
Sport, exercise and physical activities for seniors over the age of 55 years of age in Gibraltar.

Gibraltar Sports and Leisure Authority (GSLA) and The Physical Activities Association for Mature Older Adults (PAAMOA) work in partnership to deliver, co-ordinate and disseminate information on exercise and physical activities for seniors (over the age of 55 years) in Gibraltar. (Starting 1st October unless specified). In line with advice from HM Government of Gibraltar Public Health Guidelines activities mentioned below adhere to Public Health guidelines, encouraging social distancing and hand hygiene.

Bayside Sports Complex (GSLA).

Thursdays - **GSLA - Exercise with Music** with Karon starting Thursday 15th September. First class 9.15am to 10am is aimed at those aged 55 and over who can work out at a reasonable intensity. Requiring the ability to move forwards and backwards, side to side to rhythmical routines for approximately 30 minutes, followed by muscle toning that takes place standing and sitting. Second class, recommended for over 68 year olds, from 10.15am to 11am for those who maybe need a little less rhythmic movement, whilst still exercising their cardio system to popular music. This is followed by chair exercises to help strengthen and mobilise muscle groups. Two great classes concentrating on exercising cardio fitness at the correct ability level whilst maintaining mobility and muscle tone. **Contact Karon on 56002000 or miffy@gibtelecom.net**

Thursdays 11.30am to 1.45pm. **GSLA – Seniors Recreation Morning – Carpet Bowls, Badminton, Table Tennis and Soft Tennis.** Starting Thursday 15th September. Badminton and Soft Tennis in the Victoria Sports Hall and Carpet Bowls and Table Tennis in the Bayside Sports Complex MUGA. This is an unsupervised recreation afternoon, all seniors welcome to play badminton, table tennis, soft tennis and carpet bowls. If you have your own equipment we recommend that you use it, however clean sterilized equipment is available for use by starter members. **Contact GSLA Sports Development & Training Unit on email liam.payas@gsla.gi or albert.tellez@gsla.gi Telephone 20076522 for further information.**

Walking Football for seniors over the age of 55 years on Tuesdays, 10.30am and Fridays, 9am at the Bayside Sports Complex (pitches no 3 & 4). Information on medical conditions, medication and fitness levels are required to ensure full health and social benefits. **Contact Charlie Fortunato on email charlesfortunato@yahoo.co.uk for further information.**

GSLA 25 metre and Accessible Pool – Safe swimming for seniors is available 7 days a week.

The GSLA Accessible Pool is available for use by seniors every day of the week at certain times (subject to maximum numbers), please see notice board in the GSLA Accessible Pool reception for full details, as allocations change with school usage. All users need to present their pink Senior Citizens Card to enter the pool. The GSLA 25 Metre Pool is also available throughout the week for swim jogging sessions for all adults who enjoy swimming. Bookings for the 25 metre pool must be made in advance. **Contact telephone number for details of availability and what is on offer 20079122 or email poolinfo@gsla.gi**

GSLA - Introduction to safe aqua exercises. Mondays 12noon to 1.00pm Introductory sessions to enable members to exercise safely and independently in the water. **Contact Arianna on What's App 54026708 for further information.**

Additional activities for seniors available in Gibraltar

Chair Exercise for frail older adults on **Tuesday mornings** for those who want to develop their mobility and maintain muscular toning and balance for everyday living. These sessions are led by Janet Lima and Christine Payas and take place at King's Bastion Leisure Centre, Boyd's Patio. Chair-based for seniors who are more comfortable with seated exercise with some supported standing exercises aimed at maintaining mobility, balance and co-ordination. Starts Tuesday 13th September. **Contact Janet on email janbilty@gmail.com or What's App 54195000 or Christine on What's App 54029322.**

Tai Chi for seniors will be starting **Tuesday 10am to 11am** for beginners and **Wednesday 10am to 11am** for seniors who have experience of this martial art, classes will take place at the Tai Chi Centre, Wellington Front, starting on the 13th and 14th September after National Day. This gentle form of martial art will focus on mind and body working as one to develop core strength, mobilising joints and breathing techniques. Meditation and relaxation will also be part of the experience. **Contact Maureen on What's App 54923000 or email rocktaichi@trainingtm.net for further information.**

Gibraltar Petanque Association offer the opportunity to play Petanque and also many other social activities in their clubhouse which is located at Smith Dorrien Avenue. Covid protocols apply, limited to 12 members at any one time in the club. **For details on membership and opening times contact Mario Victory on email mariovictory@hotmail.com or tel 54002652 or Richard Whitear on email Richard.whitear@hotmail.co.uk or tel 54025360.**

King's Bastion Leisure Centre Ten Pin Bowling and Fitness Gym offer discounted rates for senior citizens. PAAMOA members meet to socialise and play friendly competitions on **Tuesday mornings 10.30am and Friday afternoons 2.30pm**. Many of those taking part also meet to play indoor carpet bowls on a Thursday 11.45am to 1.45pm. Kings Bastion Leisure Centre **Cinema** also has special evenings with subtitles to support seniors who have a hearing impairment at discounted rates. For further information, **contact King's Bowl on telephn20071484 and for the Fitness Gym on contact number 20059834. News and updates can be found on the King's Bastion Leisure Centre Facebook page and our website www.kingsbastion.gov.gi.**

Yoga for mature older adults – classes are available at the Gibraltar Integral Yoga Centre. **Beginners classes are suitable for seniors. For further information Email integralyogagib@gmail.com or www.integralyogagib.com**

For further information on safe exercise, sport and physical activities for seniors over the age of 55 years please contact the GSLA Sports Development & Training Unit on email liam.payas@gsla.gi or telephone 20076522 or PAAMOA on www.paamoa.gi or e-mail info@paamoa.gi