

Nordic Walking training courses

We continue to offer our very popular Nordic Walking training courses as part of the “fit as a fiddle” project. Unfortunately, there is much less project funding available for the year September 2010 – August 2011 so the number of free courses has been reduced. However, we do plan to offer additional, modestly priced shorter courses to give you greater choice.

“fit as a fiddle” courses are always 8 sessions of approximately one hour. Poles are provided.
Participants MUST be able to attend all 8 sessions.

As usual, training is offered at two levels:

Health (H) level is for people who are new to, or returning to exercise, and are able to walk for 15 minutes at a gentle pace with no inclines

Fitness (F) level is for people who wish to improve their fitness levels and are able to walk for 1 hour at a brisk pace, including inclines

“fit as a fiddle” FREE courses starting in September/October 2010

Newport, Isle of Wight	Mondays H 1330-1430 F 1500-1600	6 Sept – 25 Oct
Hythe, New Forest East	Tuesdays H 1000-1100 F 1130-1230	14 Sept – 02 Nov
Lymington, New Forest South	Mondays H 1230-1330 F 1400-1500	13 Sept – 01 Nov
Lyndhurst, New Forest Central	Tuesdays H 1330-1430 F 1500-1600	14 Sept – 02 Nov
Priory Park, Reigate	Wednesdays H 1030-1130 F 1200-1300	15 Sept – 03 Nov
Frimley Lodge Park, Frimley	Tuesdays H 1000-1100 F 1130-1230	05 Oct – 23 Nov

“fit as a fiddle” FREE courses in March/April 2011

Isle of Wight, Bishop’s Waltham, Andover (details available soon)

Age Concern courses (paid for)

Courses will be £30 per person. At the first session, information will be given and participants will be assessed as to their fitness levels, general health, etc.

Payment will be required at the end of this session. 4 further active instruction sessions will follow on subsequent weeks. Poles are provided.

Fareham (September/October 2010 - details available soon)

Fareham, Reigate, Esher, Guildford, Frimley (March/April 2011 - details available soon)

For further details or bookings, please contact:

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