

ACTIVITY PROGRAMME FOR OLDER ADULTS NOVEMBER 2023

Improve your wellbeing and meet new friends with a range of activities suitable for older adults.



From Yoga to Aqua Aerobics, we also have 100+ weekly [fitness classes](#) to help improve strength, flexibility and boost energy.



Equipment for activities provided free of charge. Sessions will be run by a member of staff.



Pre-book activities [online](#).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Table Tennis	Badminton	Climb	Badminton	Climb
0900 - 1000 Multi-Purpose Room	1000 - 1100 Sports Arena	0800 - 0900 Climbing Centre	1000 - 1100 Sports Arena	0915 - 1100 Climbing Centre
Tennis	Walking Football	Squash / Racquetball	Squash / Racquetball	Table Tennis
1000 - 1100 Tennis Centre	1100 - 1200 Sports Arena	1000 - 1045 Squash Courts	1100 - 1145 Squash Courts	1100 - 1200 Multi Purpose Room

Terms & Conditions

- The timetable is subject to change.
- If you wish to climb, you must complete the [climbing registration form](#) before your first visit. If you require climbing shoes and harness, there is a £6.50 hire charge.
- 15% discount at Caffè Nero:

Active Senior Off-Peak member (public) - you are entitled to 15% discount off any hot drink at Caffè Nero when you attend any activity on the Activity Programme for Older Adults. You will be given a token by a member of staff when you attend an activity. To claim your 15% discount, please present your token to a member of the Caffè Nero team at the time of purchase. The 15% discount will only be applied to your hot drink and is not transferrable.

All Warwick Sport staff members and pay as you go customers - as a member of staff at the University of Warwick, you are already entitled to a 15% discount off any hot drink. To claim your discount, either present your University ID card to a member of the Caffè Nero team at the time of purchase, or download the Caffè Nero app and register your details using your staff email.

The discount may not be used in conjunction with any other offer and may be withdrawn at any time by Warwick Sport or Caffè Nero.