Classes and Activities in the Ipswich area
Physical Activities

All the activities in this booklet have been checked and are appropriate for clients but are also just suggestions unless stated as AOR (please see the key below).

Classes can also change frequently, so please contact the venue/instructor listed prior to attending. They will also undertake a health questionnaire with you before you start.

There are plenty of other classes or activities locally you might want to try. To find out more about the Active Wellbeing Programme or an activity or class near you, please contact:

**Suffolk Sport**
info@suffolksport.com
01394 444605
www.suffolksport.com

Key:

- Contact

- Price

**AOR**
At own risk (to the best of our knowledge, these activities haven’t got one or more of the following – health screen procedure prior to initial attendance, relevant instructor qualifications or insurance therefore if clients attend it is deemed at own risk)
Specific Activities for Cancer Clients

Fun Fit Friday  4
Gentle exercise class for cancer patients at Ipswich Hospital on Fridays at 4.45-5.15pm (beginners) and 5.15-6.15pm (advanced, the beginners class must be attended first).

John Le Vay Cancer Information Centre  01473 715748

Breast Cancer  6
Rehab Class
Gentle class for women recovering from breast cancer on Fridays 12.30 – 1.30pm (beginners) and 1.45 – 2.45pm (advanced, the beginners class must be attended first) at Ipswich Sports Club, IP1 4NJ.

John Le Vay Cancer Information Centre  01473 715748

Cancer Swimming  4
Group
Open to all undergoing or completed treatment. Caters for all abilities, very relaxed. Tuesdays 3-4pm at Fore St Swimming Pool, Ipswich, IP4 1JZ.

John Le Vay Cancer Information Centre  01473 715748

Prostate Cancer  6
Rehab Class
Gentle class for men recovering from prostate cancer on Wednesdays 12-1pm and 1.15 - 2.15pm at Bluebird Lodge, IP3 9GJ. Also a follow-on course available via the instructor.

John Le Vay Cancer Information Centre  01473 715748
Specific Activities for Cardiac Clients

**Cardiac Exercise**

Sociable group cardiac rehabilitation classes.


**Cardiac Swimming Group**

Caters for all abilities. Wednesdays 3-4pm and Saturdays 11am – 12 noon at Fore St Swimming Pool, Ipswich, IP4 1JZ.

Adrian Cole 01473 602484
General Activities Suitable for all Clients

Aqua Aerobics/Blast/ Fit/Deep/Latino/For All

Varied exercises held in shallow water and suitable for all abilities. An invigorating all over body workout in the water with minimal impact on the body.

- Crown Pools, Ipswich, IP1 3JA 01473 433655 on Mondays 12.30-1.15pm, 7.15-8pm and 8-8.45pm (Aqua Fit), Tuesdays 1-1.45pm and 1.45-2.30pm (Aqua Fit), Wednesdays 10.15-11am (Aqua Latino), and 11-11.45am (Aqua Fit), Thursdays 10.15-11am, 7.15-8pm and 8-8.45pm (Aqua Fit), Thursdays 9.30-10.15am (Deep), Friday 9.30-10.15am (Aqua Fit).

- You Fit Health Club (Holiday Inn Copdock), IP2 0UA. 01473 680653 on Wednesdays 7.45 - 8.30pm (Aqua Aerobic).

Badminton

Friendly and informal. Targetted at over 45s. Beginners welcome. Tuesdays 2-3.30pm at Whitton Sports and Community Centre, IP1 6LW.

- ActivLives 01473 345350

Body Balance

Combines traditional disciplines, like yoga and Tai Chi with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance. Relaxation at the end. Mondays 10.40-11.40am, Tuesdays 7.50-8.50pm, Thursdays 8.10-9.10pm and Fridays 7.30-8.30pm.

- Ipswich Sports Club, IP1 4NJ. Karen Turmel 07796214652
**Boccia and Kurling**

Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue (which side uses which is determined by a coin toss) as close as they can to a white target ball, or jack. Greenfinch Church Hall, IP2 0SQ on Mondays 1-3pm. St Mary at Stoke Church Hall, IP2 8DA on Tuesdays 1.30-2.30pm. Manor Ballroom, IP4 2BP on Wednesdays 1.30-2.30pm. Ipswich Labour Club, IP1 1TF on Thursdays 10-12 noon (just Boccia). Whitton Sports Centre, IP1 6LW on Thursday 10-12noon (Boccia and Ping Pong). Goldcrest Court IP2 OSF on Monday 1-3pm. St Raphael Club, Ipswich, IP1 6DA on Monday 10-12noon (just Kurling).

ActivLives 01473 345350

**Bowls - indoor**

Friendly and informal. Targetted at over 45s. Beginners welcome. Tuesdays 10.45 – 12.45pm at Gainsborough Sports & Community Centre, Ipswich, IP3 0SP.

ActivLives 01473 345350

**Buggy Fit**

A gentle get-fit class for those looking after babies. Fridays 9.30-10.30am at Treehouse Children's Centre, IP3 0RH.

Jenna Lander 07894631064

**Circuit Training**

Adaptions made for each participant. Thursdays 8-9pm at Northgate Sports Centre, Ipswich, IP4 3DJ.

Jenna Lander 07894631064
Cycling - Indoors  C  5-6

Adaptions made for each participant. Mondays 9.30-10.15am and 8.15-9pm, Tuesdays 10.30-11.15am and Thursdays 9.30-10.15am at Whitton Sports & Community Centre, Ipswich, IP1 6LW.

Jenna Lander  07894631064

Dance  C  2-10

A fun way to maintain and improve mobility, balance, fitness and muscle tone within a friendly group.

ActivLives  01473 345350 (Thursdays 12-1pm at The Meeting Place, Ipswich, IP1 5LR and Thursdays 10-11am at the California Social Club, IP3 8LB. Also Fridays 11am – 12noon at St Mary’s Stoke Hall, IP2 8DA )

Silvia Finbow  01473433644 (Monday 2-4pm at Gainsborough Sports & Community Centre, IP3 0SP)

Pat Lait  07889 723358 (Sunday 7.30-8.30pm at Lait Dance Club, Ipswich, IP1 2JD and Wednesday 8.30-9.30pm at Ipswich Academy, IP3 0SP)

Reception  01473 295230 (Tuesday 7.30-9pm, Wednesday 5.30-6.45pm and Friday 5-7pm at Dance East Wellbeing Studio, Ipswich IP4 1DW ).

Exercise Class/Keep Fit/Exercise to Music/Cardio Workout – low impact  C  2-6

Sociable, gentle classes.

Gainsborough Sports & Community Centre, IP3 0SP.  01473 433644 (Wednesday 2-3pm)

Foxhall Community Centre, IP3 8LU. Jane Chapman  07860 824747  (Wednesday 10-11.15am)

Ascession Hall, IP1 6AJ. Julia Drewell 01473 620511 (Mondays 11-12 noon)

Greshams, IP4 3QJ. Kay Fletcher 01473 613397 (Mondays 6.15-7.30pm, including a 20 minutes weigh-in if required; Tuesdays 9.30 - 10.45am, including a 20 minute weigh-in if required and Wednesdays 5.45-7.15pm, including a 30 minute weigh-in
Legs, Bums and Tums

A complete lower body workout for all those problem areas.

Northgate Sports Centre, IP4 3DJ. (Thursday 6-7pm) 01473 433611

Hockey - Flyers

Flyers hockey is with larger, lighter balls for wheelchair users, people with very low mobility, severe brain injuries and learning difficulties. Every other Tuesday 11am – 12noon at Ipswich Hockey Club, IP4 3QJ.

Kate Wingar  Kate.Wingar@sevengroup.co.uk

Otago/Better Balance

Reduce the risk of falling, fracturing, improve health and wellbeing with these clinically proven gentle chair-based exercises, in a sociable and fun environment. Monday 11-12.30pm at Greenfinch Church Hall, Ipswich, IP2 0SQ. Tuesday 10.30-11.30am at St Mary at Stoke Church Hall, IP2 8DA. Thursday 10.30am - 12noon at All Hallows Court, IP3 0EH and Friday 10.30am – 12 noon at Dundee House, IP4 3HT.

ActivLives  01473 345350 (for all those above)

Also Alnesbourne Priory  IP10 0JT – once per month, date varies. Zoe George 07931 546858
**Netball - Back to 5**

Participants can work as hard or as little as they wish and they tend to be relatively slower paced. From losing weight, developing the body’s cardiovascular system and improving muscle tone, taking part in Back to Netball is great for you in so many ways. Northgate Sports Centre, IP4 3DJ. 01473 433611 (Saturday 10-11am)

Chloe Anderson 07540 126597

**Pilates 5 - 11**

A system of physical conditioning involving low impact exercises and stretches. Improve core strength and muscle tone. Plenty of classes on different days and times available e.g.

Gainsborough Sports & Community Centre, IP3 0SP 01473433644 (Tuesdays 9.30-10.15am, 10.30-11.15am and 6.15-7pm , Wednesdays 10.30-11.15am and Fridays 10.30-11.15am)

Whitton Sports & Community Centre, IP1 6LW 01473 433633, (Mondays 7.15 - 8pm, Tuesdays 8.15-9pm, Wednesdays 12.30-1.15pm and Thursdays 10.30-11.15am, 5.45 - 6.30pm, 6.30 - 7.15pm, 7.15 - 8pm )

Quaker Meeting House, IP1 3JH, Julia Endacott on 07977 049332. Mondays 12-1pm and 1.15 – 2.15pm. Thursdays 6.15- 7.15pm, 7.30 -8.30pm and 8.40 - 9.40pm.

Ipswich Sports Club, IP1 4NJ  Karen Turmel on 07796214652. Tuesdays 11.15-12 noon, Wednesdays 1.30-2.15pm, Thursdays 5.30-6.15pm and Sundays 11.15-12 noon.

Dance East Wellbeing Studio, Ipswich IP4 IDW Reception on 01473 295230 (Tuesdays 5.30-6.30pm, 6.45-8pm and 8.15-9.30pm. Thursdays 2-3.15pm. Fridays 2-3.15pm)
Swimming

General sessions at the pools below 7 days per week. iCANswim sessions are held at Crown Pools (Thursday, 10am—11.30am) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

- Crown Pools, IP1 3JA  01473 433655
- Fore Street Swimming Pool, IP4 1JZ  01473 433668
- 1st Strokes Swim School, Ipswich, IP8 3AS  0845 838 8956. Also a specific long term conditions session on Tuesdays 1-3pm. Drop in anytime.

Table Tennis and Short Tennis

Informal, fun sessions, suitable for beginners.

- ActivLives  01473 345350 on Wednesdays 10.30-12 noon at Gainsborough Sports Centre Ipswich, IP3 0SP.

Tennis – wheelchair users only

A coached session for all abilities.

- Ipswich Sports Club, IP1 4NJ  on Sundays (fortnightly) 2-4pm. Steve Joint 07919 280330 (wheelchair users only).

Trampolining – adults only

Come and give it a bounce! Great for improving overall fitness. Tuesdays 6.30 - 7.30pm

- Gainsborough Sports & Community Centre, IP3 0SP  01473 433644
Volunteering  Free
Volunteering can be a great way to get more active. There are hundreds of opportunities across Suffolk for you to get involved in. Check out the website below (please be aware that these activities are not checked by the Active Wellbeing Team).

http://volunteersuffolk.org.uk/ or call Community Action Suffolk on 01473 345400

Walking  Free
Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. These are guided, fun, sociable sessions and there are many Health Walks in the local area on different days and times. Contact OneLife or your Advisor for the latest list (renewed quarterly). Other local providers are also listed below:

OneLife Suffolk  01473 718193
Walk with a Physio at Riverside Clinic, Ipswich, IP3 0AZ on Wednesdays 12.30-13.30pm. Frankie or Emily 0333 043 3966 (use local Ipswich parks).
ActivLives Walks at Christchurch Park, Ipswich, IP4 2BG every other Monday 11am – 12 noon. Julie 07810801316

Walking Football – over 50s  3-5
Walking Football is a slow-paced version of the beautiful game primarily aimed at the over 50s. Walking Football is designed to help people keep an active lifestyle irrespective of their age, as well as getting those back playing football who perhaps had to stop due to injuries. It’s a great way to keep fit, learn skills, have fun and socialise all at the same time!

Whitton Sports & Community Centre, IP1 6LW on Fridays 2-3.30pm and Gainsborough Sports & Community Centre, IP3 0SP on Thursdays 3-4pm. Mike McCarthy, ActivLives 01473 345350
Westbourne Academy, IP1 5JN on Tuesdays 7-8pm  Richard Fenn 07802 722341
Wheelchair Sports £2

Choice of basketball, short mat bowls and new age kurling. Can transfer between them all at each session at any time. Sports wheelchairs provided. Wide range of ages. All encouraged, all abilities, not competitive, the focus is on having fun and moving more.

Northgate Sports Centre, IP4 3DJ. Pat Hoy 01473 690 834  (Tuesdays 7-9pm)

Yoga - gentle classes 3-9

Improves overall health and wellbeing, focus on stretching, flexibility and building strength.

Ipswich Hospital (Outpatients Physiotherapy Gym), IP4 5PD on Tuesday 6-7.15pm. Caroline Glason 01473 464204 /07746 860380.

Gainsborough Sports & Community Centre, IP3 0SP. Sessions on Mondays (8-9pm), Tuesdays (7.30-8.30pm), Wednesdays (6.30-7.30pm) and Sundays (9.15-10.15am) Guy Eves 01473 433644

St Albans High School, IP4 3NJ on Wednesdays 7.30-8.45pm. Caroline Glason 01473 464204 /07746 860380.


Castle Hill Community Centre, IP1 6DG on Mondays 9.45 – 10.45am (Sarah Moss, 07796 198620) and Thursdays 6.15-7.30pm and 7.45 - 9pm (Caroline Glason 01473 464204 /07746 860380)

Alan Road Methodist Church, IP3 8EZ on Mondays 6.45-7.45 pm and Fridays 12-1pm. Sarah Moss 07796 198620

Sidegate Lane Community Centre, IP4 4HZ on Mondays and Thursdays 10-11am. Manon Palmieri 07773 456078.


You Fit Health Club (Holiday Inn Copdock), IP2 0UA on Mondays 7.30-8.30pm. Katy on 01473 680653.

Dance East Wellbeing Studio, Ipswich IP4 IDW on Mondays 6-7pm and Thursdays 8-9.30pm. Reception on 01473 295230

All Hallows Church Hall, IP3 0EN on Wednesday 1.15-2.15pm. Mike McCarthy, ActivLives 01473 345350

Ipswich Bowls Club,IP4 4JU on Mondays 10-11am. Manon Palmieri 07773 456078.
St Raphael Club, Ipswich, IP1 6DA on Monday 12:30-1:30pm. Mike McCarthy, ActivLives 01473 345350

Zumba

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!

Whitton Sports & Community Centre, IP1 6LW on Mondays 6-7pm and Wednesdays 5.45-6.45pm. Jenna Lander 07894631064.
Swimming for all regardless of age or ability

iCANSWIM

Swimming without boundaries

Feel independent
Have a great time
Swim with friends & family
Build your confidence

Sessions available across the county

Helping to make Suffolk England's Most Active County