



Healthy Lifestyle

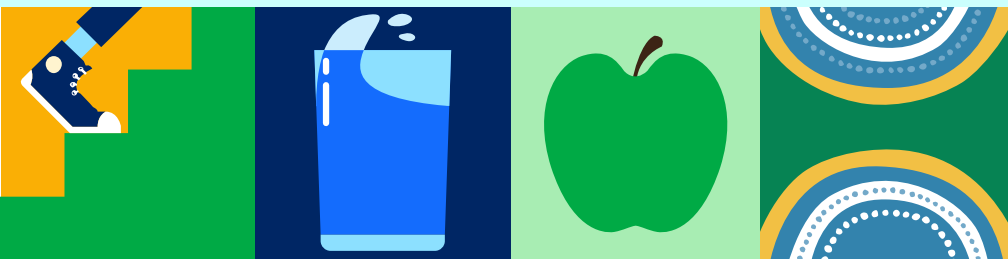
Term 4, 2022 | October - December

get fit • feel good • have fun

nshealthpromotion.com.au

nsldh-healthy lifestyle@health.nsw.gov.au

9926 55 55



About the Courses

Healthy Lifestyle provides low cost and accessible physical activity classes for older adults across Northern Sydney.

Courses run during school terms and are held in community venues in the Hornsby, Ku-ring-gai, Ryde, Northern Beaches and Lower North Shore areas.

Our exercise leaders are qualified fitness professionals with experience working with older adults.

Contents

Course Information	2
How to Enrol	3
Virtual Exercise	4
Aqua Exercise	4
Warm Water Exercise	5
Active Exercise	5
Functional Strength & Balance	6
Men' MoveMENT	6
Yoga	7
Pilates	7
Stretch & Tone	7
Tone & Balance	8
Gentle Exercise	8
Tai Chi	8
Pulmonary and Cardiac Maintenance	9
Terms and Conditions	10
Course Venues	11

Course Information

Course Fee A term fee is charged for all courses to cover program operating costs.

No concession rates are available.

Fees per Term:
\$110 for all courses

Please check course codes, as some classes will only be running for 8 weeks @ \$88.00 / 9 weeks @ \$99.00)

Course Duration Healthy Lifestyle courses vary in duration each term.

Please ensure you check start and finish dates and refer to notes under specific courses before you enrol.

No classes are delivered on Public Holidays

Class Duration Generally courses run for 45 minutes unless otherwise stated.

Aqua classes vary from 30 to 45 minutes depending on the venue.

COVID-19 Safe Measures All Healthy Lifestyle Exercise Leaders meet mandatory NSW Health COVID-19 vaccination requirements.

Specific Healthy Lifestyle COVID-19 safe procedures including class entry, pre-screening, physical distancing, hygiene and ventilation will be in accordance with local health advice and NSW Public Health orders.

Insurance Eligibility Participants are encouraged to explore the potential for rebates with their private health insurer.

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

About the Courses

How to Enrol

**PLEASE READ THE TERMS AND CONDITIONS (P.10)
CAREFULLY BEFORE PROCEEDING**

- ▶ Select the course you would like to attend.
- ▶ Complete the PRE-EXERCISE QUESTIONNAIRE to determine if a Medical Clearance is required. If so, take the Healthy Lifestyle Medical Clearance Form to your Doctor to complete.

(This is required on an annual basis only, unless there has been a significant change in your health status)

- ▶ Complete the Healthy Lifestyle Enrolment Form including emergency contact details, which can be accessed at our website: nshealthpromotion.com.au
- ▶ Complete and sign the credit card payment details.
or
make cheques/money orders payable to:
Northern Sydney Local Health District.
- ▶ SUBMIT your completed Enrolment Form, together with the Pre-Exercise Questionnaire and Medical Clearance Form (if required) and the fee (cheque or credit card) by:

Email to: nslhd-healthy lifestyle@health.nsw.gov.au

Fax to: 9462 9078

Post to: Healthy Lifestyle
Level 5, RNS CHC, 2C Herbert Street
St Leonards NSW 2065



Virtual Exercise

Group exercise class delivered by video conference. Seated and supported standing exercises focusing on core strength, stability, mobilising the joints and improving postural alignment. Participants can choose to bring their own exercise bands and small hand/ankle weights.

Participants will require access to a home computer or tablet with working camera, microphone and internet access and space to exercise safely at home.

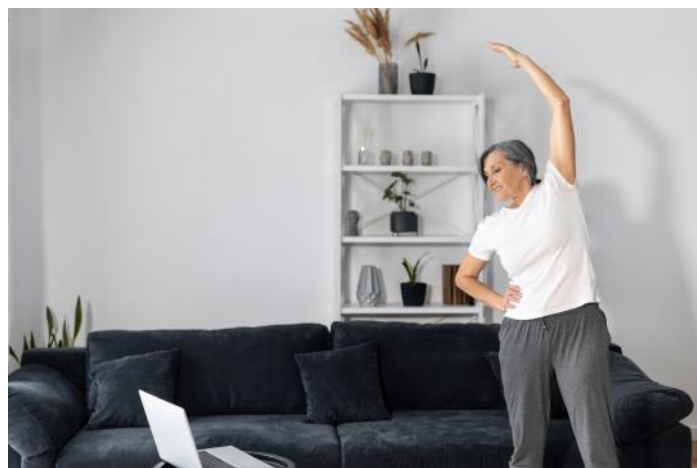
All participants will need to satisfactorily complete a "Tech and Safety" check prior to enrolment confirmation to ensure the above requirements are met.

General exercise

RVP422W1	Wed	9:30 am	12 Oct-14 Dec	On-line
RVP422W2	Wed	10.30am	12 Oct-14 Dec	On-line

Yoga

RVY422T New	Tue	10.30am	11 Oct-13 Dec	On-line
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Aqua Exercise

Held in community pools and faster pace than warm water exercise. Gentle Pace is suitable for those with joint problems and for beginners. Medium Pace is a faster workout for fitter people in deeper water that aims to improve fitness.

Classes at Ryde: A separate entry fee is payable at this pool. Enquire about a multi-visit card at reception.



Gentle Pace @ Ryde

(Waist-chest depth pool with ramp entry)

RAG422T	Tue	8.00am	11 Oct-13 Dec	Ryde
RAG422W	Wed	8.00am	12 Oct-14 Dec	Ryde
RAG422R	Thur	8.00am	13 Oct-15 Dec	Ryde

Medium Pace @ Ryde

(Deeper water, up to 1.8 m depth, with ladder entry. Participants need to place head under water to cross lane dividers. Must be confident in deeper water)

RAM422M	Mon	9.00am	10 Oct-12 Dec	Ryde
RAM422M1	Mon	10.00am	10 Oct-12 Dec	Ryde
RAM422W	Wed	9.00am	12 Oct-14 Dec	Ryde
RAM422W1	Wed	10.00am	12 Oct-14 Dec	Ryde

Medium Pace @ Terrey Hills

NA422THM	Mon	12.00pm	10 Oct-12 Dec	Terrey Hills
NA422THW	Wed	12:00pm	12 Oct-14 Dec	Terrey Hills
NA422THR	Thur	1.15pm	13 Oct-15 Dec	Terrey Hills

Medium Pace @ Ravenswood

HA422RWR	Thur	7.00 pm	*13 Oct-1 Dec	Gordon
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* 8 week course @ \$88.00

Ai Chi

Ai Chi classes consist of Tai Chi style movements in warm water (See Warm Water Exercise).

NAAC422T	Tue	1.00pm	11 Oct-13 Dec	Mona Vale
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Warm Water Exercise

Gentle classes in a hydrotherapy pool which are helpful for arthritis and joint mobility.

If you are new to exercise, begin with a Gentle Pace class first.

For mixed level classes, participants are encouraged to exercise in accordance with their fitness level.



Mixed level

HA422M1	Mon	12.00pm	10 Oct-12 Dec	Hornsby
HA422M2	Mon	12.45pm	10 Oct-12 Dec	Hornsby
HA422T1	Tue	12.00pm	11 Oct-13 Dec	Hornsby
HA422T2	Tue	12.45pm	11 Oct-13 Dec	Hornsby
HA422T3	Tue	6:30 pm	11 Oct-13 Dec	Hornsby
HA422W1	Wed	12:00pm	12 Oct-14 Dec	Hornsby
HA422W3	Wed	12:45pm	12 Oct-14 Dec	Hornsby
HA422W2	Wed	6.30 pm	12 Oct-14 Dec	Hornsby
HA422R1	Thur	6.15pm	13 Oct-15 Dec	Hornsby
HA422R2	Thur	7.00pm	13 Oct-15 Dec	Hornsby

Gentle Pace

NAG422M	Mon	10.30am	10 Oct-12 Dec	Mona Vale
NAG422M1	Mon	2.30pm	10 Oct-12 Dec	Mona Vale
NAG422M2	Mon	3.45pm	10 Oct-12 Dec	Mona Vale
NAG422T	Tue	2.00pm	11 Oct-13 Dec	Mona Vale
NAG422T1	Tue	3.00pm	11 Oct-13 Dec	Mona Vale
NAG422F	Fri	10.15am	14 Oct-16 Dec	Mona Vale
NAG422F1	Fri	1.00pm	14 Oct-16 Dec	Mona Vale
NAG422F2	Fri	2.15pm	14 Oct-16 Dec	Mona Vale

Medium Pace

NAM422M	Mon	5.00pm	10 Oct-12 Dec	Mona Vale
NAM422T	Tue	5.00pm	11 Oct-13 Dec	Mona Vale
NAM422W	Wed	5.30pm	12 Oct-14 Dec	Mona Vale
NAM422S	Sat	8.00am	15 Oct-17 Dec	Mona Vale
NAM422S1	Sat	9.00am	15 Oct-17 Dec	Mona Vale

Active Exercise

This class suits active participants who are already engaged in regular physical activity or have completed at least two terms of the Gentle Exercise class.

Exercises includes low impact standing and floor exercises, with minimal chair-based options. Strengthening, muscle toning, balance and coordination are all challenged in this class.

Participants must be able to get up and down from the floor with ease.

NAEM422W	Wed	9:15am	12 Oct-14 Dec	North Curl Curl
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Functional Strength & Balance

The aim of this class is to improve agility, muscle/ bone strength and balance.

These exercises typically use the whole body

i.e. multiple muscles and your body's weight to challenge resistance.

This class replaces all previous Strength Training classes. Due to COVID-19

restrictions no exercise equipment will be supplied by Healthy Lifestyle.

Participants can choose to bring their own exercise bands and small hand/ ankle.



LFSB422M1	Mon	9.00am	10 Oct-12 Dec	Lane Cove
NFSB422M2	Mon	9.00am	10 Oct-12 Dec	Avalon
LFSB422M2	Mon	10:00am	10 Oct-12 Dec	Lane Cove
NFSB422M3	Mon	10.00am	10 Oct-12 Dec	Avalon
HFSB422M3	Mon	10.00am	10 Oct-12 Dec	Turrumurra ¹
NFSB422M4	Mon	10.15am	10 Oct-12 Dec	Narrabeen
HFSB422M2	Mon	11.00am	10 Oct-12 Dec	Turrumurra ¹
RFSB422T	Tue	9.00am	11 Oct-13 Dec	Boronia Park
LFSB422T1	Tue	11.30am	11 Oct-13 Dec	Lane Cove
LFSB422T3	Tue	9:15 am	11 Oct-13 Dec	Mosman
NFSB422W1	Wed	9.15am	12 Oct-14 Dec	Warriewood
HFSB422W1 New	Wed	10.00am	12 Oct-14 Dec	Berowra¹
LFSB422R1	Thur	8.45am	13 Oct-15 Dec	Lane Cove
NFSB422R1	Thur	9.15am	13 Oct-15 Dec	Freshwater
LFSB422R2	Thur	9.45am	13 Oct-15 Dec	Lane Cove
NFSB422R2	Thur	10.15am	13 Oct-15 Dec	Freshwater
**HFSB422R1	Thur	10.45am	13 Oct-15 Dec	Turrumurra ¹
LFSB422R3	Thur	11.15am	13 Oct-15 Dec	Lane Cove
**HFSB422R2	Thur	11.45am	13 Oct-15 Dec	Turrumurra ¹
LFSB422R4	Thur	12.15pm	13 Oct-15 Dec	Lane Cove
RFSB422F	Fri	9:00am	14 Oct-16 Dec	Boronia Park

* *No class held on 27th October (9wk term fee @ \$99.00)

Men's MoveMENT — Fitness Class

Taught by a male instructor these circuit style classes challenge fitness, strength and balance. A great way to meet new mates. Due to COVID-19 restrictions no exercise equipment will be supplied by Healthy Lifestyle.

Participants can choose to bring their own exercise bands and small hand/ankle weights.

LMM422T	Tue	9.00am	11 Oct-13 Dec	Lane Cove
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Yoga

Our yoga classes incorporate a range of poses, to enhance mobility, strength and calmness for body and mind.

This class incorporates floor poses and relaxation. Must be able to get up/down from the floor independently.

HY422M	Mon	9.30am	10 Oct-12 Dec	Turrumurra
HY422M2	Mon	10.30am	10 Oct-12 Dec	Turrumurra
HY422M1	Mon	5.45 pm	10 Oct-12 Dec	Turrumurra
RVY422T New	Tue	10.30am	11 Oct-13 Dec	On-line
HY422T3	Tue	7.00pm	11 Oct-13 Dec	Berowra
HY422F	Fri	9.00am	14 Oct-16 Dec	Turrumurra ²
HY422F1	Fri	10.00am	14 Oct-16 Dec	Turrumurra ²

Pilates

An exercise class using mat exercises to focus on improving core stability, postural strength and alignment.

Not suitable for those with unstable musculo-skeletal conditions or osteoporosis. Must be able to get up/down from the floor with ease.

HP422M	Mon	10.00am	10 Oct-12 Dec	Pennant Hills
LP422F	Fri	7.30am	14 Dec-16 Dec	Waverton
RP422F New	Fri	11.00am	14 Oct-16 Dec	Boronia Park

Stretch & Tone

This class focuses on flexibility, mobility and improving postural alignment. As a result of the normal ageing process, these important fitness components often reduce which may affect the ability to complete and enjoy everyday activities.

This class involves both chair supported and standing exercise variations and is suited to a range of fitness levels.

HST422M1	Mon	8.00am	10 Oct-12 Dec	Pennant Hills
HST422M	Mon	9.00am	10 Oct-12 Dec	Pennant Hills
LST422W	Wed	8:30am	12 Oct-14 Dec	Lane Cove
NST422W1	Wed	9.00am	12 Oct-14 Dec	Warriewood
HST422R1	Thu	9.00am	13 Oct-15 Dec	Pennant Hills
HST422R2	Thu	10.00am	13 Oct-15 Dec	Pennant Hills
LST422F	Fri	8:30am	14 Oct-16 Dec	Waverton

Tone and Balance

This class focuses on balance and lower limb strength. Maintaining these fitness components are important to maintain function and prevent falls. This class involves both chair supported and standing exercise variations.

This class would suit those who have completed our Stepping On falls prevention program or would like to improve confidence with balance and mobility.

LTB422T	Tues	10:15am	11 Oct-13 Dec	Mosman
NTB422R	Thur	9.30am	13 Oct-15 Dec	Narrabeen
RTB422R	Thur	12.30pm	13 Oct-15 Dec	North Ryde



Gentle Exercise

This class is ideal if you are a beginner, or not so active, and want to focus on balance, mobility and strength. Includes chair-based and standing exercises to build strength and stability, in addition to easy moves to challenge co-ordination.

This class would suit those who have completed our Stepping On falls prevention program or would like to improve confidence with balance and mobility.

Easy-Medium Pace

NGEE422T	Tue	9.30am	11 Oct-13 Dec	Forestville ¹
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General

RGEG422F	Fri	10.00am	14 Oct-16 Dec	Boronia Park
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Tai Chi

Tai Chi is a gentle revitalising way to exercise the body and relax the mind. Tai Chi is designed to reduce joint pain, stiffness and can improve balance and prevent falls. *This class would suit those who have completed our Stepping On falls prevention program or would like to improve confidence with balance and mobility.*

HTC422M	Mon	12.00 pm	10 Oct-12 Dec	Turrumurra ¹
NTC422W	Wed	9.30am	12 Oct-14 Dec	Avalon
LTC422R	Thur	9.00am	13 Oct-15 Dec	Willoughby
NTC422R	Thur	9.30am	13 Oct-15 Dec	Forestville



Pulmonary and Heart Maintenance Course (Lungs in Action)

This class is for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program and also suitable for people with stable chronic heart conditions who have completed cardiac rehabilitation.

Exercise professionals who have been specially trained in guiding people with lung and heart disease run the classes. All classes follow the guidelines set by the Lung Foundation Australia Lungs in Action program.

A Medical Clearance is required for this course.

This class is running as a virtual class only. Participants will require access to a home computer or tablet with working camera, microphone and internet access and space to exercise safely at home.

All participants will need to satisfactorily complete a "Tech and Safety" check prior to enrolment confirmation to ensure the above requirements are met.

RVL422T1	Tues	10.00am	11 Oct-13 Dec	On-line
RVL422T2	Tues	11.00am	11 Oct-13 Dec	On-line



Terms and Conditions

Booking Conditions

- **Enrolments are processed on a first come first serve basis**
 - ◆ **Enrolments open on Friday 9th September 2022**
 - ◆ **Enrolments close on Friday 26th October 2022**
- No re-enrolments (rolling enrolments from term to term) will be offered.
- You may enrol by email, mail or fax. Refer to How to Enrol on page 3 for specific details.
- Receipts and any correspondence is emailed to you after your enrolment has been processed.
- **All courses will require participants to complete an annual Pre-Exercise Questionnaire.** Completion of a Medical Clearance Form will only be required for those participants who answer "Yes" to any of the Pre-Exercise screening questions or report a significant change in their health status.
- The only course requiring annual medical eligibility review and completion, by a doctor, of the Medical Clearance Form, is the Pulmonary and Cardiac Maintenance (Lungs in Action) course.
- Classes are not held on public holidays.
- Courses vary in duration each term. Please refer to the Term brochure for specific information about course durations before enrolling.
- All Healthy Lifestyle participants will be COVID-19 screened prior to each class.
- By enrolling in our physical activity program you agree to abide by our rules and conditions and to be courteous to other participants, Leaders, guests and venue staff. You are agreeing to be guided by our trained Leaders in participating in our physical activity program chosen by you. You will participate to the best of your ability and advise the Leader of any difficulties or concerns you may have in your participation in the various exercises.

Program Conditions

- By enrolling in our physical activity program you agree to abide by our rules and conditions and to be courteous to other participants, Leaders, guests and venue staff. You are agreeing to be guided by our trained Leaders in participating in our physical activity program chosen by you. You will participate to the best of your ability and advise the Leader of any difficulties or concerns you may have in your participation in the various exercises.
- By enrolling into a particular class/es within the Healthy Lifestyle physical activity program, you are agreeing:
 - ◆ That you are physically able to participate in that class/es.
 - ◆ That you know of no medical or other reason why you cannot or should not participate in that class/es.
 - ◆ To provide a signed Medical Clearance Form completed by your doctor, where required.
- If you believe any of the physical activities performed during the class might risk your health, you must tell the Leader immediately.
- You must also tell Healthy Lifestyle, immediately if your medical condition changes after you join our exercise program.
- You are encouraged to consult with your doctor regarding your suitability and participation in the Healthy Lifestyle exercise program.
- As a safeguard to yourself and other participants, you must not participate in the class if you have:
 - ◆ COVID-19 or are directed to self-isolate.
 - ◆ An infection, contagious illness or condition.
 - ◆ Physical ailment, such as tinea, an open cut, sore or wound or incontinence – for water based classes only.
 - ◆ Other risk, however small, to other participants, Leader/s and guests.

Refunds and Cancellations

Healthy Lifestyle course/class cancellations

- Healthy Lifestyle reserves the right to determine whether a participant is safe and suitable for the course in which he/she has enrolled. Where possible, a more suitable course will be offered or a refund will be issued.
- If Healthy Lifestyle cancels a course and a suitable alternative is not available, a full refund of your course fee will be issued.
- If Healthy Lifestyle cancels an individual class/es due to leader illness or a venue issue, we will endeavour to find a replacement leader/venue. If it is not possible to secure a replacement Leader/venue a class refund will be issued.

Participant refund requests

- **Healthy Lifestyle does not accept responsibility for participants' non-attendance of classes due to changes in personal or business circumstances/commitments during the term.**
 - ◆ **Healthy Lifestyle is unable to offer make-up classes or credits for non-attended classes.**
- An administration fee of \$20 will be charged for all participant refund requests.
- Participants who withdraw from a course with at least 5 working days' notice before the course begins may request a refund.
- **In the event that you are unwell and unable to attend your class/es a refund may be requested. Refund requests will be processed for medical reasons only with an accompanying medical certificate.** Please allow 4 to 6 weeks processing for all refund types.

Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

Course Venues

Avalon	Avalon Recreation Centre, 59A Old Barrenjoey Road.
Berowra	Community Health Centre, 123 Berowra Waters Road. ¹ Berowra District Hall, Cnr Berowra Waters & Crowley Roads
Boronia Park	Uniting Church Hall, 93a Pittwater Road.
Forestville	Forestville Senior Citizens Centre, (meeting room), Cnr Warringah Rd & Starkey Street. ¹ Forestville Memorial Hall, 3 Starkey Street.
Freshwater	Freshwater Surf Life Saving Club, Kooloora Ave.
Gordon	Ravenswood Girls School Pool, Ravenswood Ave.
Hornsby	Hornsby Ku-ring-gai Hospital Hydrotherapy Pool, Derby Road.
Lane Cove	LCM Churches, Finlayson Street (just off Rosenthal).
Mona Vale	Mona Vale Hospital Hydrotherapy Pool, Coronation Street.
Mosman	Mosman Square Seniors' Centre, Civic Square, Military Road.
Narrabeen	Narrabeen Tramshed, 1395A Pittwater Road.
North Curl Curl	North Curl Curl Community Centre, Cnr Abbott & Griffin Roads.
North Ryde	North Ryde Community Church, 2 Cutler Parade
Pennant Hills	Community Health Centre, 5 Fisher Avenue.
Ryde	Ryde Aquatic Centre, 504 Victoria Road.
Terrey Hills	Terrey Hills Swim School, 31 Myoora Road.
Turramurra	Hillview Community Health Centre – Rotary Cottage, 1334 Pacific Highway. ¹ Turramurra Uniting Church, 10 Turramurra Avenue ² Turramurra Community Hall/Seniors , 1 Gilroy Road.
Warriewood	Nelson Heather Centre, 4 Jacksons Road.
Waverton	Waverton Community Hall, 75 Bay Road.
Willoughby	Willoughby Park Anglican Church, 19 Warrane Road