




















Active for All — Physical Activity for Adults (18+) with Disabilities and Long-term Health Conditions

Current Activity Timetable

All activities are run in accordance with health & wellbeing guidelines and may be subject to lower capacity / advance booking.




















Day	What	Where	Time	Cost	Who
Monday	 Brisk Walk	Mayflower Steps	  12.45pm until 2.00pm	Free	Open to everyone who can walk at a good pace for 1 hour
Monday	 Gardening	Devonport Park	  11.00am until 12.00pm	Free	Open for all adults 
Monday	 Boccia	Plymouth Life Centre Booking Essential	  11.00am until 12.00pm	£3.00 	Open for all adults 
Wednesday	 Boccia	Plymouth Life Centre Booking Essential	  10.30am until 11.30am	£3.00 	Open for all adults 
Wednesday	 Swimming	Locations vary, call for details.	Times Vary, call for Details	Swimming Pool Prices Apply. Concessions are Available	Open for all adults 



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Day	What	Where	Time	Cost	Who
Thursday	 Carers Walk	Plymouth Life Centre & Central Park	  12.50pm until 2.30pm	Free	Open to Carers and Cared For
Thursday	 Football	Nancy Astor Sports Centre, Plymouth University	  11.00am until 12.00pm	£3.50 	Open for all adults 
Thursday	 Basketball	Plymouth Life Centre	  1.00pm until 2.00pm	Please Contact the Life Centre for Current Price.	Open for all adults 
Friday	 Brisk Walk	The Aquarium (but if the bridge is 'out of order' meet by the Mayflower Steps)	  11.15am until 12.30pm	Free	Open to everyone who can walk at a good pace for 1 hour
Friday	 Gentle Walk	The Aquarium (but if the bridge is 'out of order' meet by the Mayflower Steps)	  1.15pm until 2.00pm	Free	Open for all adults 

For further information on any of these sessions or to book a place, please get in touch with the **Active for All Team** on:



Office Number: 01752 201891



Email: active@improvinglivesplymouth.org.uk