



# Healthy Lifestyle

Term 2, 2024 | April — July

get fit • feel good • have fun

---

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

E: [nslhd-healthy lifestyle@health.nsw.gov.au](mailto:nslhd-healthy lifestyle@health.nsw.gov.au)

P: 8424 9400



## 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 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
Men' MoveMENT	6
Yoga	6
Stretch & Tone	6
Functional Strength & Balance	7
Tone & Balance	8
Tai Chi Moves	8
General Exercise	9
Active Exercise	9
Terms and Conditions	10
Course Venues	11

### Course Information

**Course Duration** Healthy Lifestyle courses vary in duration each term. No classes are delivered on Public Holidays.

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

**Course Fee** A term fee is charged for all courses to cover program operating costs. No concession rates are available.

**10 week standard course fee: \$120.00**

**\*9 week courses \$108.00:**

\*Public Holiday: Monday 10th June

# Ravenwood Aqua

+Turramurra FSB Thursday no classes  
23rd May

**8 week course fee: \$96.00**

^ Lane Cove FSB Monday

**Class Duration** Generally courses run for 50 minutes unless otherwise stated.

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

**Class suitability** Please refer to website under Medical and Health Professional information for further details or contact Healthy Lifestyle.

**Our classes are not suitable for those with cognitive impairment or walking aids.**

**Exercise Equipment** No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats and pool noodles). Please speak to your class leader about specific requirements.

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

Healthy Lifestyle COVID-19 safe procedures including physical distancing, no shared equipment, hygiene and ventilation are in accordance with local health advice.

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

# How to Enrol

Healthy Lifestyle has transitioned to an online enrolment platform.

**Enrolments open Term 2 2024**

**Tuesday 2nd April @ 9am**

## How to enrol

### Book Online:

- Enrol directly ONLINE through the Healthy Lifestyle website [www.nslhd.health.nsw.gov.au/healthpromotion](http://www.nslhd.health.nsw.gov.au/healthpromotion)
- Select “Book online”

If you require support booking online please contact:

Healthy Lifestyle General and Tech Support Line

Available: Monday - Friday (9.00am – 3.00pm)

Phone: 8424 9400

Email: [nslhd-lifestyletechsupport@health.nsw.gov.au](mailto:nslhd-lifestyletechsupport@health.nsw.gov.au)

### If you are unable to book online:

- Enrolment forms can be accessed from our website or contact Healthy Lifestyle.
- Once you have completed Enrolment form, together with the Pre-Exercise Questionnaire and Medical Clearance Form (if required).
- Email or Mail your completed forms to us.

**Website:** [www.nslhd.health.nsw.gov.au/healthpromotion](http://www.nslhd.health.nsw.gov.au/healthpromotion)

**Email:** [nslhd-healthy lifestyle@health.nsw.gov.au](mailto:nslhd-healthy lifestyle@health.nsw.gov.au)

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

**Cheque payments:** Are no longer accepted by Northern Sydney Local Health District.



## Virtual Exercise

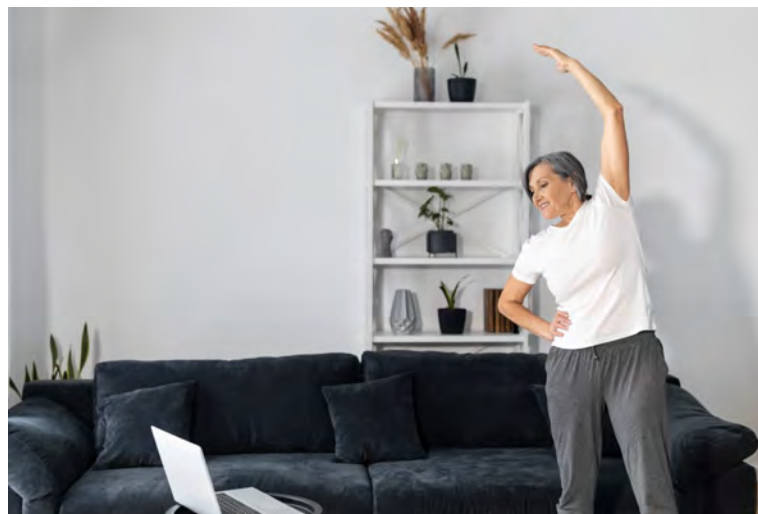
Group exercise class delivered by video conference. Seated and supported standing exercises focusing on core strength, stability, mobilising the joints and improving postural alignment. Participants can choose to bring their own exercise bands and small hand/ankle weights.

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

VGE224W1	Wed	9.45am	1 May -3 July	On-line
----------	-----	--------	---------------	---------

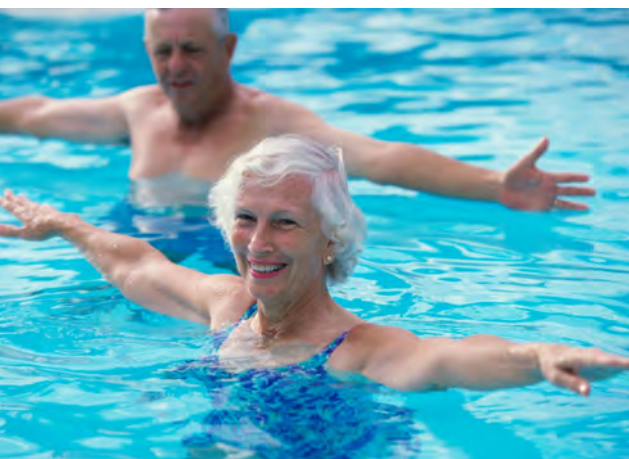


## Aqua Exercise

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.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (ie pool noodles). Please speak to your class leader about specific requirements.



### Gentle Pace @ Ryde

(Waist-chest depth pool with ramp entry)

RAG224T	Tue	8.00am	30 Apr-2 July	Ryde
RAG224W	Wed	8.00am	1 May-3 July	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)

RAM224M*	Mon	9.00am	29 Apr-1 July	Ryde
RAM224W	Wed	9.00am	1 May-3 July	Ryde
RAM224W1	Wed	10.00am	1 May-3 July	Ryde

### Medium Pace @ Terrey Hills

NA224THM*	Mon*	12.00pm	29 Apr-1 July	Terrey Hills
NA224THW	Wed	12:00pm	1 May-3 July	Terrey Hills
NA224THR	Thu	1.15pm	2 May-4 July	Terrey Hills

### Medium Pace @ Ravenswood

HA224RWR#	Thu	7.00 pm	2 May-27 Jun	Gordon
-----------	-----	---------	--------------	--------

\*# 9 week Term - Please refer to page 2

# Ai Chi

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

NAAC224T	Tue	1.00pm	30 Apr-2 July	Mona Vale
----------	-----	--------	---------------	-----------

# 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.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (ie pool noodles). Please speak to your class leader about specific requirements.



All classes have been suspended @ Hornsby Hospital Hydrotherapy Pool while renovations take place.  
Classes are scheduled to start back in Term 3 Starting 22 July 2024

\* 9 week Term - Please refer to page 2

## Hornsby Aquatic Leisure Centre - mixed level

HHA224M1*	Mon	12.10pm	29 Apr-1 July	Hornsby <sup>2</sup>
HHA224M2*	Mon	12.45pm	29 Apr-1 July	Hornsby <sup>2</sup>
HHA224W	Wed	12.50pm	1 May-3 July	Hornsby <sup>2</sup>
HHA224F	Fri	12.50pm	3 May-5 July	Hornsby <sup>2</sup>

## Mt Wilga Private Rehab Hospital – mixed level

HHA224T	Tue	5.30pm	30 Apr-2 July	Hornsby <sup>3</sup>
HHA224T1	Tue	6.15pm	30 Apr-2 July	Hornsby <sup>3</sup>
<b>HHA224R NEW</b>	<b>Thu</b>	<b>5.30pm</b>	<b>2 May-4 July</b>	<b>Hornsby<sup>3</sup></b>
HHA224R1	Thu	6.15pm	2 May-4 July	Hornsby <sup>3</sup>

## Mona Vale Hospital - Gentle Pace

NAG224M*	Mon	10.30am	29 Apr-1 July	Mona Vale
NAG224M1*	Mon	2.30pm	29 Apr-1 July	Mona Vale
NAG224M2*	Mon	3.45pm	29 Apr-1 July	Mona Vale
NAG224T	Tue	2.00pm	30 Apr-2 July	Mona Vale
NAG224T1	Tue	3.00pm	30 Apr-2 July	Mona Vale
<b>NAG224W NEW</b>	<b>Wed</b>	<b>10.30am</b>	<b>1 May-3 July</b>	<b>Mona Vale</b>
NAG224F3	Fri	9.00am	3 May-5 July	Mona Vale
NAG224F	Fri	10.15am	3 May-5 July	Mona Vale
NAG224F1	Fri	1.00pm	3 May-5 July	Mona Vale
NAG224F2	Fri	2.15pm	3 May-5 July	Mona Vale

## Mona Vale Hospital – Medium Pace

NAM224M*	Mon	5.00pm	29 Apr-1 July	Mona Vale
NAM224T	Tue	5.00pm	30 Apr-2 July	Mona Vale
NAM224W	Wed	5.30pm	1 May-3 July	Mona Vale
NAM224S	Sat	8.00am	4 May-6 July	Mona Vale
NAM224S1	Sat	9.00am	4 May-6 July	Mona Vale

## 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.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats). Please speak to your class leader about specific requirements.

LMM224T	Tue	9.00am	30 Apr-2 July	Lane Cove
RMM224F	Fri	8.00am	3 May-5 July	Boronia Park



## Yoga

Our yoga classes are centred around a range of standing poses, to enhance mobility, strength and balance for body and mind.

This class incorporates some floor poses and relaxation.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (mats). Please speak to your class leader about specific requirements.

HY224M*	Mon	9.30am	29 Apr-1 July	Turrumurra
HY224M2*	Mon	10.30am	29 Apr-1 July	Turrumurra
HY224T3	Tue	7.00pm	30 Apr-2 July	Berowra
HY224F	Fri	9.00am	3 May-5 July	Turrumurra <sup>2</sup>
<b>HY224F1 NEW</b>	<b>Fri</b>	<b>10.00am</b>	<b>3 May-5 July</b>	<b>Turrumurra<sup>2</sup></b>

\*9 week term—Please refer to page 2



## Stretch & Tone

This class focuses on flexibility, mobility and improving postural alignment. This class involves both chair supported and standing exercise variations and is suited to a range of fitness levels.

HST224M1*	Mon	8.00am	29 Apr-1 July	Pennant Hills
HST224M*	Mon	9.00am	29 Apr-1 July	Pennant Hills
<b>LST224T NEW</b>	<b>Tue</b>	<b>10.15am</b>	<b>30 Apr-2 July</b>	<b>Mosman</b>
LST224W	Wed	8:30am	1 May-3 July	Lane Cove
NST224W1	Wed	9.00am	1 May-3 July	Narrabeen
HST224R1	Thur	9.00am	2 May- 4 July	Pennant Hills
HST224R2	Thur	10.00am	2 May- 4 July	Pennant Hills

\*9 week term—Please refer to page 2

## 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.

No exercise equipment is supplied by Healthy Lifestyle.

Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats ). Please speak to your class leader about specific requirements.



LFSB224M1 <sup>^</sup>	Mon	9.00am	6 May-1 July	Lane Cove
NFSB224M2*	Mon	9.00am	29 Apr-1 July	Avalon
LFSB224M2 <sup>^</sup>	Mon	10.00am	6 May-1 July	Lane Cove
NFSB224M3*	Mon	10.00am	29 Apr-1 July	Avalon
HFSB224M1 *	Mon	10.00am	29 Apr-1 July	Pennant Hills
HFSB224M3 *	Mon	10.00am	29 Apr-1 July	Turrumurra <sup>1</sup>
NFSB224M4*	Mon	10.15am	29 Apr-1 July	Narrabeen
HFSB224M2*	Mon	11.00am	29 Apr-1 July	Turrumurra <sup>1</sup>
RFSB224T	Tue	9.00am	30 Apr-2 July	Boronia Park
NFSB224T	Tue	9.30am	30 Apr-2 July	Warriewood
NFSB224T1	Tue	10.30am	30 Apr-2 July	Warriewood
LFSB224T1	Tue	10.30am	30 Apr-2 July	Lane Cove
NFSB224T2	Tue	10.30am	30 Apr-2 July	Forestville
LFSB224T3	Tue	9.15am	30 Apr-2 July	Mosman
NFSB224W1	Wed	9.15am	1 May-3 July	Narrabeen
NFSB224W2	Wed	10.15am	1 May-3 July	Narrabeen
LFSB224R1	Thu	8.45am	2 May- 4 July	Lane Cove
NFSB224R1	Thu	9.15am	2 May- 4 July	Freshwater
LFSB224R2	Thu	9.45am	2 May- 4 July	Lane Cove
NFSB224R2	Thu	10.15am	2 May- 4 July	Freshwater
<b>HFSB224R1+</b>	<b>Thu</b>	<b>10.45am</b>	<b>2 May- 4 July</b>	<b>Turrumurra<sup>1</sup></b>
LFSB224R3	Thu	11.15am	2 May- 4 July	Lane Cove
<b>HFSB224R2 +</b>	<b>Thu</b>	<b>11.45am</b>	<b>2 May- 4 July</b>	<b>Turrumurra<sup>1</sup></b>
RFSB224F	Fri	9:00am	3 May-5 July	Boronia Park

\* 9 week Term - Please refer to page 2

+ 9 week term—No classes held Thursday 23rd May

<sup>^</sup> 8 week term

## 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 recently completed our Stepping On falls prevention program.*

LTB224M *	Mon	1.30pm	29 Apr-1 July	St Leonards
LTB224T1	Tue	12.00pm	30 Apr-2 July	Mosman <sup>1</sup>
<b>LTB224T2 NEW</b>	<b>Tue</b>	<b>1.00pm</b>	<b>30 Apr-2 July</b>	<b>Mosman<sup>1</sup></b>
NTB224W	Wed	10.30am	1 May-3 July	Manly
NTB224R	Thu	9.00am	2 May- 4 July	Narrabeen
RTB224R	Thu	12.30pm	2 May- 4 July	North Ryde
RTB224R1	Thu	1.30pm	2 May- 4 July	North Ryde
HTB224F	Fri	9.30am	3 May-5 July	Hornsby <sup>1</sup>
HTB224F1	Fri	10.30am	3 May-5 July	Hornsby <sup>1</sup>

\* 9 week Term - Please refer to page 2

## Tai Chi Moves

Tai Chi Moves involves a series of moving exercises connected with breathing to promote balance, good posture, joint mobility and relaxation. Although there are many different styles of Tai Chi practice, this class focusses on standing and moving leg patterns which are beneficial for falls prevention and mobility in older people.

HTC224M*	Mon	12.00 pm	29 Apr-1 July	Turrumurra <sup>1</sup>
NTC224W	Wed	9.30am	1 May-3 July	Avalon
NTC224R	Thu	9.30am	2 May- 4 July	Forestville

\* 9 week Term - Please refer to page 2





## 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.

### Easy-Medium Pace

NGEE224T	Tue	9.30am	30 Apr-2 July	Forestville
----------	-----	--------	---------------	-------------

### General

RGEG224F	Fri	10.00am	3 May-5 July	Boronia Park
----------	-----	---------	--------------	--------------

## 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.

NAEM224W	Wed	9:15am	1 May-3 July	North Curl Curl
----------	-----	--------	--------------	-----------------



# Terms and Conditions

## Booking Conditions

- **Enrolments are processed on a first come first serve basis**
  - ◆ **Term 2 enrolments close Saturday 11th May 2024**
  - ◆ **No re-enrolments (rolling enrolments from term to term) will be offered.**
- Enrol online @ [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au) Email /Mail forms accepted. 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.
- 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.
- No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats and pool noodles). Please speak to your class leader about specific requirements.

## 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.
- **Classes not suitable for those with walking aids**
- As a safeguard to yourself and other participants, you must not participate in class if you have:
  - ◆ Unwell, have any flu like symptoms or confirmed as having COVID-19
  - ◆ 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.
- Healthy Lifestyle reviews the viability of each class prior to commencement of term.
- 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.

## Course Venues

<b>Avalon</b>	Avalon Recreation Centre, 59 Old Barrenjoey Road.
<b>Berowra</b>	Community Health Centre, 123 Berowra Waters Road
<b>Boronia Park</b>	Uniting Church Hall, 93a Pittwater Road.
<b>Forestville</b>	Forestville Senior Citizens Centre, (main hall), Cnr Warringah Rd & Starkey Street.
<b>Freshwater</b>	Freshwater Surf Life Saving Club, Kooloora Ave.
<b>Gordon</b>	Ravenswood Girls School Pool, 10 Henry Street, Gordon.
<b>Hornsby</b>	Hornsby Uniting Church, 24 William Street <sup>1</sup> Hornsby Ku-ring-gai Hospital Hydrotherapy Pool, Derby Road. — Under Renovations <sup>2</sup> Hornsby Aquatic Leisure Centre , 203 Peats Ferry Road <sup>3</sup> Mt Wilga Private Hospital, 66 Rosamond Street
<b>Lane Cove</b>	LCM Churches, Finlayson Street (just off Rosenthal).
<b>Manly</b>	Manly Seniors, Corner of Balgowlah and Pittwater Road,
<b>Mona Vale</b>	Mona Vale Hospital Hydrotherapy Pool, Coronation Street.
<b>Mosman</b>	Mosman Square Seniors' Centre, Civic Square, Military Road. <sup>1</sup> Mosman Art Gallery (Melody room), 1 Art Gallery Way.
<b>Narrabeen</b>	Narrabeen Tramshed, 1395A Pittwater Road.
<b>North Curl Curl</b>	North Curl Curl Community Centre, Cnr Abbott & Griffin Roads. (Carpark entrance on Abbott Rd)
<b>North Ryde</b>	North Ryde Uniting Church, 2 Cutler Parade (Enter via gate end of car park)
<b>Pennant Hills</b>	Community Health Centre, 5 Fisher Avenue.
<b>Ryde</b>	Ryde Aquatic Centre, 504 Victoria Road.
<b>St Leonards</b>	Community Health Centre, Ground floor, 2c Herbert Street
<b>Terrey Hills</b>	Terrey Hills Swim School, 31 Myoora Road.
<b>Turramurra</b>	The Masonic Centre, 1247 Pacific Highway <sup>1</sup> Turramurra Uniting Church, 10 Turramurra Avenue <sup>2</sup> Turramurra Community Hall/Seniors , 1 Gilroy Road.
<b>Warriewood</b>	Ted Blackwood Community Centre, Cnr Jackson Road & Boondah Road