



OWLS

Older Wiser Leisure Scheme

50+ Activities Timetable

You're NEVER too old to start exercising.

Oldham Sports Centre
0161 621 3220

Day	Class	Time
Mon	Tai Chi (Advanced)	9.45am - 10.45am
	50+ Group OCL Active Gym	10.00am - 11.00am
	Sit and Get Fit (All Seated)	10.00am - 11.00am
	Tai Chi (Beginners)	11.00am - 12.00pm
	Sit and Get Fit	11.00am - 12.00pm
	Line Dancing (Advanced)	11.00am - 1.00pm
	Pilates	1.30pm - 2.30pm
	Table Top Games	1.30pm - 3.30pm
Tues	50+ Group OCL Active Gym	10.00am - 11.00am
	Sit and Get Fit Plus	10.30am - 11.30am
	Bowls Tuition	11.00am - 1.00pm
	Line Dancing (Complete Beginners)	1.00pm - 1.45pm
Wed	Tai Chi	9.45am - 10.45am
	Aquacise	10.00am - 11.00am
	Bowls	11.00am - 12.45pm
	Tai Chi (beginners)	11.00am - 12.00pm
	Line Dancing (beginners)	12.00pm - 2.00pm
	50+ Group OCL Active Gym	2.00pm - 3.00pm
Thurs	Gentle Exercise to Music	10.00am - 11.00am
	50+ Group OCL Active Gym	10.00am - 11.00am
	Line Dancing	11.00am - 12.00pm
	Bowls	11.00am - 12.45pm
	Social Dancing	12.00pm - 1.00pm
Fri	50+ Group OCL Active Gym	10.00am - 12.00pm
	Sit and Get Fit Plus	10.30am - 11.30am
	Line Dancing	12.00pm - 2.00pm
	Health Walk	12.30pm - 1.30pm
	Bowls	11.00am - 12.45pm



Fairsworth Sports Centre
0161 621 3240

Day	Class	Time
Mon	Pilates	10.00am - 10.45am
	OCL Active Gym 50+ Session	10.00am - 11.00am
	Yoga	11.00am - 11.45am
	Aquacise	7.00pm - 7.45pm
Tues	Aquacise	10.15am - 11.00am
	Pilates	10.00am - 10.45am
Wed	OCL Active Gym 50+	10.00am - 11.00am
	Fit Ball	10.00am - 10.45am
Thurs	Body Tone	10.00am - 10.45am
Fri	Pilates	10.00am - 10.45am
	Aerobics	11.00am - 11.45pm
	Active Women Session (Term Time only)	<i>Women only</i> Aerobics 11.00am - 12.00pm <i>Mixed pool session</i> 12.00pm - 1.00pm
	Aquacise	6.00pm - 6.45pm

OCL Lifestyle



A community more active more often.

Activities Timetable (cont.)

Chadderton Wellbeing Centre 0161 770 5656

Day	Class	Time
Mon	Table Tennis	10.30am - 12.30pm
	50 Plus Easy Line Circuit	3.00pm - 4.00pm
	Conditioning Suite (Women)	5.00pm - 8.00pm
Tues	Aerobics	9.30am - 10.15am
	Fitball	10.30am - 11.15am
	50 Plus Easy Line Circuit	12.00pm - 1.00pm
	50 Plus Easy Line Circuit	1.00pm - 2.00pm
	Spiral Dance	1.00pm - 2.30pm
Wed	Active Women	9.30am - 10.15am
	Aquacise	11.15am - 12.00pm
	50 Plus Easy Line Circuit	12.00pm - 1.00pm
	Conditioning Suite (Women)	5.00pm - 8.00pm
Thurs	Yoga	12.30pm - 1.15pm
	Stretch and Tone	9.30am - 10.15 am
Fri	Sit and Get Fit	1.00pm - 2.00pm
	Yoga	9.30am - 10.15am
Sat	Body Tone	10.30am - 11.15am
	Table Tennis	11.30am - 1.30am
	Conditioning Suite (Women)	5.00pm - 8.00pm
Sun	Pilates	10.30am - 11.15am
	Conditioning Suite (Women)	2.00pm - 6.00pm

Royton Swimming Pool 0161 621 3250

Day	Class	Time
Tues	Aquacise	11.15am - 12.00pm
Wed	Aquacise	8.00pm - 9.00pm
Fri	Aquacise	11.15am - 12.00pm

For further information and advice about 50 plus classes please contact: Jackie Hanley (Senior Health and Physical Activity Development Officer) on 0161 621 3354 or email jackie.hanley@occl.co.uk



Chadderton Wellbeing Centre **0161 770 5656**
 Crompton Pool **0161 621 3260**
 Failsworth Sports Centre **0161 621 3240**
 Glodwick Pool **0161 621 3280**
 Oldham Sports Centre **0161 621 3220**
 Royton Swimming Pool **0161 621 3250**
 Saddleworth Pool **0161 621 3270**

Crompton Swimming Pool 0161 621 3260

Day	Class	Time
Mon	Aqua Jogging	9.30am - 10.15am
	Table Top Games	9.30am - 11.30am
	Aquacise	11.15am - 12.00pm
Wed	Aquacise	8.00pm - 8.45pm
Thurs	Aquacise	10.00am - 10.45am
	Aqua Jogging	6.45pm - 7.30pm
Fri	Aquacise	10.00am - 10.45am

Saddleworth Pool and Leisure Centre 0161 621 3270

Day	Class	Time
Mon	50+ Group OCL Active Gym	1.00pm - 2.00pm
	Yoga	1.30pm - 2.15pm
	Swim (Adults Only)	3.00pm - 4.00pm
Tues	Aqua Jog	9.00am - 10.10am
	Aerobics	9.30am - 10:15am
	Pilates	10.30pm - 11.15pm
	Swim (Adults Only)	12.00pm - 1.00pm
Wed	Aquacise	7.00pm - 8.00pm
	50+ Group OCL Active Gym	10.00am - 11.00am
	Tai Chi	1.30pm - 2.30am
Thurs	Tai Chi	6.30pm - 7.30pm
	Pilates	7.30pm - 8.15pm
	Fitness Pilates	10:30am - 11:30am
	Aquacise	11.00am - 12.00pm
Fri	Body Tone	12.00pm - 12.45pm
	Yoga	5.30pm - 6.15pm
	Adults Only Swim	3.00pm - 4.00pm
Sat	Yoga	6.30pm - 7.30pm
	Adults Only Swim	8.00pm - 9.00pm
Sun	Pilates	9.00am - 9.45am
	Bodytone	10.00am - 10.45am

Glodwick 0161 621 3280

Day	Class	Time
Tues	Aquacise	11.00am - 11.45am
Wed	50 + Gentle Swim	9.00am - 10.00am

