

Managed by Places for People Leisure Ltd in
partnership with Waverley Borough Council



#ActivePlaces

"Getting active."

Waverley wellbeing classes

Information on classes across our
leisure centres

www.placesforpeopleleisure.org



We now offer a number of wellbeing classes
across all of our Waverley Leisure Centres.

Whatever place you're into

Exercise Referral & Weight Management

Our Exercise Referral scheme is for anyone referred by a health professional. If you have suffered from an illness, or recently had an operation, our Exercise Referral sessions will help you get back to fitness. Our qualified and friendly instructors will supervise you over a 12-week period.

To make use of this service, you will need a 'prescription to exercise' from your GP or allied health professional.

During the 12-week scheme, a qualified fitness instructor will complete an assessment, write a personalised programme and follow up on your progress with a 6 and 12 week review. You will then have the opportunity to continue exercising with a discounted full membership, if you would like to progress further with your programme.

When you receive a referral please contact your local leisure centre to arrange an appointment with a referral fitness instructor.

Fit Heart

These sessions are designed for those who have completed phase 3 cardiac rehabilitation and have been referred on by a phase 3 instructor. These sessions are run by cardiac referral trained staff. The aim is to improve general health and wellbeing and reduce further risks of ill health.

Centre	Class Times
Farnham	Monday 10.30am - 11.30am
	Wednesday 10.30am - 11.30am
Godalming	Wednesday 2.30pm - 3.30pm
Cranleigh	Thursday 12.30pm – 1.30pm
The Edge	Monday 11am - 12pm
	Thursday 12pm - 1pm
	Friday 1pm - 2pm

Stroke Group

These sessions are for those who have had a stroke. You would normally be referred by your physiotherapist or health professional, however we do take self referrals. These sessions are aimed to improve strength, mobility and confidence following a stroke and also to reduce the risks of further ill health. These classes are also suitable for anyone recovering from other illness and low fitness levels. People living with MS, Parkinson's or ME, would also benefit from these sessions.

Farnham	Monday 2.30pm – 3.30pm
	Thursday 2.30pm – 3.30pm
Godalming	Wednesday 1.30pm - 2.30pm



Disabled Swim

Available during any public swim time. Please contact reception if a hoist is needed. In addition, the following dedicated sessions are available.

Centre	Class Times
Farnham	Disabled Club: Saturday 9am – 10am. Contact: jenny@bellamanda.co.uk
Cranleigh	Disabled swim sessions: Wednesday 12pm - 1.30pm Saturday 5pm - 6pm

Dementia Swim

Special sessions specifically to help those experiencing the onset of dementia.

Centre	Class Times
Cranleigh	Mondays 12pm - 1.30pm
Godalming	Monday 11am - 12pm
Farnham	Thursday 2pm - 3:30pm

Learning Difficulties Gym Session

Suitable for anyone with learning difficulties. Carers can also come along.

Centre	Class Times
Farnham	Thursday 2.45pm – 3.40pm

Strength and Balance

Suitable for anyone of lower fitness levels and who needs to improve their strength and balance and improve confidence. Helps reduce instability and the risk of a fall.

Farnham	Monday 2.15pm - 3.13pm Thursday 1.45pm - 2.45pm
Cranleigh	Tuesday 11am – 12.00pm

Quit Smoking

In association with Stoptober, we are offering a FREE 1 on 1 session with a trained advisor. For more advice on quitting smoking visit:

www.healthysurrey.org.uk/smoking or call 0845 602 3608.

Please contact your local centre for more information.

NHS Health Checks

These appointment based sessions are for anyone 40–74 years of age. They offer the same health check as your GP, with immediate results. This may save you booking a GP appointment.

Screening for BMI, lifestyle, alcohol and cholesterol.

This service is available at all of our centres throughout Waverley. Please contact your local centre for their next Health Check date.

**For more information www.placesforpeopleleisure.org
or to book any of our sessions please contact:**

Cranleigh Leisure Centre

Village Way, Cranleigh

01483 274400

enquiries@cranleighleisurecentre.org

Haslemere Leisure Centre

Kings Road, Haslemere

01428 658484

enquiries@haslemereleisurecentre.org

Farnham Leisure Centre

Dogflud Way, Farnham

01252 723208

enquiries@farnhamleisurecentre.org

The Edge Leisure Centre

Woolmer Hill Road, Haslemere

01428 644577

enquiries@theedgehealthandfitnesscentre.co.uk

Godalming Leisure Centre

Summers Road, Godalming

01483 410500

enquiries@godalmingleisurecentre.org