

## Physical activities and healthy living

### Aqua

Activity	Ages	When	Where	Accessibility	Contact
<b>Aqua Aerobics</b>		Mondays and Wednesdays 10.45am to 11.30am	Backwell Leisure Centre Farleigh Road Backwell BS48 3PB	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 463 726  <a href="https://www.leisurecentre.com/backwell-leisure-centre">https://www.leisurecentre.com/backwell-leisure-centre</a>
<b>Aqua Dance</b> A party in the pool! Splashing, stretching, twisting and exercising to upbeat party music		Thursdays 11.45am to 12.45pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>

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<p><b>Aquafit</b> A total low impact body workout. Aquafit helps you use every muscle in the body using the water as resistance</p>	16+	<p>Mondays: 11.30am and 8.15pm Wednesdays: 9.30am Fridays: 10am</p>	<p>Strode Leisure Centre Clevedon BS21 6QG</p>	<p><input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Becky Hobbs 01275 879 242 <a href="mailto:Beckyhobbs@pfpleisure.org">Beckyhobbs@pfpleisure.org</a> <a href="http://www.placesleisure.org">www.placesleisure.org</a></p>
<p><b>Cold Water Swimming (Pool) and Open Water Swimming (sea or lake)</b> Introductions to or advance swimming lessons for cold water swimming. Any ability welcome to come and feel the benefits (and buzz!) of cold-water swimming.</p>	18+	<p>Various times to suit people and to work with tides and weather</p>	<p>Weston Beach Weston Lake Clevedon Lake Portishead Lido</p>	<p><input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Charlie Stockford 07876 351 230 <a href="mailto:mail@charliestockford.co.uk">mail@charliestockford.co.uk</a></p>

# Get Active in North Somerset

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Freeways Hydrotherapy</b>                      Hydrotherapy Treatment Sessions                      Warm Water Independent Sessions                      Land physio Sessions.                      Children's land exercise Groups</p>	All ages	Mondays to Thursdays 8am to 6.30pm	Freeways Hydrotherapy Leigh Court Centre Pill Road Abbots Leigh Bristol BS8 3RA	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Andy Bunn 01275 376 082  <a href="mailto:Hydropool@freeways.org.uk">Hydropool@freeways.org.uk</a> or <a href="mailto:Andybunn@freeways.org.uk">Andybunn@freeways.org.uk</a>
<b>Lane Swimming</b>	8+	Monday to Sunday Various times	Strode Leisure Centre Clevedon BS21 6QG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Becky Hobbs 01275 879 242  <a href="mailto:Beckyhobbs@pfleisure.org">Beckyhobbs@pfleisure.org</a>  <a href="http://www.placesleisure.org">www.placesleisure.org</a>