H       |
| Outdoor Bowling          | A bowling session suitable for beginners or those with some experience. With Rosemount Veterans Bowling Club.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE                | 14.00 - 15.30                  | M         |
| Footgolf                 | Footgolf is new to Aberdeen and combined Golf & Football. Easier to play than Golf and no equipment required.   | Hazlehead Golf Complex, Hazlehead Avenue, AB15 8DB              | 14.00 - 15.30                  | L/M       |
| Ten Pin Bowling          | Ten Pin Bowling- Group Activity   | Codonas, Esplanade, AB24 5NS                                    | 14:00 - 16:00                  | L         |

**Intensity** VL - Very Low L - Low M - Medium H - High

### General Enquiries

If you have any questions about the sessions you can call 01224 438900 and speak to the staff at Aberdeen Sports Village. All bookings must be made via the Box Office.

## THURSDAY 14 JUNE 2018

| Event                               | Description  | Venue  | Time   | Intensity |
|-------------------------------------|--|--|--|-----------|
| Walking Football                    | Same rules as football but no running.   | Torry Sports Centre, Oscar Road, AB11 8ER  | 10.00 - 11.00  | M         |
| Ice Skating                         | A coached Ice Skating session suitable for beginners or those who have skated before.  | Linx Ice Arena, Beach Promenade, AB24 5NR  | 10.00 - 11.30  | M/H       |
| Functional Fitness MOT's            | Have you had your Fitness MOT? A gentle set of 6 exercises which can highlight your strengths and weaknesses with regards to strength, balance and flexibility.    | Mannofield Church, Great Western Road, AB10 6UZ  | 10.00 - 10.30<br>10.30 - 11.00<br>11.00 - 11.30<br>11.30 - 12.00 | L/M       |
| Aquafun                             | A fantastic water based aerobics class designed to challenge you without the added pressure on your joints!  | Aberdeen Sports Village Aquatics Centre, Regent Walk AB24 1SX                              | 11.00 - 11.30  | M         |
| Technogym                           | Easy-going gym equipment designed to help people increase strength, balance & flexibility.   | Westburn Outdoor Centre, Westburn Park, AB25 3DE   | 12.00 - 13.00  | M         |
| Chair Based Exercise                | Light exercises all done seated., followed by tea or coffee.   | Seaton Learning Centre, Seaton Place East, AB24 1XE  | 13.30 - 15.00  | VL / L    |
| Learn to Dive                       | In our world class diving facilities try diving and develop skills in an encouraging and motivating environment. <b>Must be able to swim 10-15m in deep water.</b> | Aberdeen Sports Village Sports Centre, Linksfield Road AB24 5RU                            | 14.00 - 15.30  | H         |
| Flashmob Rehearsal with Quicksilver | Learn a dance routine to perform if you wish.  | Citymoves Dance Agency Studio, Schoolhill, AB10 1JQ  | 13.30 - 15.00  | M         |
| Scottish Country Dancing            | A social session of Scottish Country Dancing, suitable for beginners or those who have danced before.  | Beach Leisure Centre, Sea Beach, AB24 5NR  | 14.00 - 15.30  | M         |
| Memorials to Women Walk             | In association with the Aberdeen Women's Alliance, a slightly longer walk exploring memorials to women in Aberdeen.  | Start: Rubislaw Gardens (end nearerst Holburn Junction)<br>Finish: Westburn Outdoor Centre | 14:00 - 15:30  | M         |
| Functional Fitness MOT's            | Have you had your Fitness MOT? A gentle set of 6 exercises which can highlight your strengths and weaknesses with regards to strength, balance and flexibility.    | RGU SPORT, Garthdee Road, AB10 7GE   | 14.00 - 14.30<br>14.30 - 15.00<br>15.00 - 15.30<br>15.30 - 16.00 | L/M       |
| Flashmob Performance                | Perform a previously taught routine in a public space!   | City Centre  | 15.30 - 16.00  | M         |

## FRIDAY 15 JUNE 2018

| Event        | Description  | Venue             | Time          | Intensity |
|--------------|--|-------------------|---------------|-----------|
| Social Event | Join us for a drink, music and dancing to celebrate the end of the Games! Tea and coffee provided. | Pittodrie Stadium | 14.00 - 16.00 |           |

# Aberdeen's FREE Sports & Activities Festival for older adults

## BOOKING IS ESSENTIAL

To book your place at the Golden Games please visit [www.aberdeenperformingarts.com](http://www.aberdeenperformingarts.com) or call Aberdeen Box Office on **01224 641122**.

You can also book in person by visiting:

**His Majesty's Theatre:** Rosemount Viaduct, Aberdeen, AB25 1GL

**The Lemon Tree:** 5 West North Street, Aberdeen, AB24 5AT

**Bookings will close on the 1 June 2018**



## PHOTOGRAPHY/FILMING

Please note that certain activities may be photographed and/or filmed. These images will be used to promote active ageing activities. If you do not want to be photographed or be filmed, please let the organiser or photographer know at the start of the activity.



This year's Golden Games are delivered by the Active Aberdeen Partnership.

The partnership consists of: Aberdeen City Council, Aberdeen City Health and Social Care Partnership, Aberdeen Sports Village, Aberdeen Snowsports Centre, Aberdeen FC Community Trust, Robert Gordon University, Sport Aberdeen, sportscotland, Transition Extreme and University of Aberdeen.

