



FREE
for adults of
all abilities aged
50 years and
over.

Hertfordshire 50+ Games

Friendly competitions and lots of activities
for you to try on the day.

Wednesday, 3rd June 2009
10.00am - 4.00pm

Hertfordshire Sports Village, Hatfield





Hertfordshire 50+ Games

The Games are for everyone, whether you regularly take part in sport or have never played sport or taken part in exercise before.

The Hertfordshire 50+ Games builds on the success of the 45+ Games held in 2008. The games will provide friendly competition for people already taking part in sport, and offer a range of “come and try” activities for adults of all abilities who may be looking to take up a new sport or recreational activity. There will be instructors on hand to help with all activities and equipment is provided.

Competition events

Badminton
Boccia
Short Mat Bowls
Tennis
Table Tennis

Come & try sessions

Aqua Aerobics
Archery
Badminton
Boccia
Cardio Tennis
Keep Fit
Line dancing

Nordic Walking
Pilates
Salsa
Short Mat Bowls
Swimming
Table Tennis
Tai Chi
Walk/Jog
Yoga

The games will be organised by the Herts Sports Partnership, the event is free and is being held to encourage more people to get involved in sport and physical activity.

It only takes 30 minutes of exercise a day to become fitter, healthier and happier - plus joining a local sports club can be a good place to meet new friends and socialise.

Schedule

Registration 9.00am - 10.00am

Morning session

10.00am - 12.00 noon

Swimming pool	Aqua Aerobics - come & try
Swimming pool	Free Swim
Sports Hall	Badminton - come & try
Sports Hall	Table Tennis - come & try
Sports Hall	Boccia - come & try
Sports Hall	Short Mat Bowls - come & try
Conference Room	Tai Chi and Pilates - come & try
Dance Studio	Line Dancing - come & try
Squash Courts	Yoga and Salsa - come & try
Tennis Courts	Cardio Tennis - come & try
Outdoors	Nordic Walking - come & try
Outdoors	Walk / Jog - come & try

Lunch

12.00 noon - 1.00pm (Light refreshments provided)

Afternoon session

1.00pm - 3.30pm

Swimming pool	Swim Clinic - come & try
Swimming pool	Aqua Aerobics - come & try
Sports Hall	Badminton competition
Sports Hall	Short Mat Bowls competition
Sports Hall	Table Tennis & Boccia competitions
Conference Room	Yoga & Pilates - come & try
Dance Studio	Keep Fit Class - come & try
Squash Courts	Salsa - come & try
Tennis Courts	Tennis competition
Outdoors	Archery - come & try

Medal ceremony 3.30pm

Close and depart 4.00pm



Descriptions of activities

Aqua Aerobics

A water based class to burn calories and tone muscles.

Archery

Shooting at targets with bows.

Badminton

Two to four players hit a shuttlecock back and forth over a net with light rackets. The game is played indoors on a court. Players must return the shuttlecock over the net before it hits the ground.

Boccia

Seated activity. Boccia can be played by individuals, pairs, or teams of three. The aim of the game is to throw leather balls - as close as they can to a white target ball, or jack. The jack is thrown first, then each side takes turns to propel their ball towards the jack. The balls can be moved with hands, feet, or, if the competitor's disability is severe, with an assistive device.

Cardio Tennis

A fun group activity on a tennis court featuring drills to give players of all abilities an ultimate, high energy workout.

Keep Fit Class

Gentle aerobics class to burn calories and tone muscles.

Line Dancing

A dance class to country and western music performed in lines.

Nordic Walking

Walking using poles (similar to cross country ski poles), a great upper and lower body workout.

Pilates

A series of gentle exercises that strengthens core muscles, improves flexibility and coordination as well as helping alignment and breathing.

Salsa

A dance class to Latin American music providing a gentle work out

Short Mat Bowls

Played indoors on a carpet. The object is for each player to gain as many shots as possible by getting their bowls nearer to the jack than their opponents.

Table Tennis

Two or four players hit a ball back and forth to each other with bats called paddles. The game takes place on a table divided by a net. Players must allow a ball played towards them only one bounce on their side of the table and must return it so that it bounces on the opponent's side.

Tai Chi

A sequence of slow controlled movements helping to improve balance.

Walk / Jog

A brisk walk with short intervals of gentle jogging.

Yoga

Mat based class, good for improving flexibility, core strength and posture.

Booking form

Come and try

To give us an idea of numbers, please indicate below which activities you would like to take part in. You will be able to sign up for activities on the day on a first come, first served basis.

- | | | |
|---|--|--|
| <input type="checkbox"/> Aqua Aerobics | <input type="checkbox"/> Keep Fit Class | <input type="checkbox"/> Line Dancing |
| <input type="checkbox"/> Nordic Walking | <input type="checkbox"/> Table Tennis | <input type="checkbox"/> Cardio Tennis |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Short Mat Bowls | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Boccia | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Archery | |
| <input type="checkbox"/> Walk / Jog | <input type="checkbox"/> Swimming | |

Competitions

The following friendly competitions will be held with your Local Authority coordinating the selection of the teams:

Your Local Authority will be advertising the selection of the teams for the competitions. Alternatively visit their websites or call the telephone numbers listed on the reverse of this leaflet to obtain information.

Badminton 6 per team playing mixed doubles

Short Mat Bowls 6 per team

Table Tennis 4 per team playing doubles

Tennis 2 or 4 per team playing mixed doubles

Boccia A drop in competition linked to come & try sessions

Your contact details:

Name:

Age:

Address:

Telephone:

Email:

Tick the box which best describes your regular level of recreational activity each week:

Once a week Twice a week Three times a week More than three times per week

There will be photography taken at this event to promote future events and for press releases. If you **do not** give permission for your photograph to be used, please tick here

I confirm I am in good health and take part in the 50+ games at my own risk:

Signed:

Date:

Please complete and return this form by Friday, 22nd May to the address overleaf.

How to apply

Fill in the form and return it to
Peter Simmons, Herts Sports Partnership
at the following address:

Herts Sports Village, Hatfield Business Park,
Herts. AL10 9EU

Tel: 01707 281005

Email: p.j.g.simmons@herts.ac.uk

Local Authority contact details:

Broxbourne - www.broxbourne.gov.uk

Tel: 01992 785555

Dacorum Sports Trust - www.sportspace.co.uk

Tel: 01442 228697

East Herts - www.eastherts.gov.uk

Tel: 01920 487091

Hertsmere - www.hertsmere.gov.uk

Tel: 020 8207 7568

North Herts - www.north-herts.gov.uk

Tel: 01462 474226

St Albans - www.stalbans.gov.uk

Tel: 01727 827667

Stevenage - www.stevenage.gov.uk

Tel: 01438 242248

Watford - www.watford.gov.uk

Tel: 01923 278242

Welwyn Hatfield - www.welhat.gov.uk

Tel: 01707 357174



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