



harpers

R U Getting Enough... Physical Activity

Activity Programme for Adults (50+)



Alban Arena
Civic Centre, St Albans,
Hertfordshire AL1 3LD
Box Office: 01727 844488

Harpenden Public Halls
Southdown Road,
Harpenden,
Hertfordshire AL5 1PD
Tel. 01582 762880

**Harpers at London Colney
Recreation Centre**
Perham Way,
London Colney,
Hertfordshire AL2 1LB
Tel. 01727 822447

**Harpers at Westminster
Lodge Leisure Centre and
Harpers at Abbey View
Golf Course &
Outdoor Facilities**
Holywell Hill, St Albans,
Hertfordshire AL1 2DL
Westminster Tel. 01727 846031
Abbey View Tel. 01727 868227

**Harpers at Harpenden
Leisure Centre**
Leyton Road, Rothamsted
Park, Harpenden, Herts
AL5 2HU
Sports Centre: 01582 767722
Swimming Pool: 01582 460683

**Harpers at Bricket Wood
Sports Centre**
Smug Oak Lane, Bricket Wood,
Hertfordshire AL2 3TX
Tel. 01923 662224

**Harpers at Batchwood
Golf & Tennis Centre**
Batchwood Drive, St Albans,
Hertfordshire AL3 5XA
Tel. 01727 844250

**St Albans Arts
Sports & Health**
London Colney Recreation
Centre, Perham Way, London
Colney, Hertfordshire AL2 1LB
Tel. 01727 827667



Provided by St. Albans City and District Council.
Managed in partnership with Leisure Connection.



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www.leisureinstalbans.co.uk



St Albans Arts
Sport & Health



Being physically active is of major importance to maintain and improve health. All adults are recommended to carry out at least 30 minutes of moderate physical activity a day, and for some longer would be recommended.

Moderate physical activity is any activity that increases your breathing rate, increases your heart rate and increases your body temperature possibly leading to sweating.

Being more physically active can:

- Relieve tension and stress, reduce depression and anxiety
- Reduces the risk of developing heart disease
- Reduce or maintain body weight or body fat
- Reduce blood pressure or the risk of developing high blood pressure
- Boost self-image and improve psychological well-being
- Reduce the risk of developing certain cancers
- Build and maintain healthy muscles, bones, and joints
- Improve body shape and posture
- Improve flexibility
- Improve sleep patterns
- Reduce cholesterol or the risk of developing high cholesterol
- Help prevent and maintain diabetes
- Be the difference between dependence and independence
- Give you more energy

MONDAY			Prices until March 2009	
Activity	Venue	Time	Price Res	Price Non Res
Golf (9 Holes)	Abbey View Golf Course	8.00 - 1.00pm	2.35	2.60
Badminton	Bricket Wood Sports Centre	9.00 – 12 noon	2.55	2.80
Swimming	Bricket Wood Sports Centre	10.00 – 12 noon	1.55	1.70
Badminton, Tennis	Harpenden Leisure Centre	11.00 – 1.00pm	2.55	2.80
Aqua Aerobics	Harpenden Leisure Centre	11.00 – 11.45pm	2.30	2.55
Swimming	Harpenden Leisure Centre	11.45 – 12.30pm	1.55	1.70
Keep Fit	Harpenden Leisure Centre	11.30 – 12.15pm	2.30	2.55
Pilates	London Colney Adventure World	9.00 – 10.00am	2.30	2.55
Yoga	London Colney Adventure World	2.15 – 3.45pm	2.30	2.55
Harpers Gym	London Colney Adventure World	Any time	2.50	2.75

THURSDAY			Prices until March 2009	
Activity	Venue	Time	Price Res	Price Non Res
Golf (9 Holes)	Abbey View Golf Course	8.00 - 1.00pm	2.35	2.60
Badminton, Tennis, Bowls	Harpenden Leisure Centre	10.00 – 12 noon	2.55	2.80
Aerobics/ Stretch/ Step	Harpenden Leisure Centre	10.30 – 11.15am	2.30	2.55
Swimming	Harpenden Leisure Centre	11.00 – 11.45am	1.55	1.70
Swim & Health Suite	Harpenden Leisure Centre	11.00 – 12.30pm	3.35	3.70
Aqua Aerobics	Harpenden Leisure Centre	11.45 – 12.30	2.30	2.55
Low Impact Tone	London Colney Adventure World	10.00 – 11.00am	2.30	2.55
Harpers Gym Session	London Colney Adventure World	Any Time	2.50	2.75
Harpers Gym Session	Westminster Lodge Leisure Centre	1.00 – 3.30pm	2.50	2.75
Aqua Aerobics	Westminster Lodge Leisure Centre	3.00 – 3.45pm	2.30	2.55

TUESDAY			Prices until March 2009	
Activity	Venue	Time	Price Res	Price Non Res
Golf (9 Holes)	Abbey View Golf Course	8.00 – 1.00pm	2.35	2.60
Harpers Gym	London Colney Adventure World	Any time	2.50	2.75
50+ Morning Swim	Westminster Lodge Leisure Centre	10.30 – 11.00am	1.55	1.70
Harpers Gym	Westminster Lodge Leisure Centre	9.30 – 12.30pm	2.50	2.75
Health Suite	Westminster Lodge Leisure Centre	9.30 – 12.30pm	3.35	3.70
50 Plus Aerobics	Westminster Lodge Leisure Centre	9.30 – 10.30am	2.30	2.55
50 Plus Aerobics	Westminster Lodge Leisure Centre	11.30 – 12.30pm	2.30	2.55

FRIDAY			Prices until March 2009	
Activity	Venue	Time	Price Res	Price Non Res
Golf (9 Holes)	Abbey View Golf Course	8.00 - 1.00pm	2.35	2.60
Tennis (Coaching tips & Matchplay)	Batchwood Golf & Tennis Centre	9.00 – 11.00am	3.50	3.85
Badminton	Bricket Wood Sport Centre	1.00 – 4.00pm	2.55	2.80
Swimming	Bricket Wood Sport Centre	2.00 – 4.00pm	1.55	1.70
Badminton	Harpenden Leisure Centre	1.00 – 3.00pm	2.55	2.80
Harpers Gym Session	London Colney Adventure World	Any time	2.50	2.75

WEDNESDAY			Prices until March 2009	
Activity	Venue	Time	Price Res	Price Non Res
Golf (9 Holes)	Abbey View Golf Course	8.00 – 1.00pm	2.35	2.60
Ladies leisure Swim	Townsend School Pool (Bricket Wood)	9.15 – 11.15am	1.55	1.70
Ladies Swim	Bricket Wood Sports Centre	9.45 – 10.45am	1.55	1.70
Casual Swim	Bricket Wood Sports Centre	10.45 – 11.45am	1.55	1.70
Badminton	Bricket Wood Sports Centre	9.00 – 1.00pm	2.55	2.80
Aquafit	Bricket Wood Sports Centre	10.00 – 11.00am	2.30	2.55
Tennis (Coaching tips & Matchplay)	Batchwood Golf & Tennis Centre	8.00 – 10.00am	3.50	3.85
Tap	London Colney Adventure World	1.45 – 3.15pm	2.30	2.55
Harpers Gym	London Colney Adventure World	Any time	2.50	2.75

BATCHWOOD GOLF COURSE		Prices until March 2009	
Activity		Price Res	Price Non Res
Weekday 18 Holes - 50+		8.60	9.45
Weekends & Holidays 18 Holes - 50+ (Applicable after 1pm only)		10.30	11.35
Putting - 50+		1.90	2.10

ABBAY VIEW GOLF COURSE		Prices until March 2009	
Activity		Price Res	Price Non Res
Weekday (9 holes) - 50+ (All other times)		3.40	3.75
Weekends & Holidays - 50+ (Applicable after 1pm only)		3.40	3.75
Weekdays (18 holes) - 50+		8.60	9.45
Putting - 50+		1.35	1.50