



INCLUSIVE CLASS PASS

'OPEN DAY'

Monday 9th October at the National Sports Centre
(9:30-3:30pm)

The **Inclusive Class Pass** is a new NSC Class Membership which gives people with disabilities access to a wide range of inclusive NSC Classes at a reduced rate.

The Open Day will allow anyone who might be interested in becoming an **Inclusive Class Pass** member to take part in a selection of taster sessions (FREE of charge)

If you would like to take part in the 'Open Day', please see the Timetable below and select which session(s) you would like to attend:

(carers / helpers can also attend FREE of Charge)

TIME	SPORT	VENUE	✓
10-10:40AM	GLOW SPORTS (LD)	NSC Secondary Hall	
11:15-11:45AM	PARACISE	NSC Secondary Hall	
12-1PM	GYM VISITS	NSC GYM	
1:15-1:45PM	SPIN	NSC Main Hall	
2-2:30PM	WOBBLE	NSC Main Hall	
2:30-3:30PM	SWIM 4 ME	NSC Swimming Pool	

NAME:

DATE OF BIRTH:

TEL:

ADDRESS (LINE 1):

(LINE 2)

POST CODE:

EMAIL:

Please complete the Application Form (above) and return to:

ZOE CROWE: NSC, GROVES RD, DOUGLAS IM2 1RB

OR EMAIL: ZOE.CROWE@GOV.IM / 688575





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GLOW SPORTS (LD) - Sensory and sport activities to music in a blacked out room with UV lighting. Creating a different environment and providing a fun experience for adults with learning disabilities (LD).



PARACISE - Paracise is a low-impact, gentle but effective functional exercise class to "fabulous" music. Ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury. Paracise can result in improved posture, core strength, increased flexibility, mobility and can reduce the risk of injury or pain



GYM VISITS - The NSC Gym offers an extensive range of resistance and cardiovascular machines in a very pleasant and positive atmosphere. Customers can take a tour around the NSC gym to find out more information on equipment and weekly Gym Sessions.



SWIM 4 ME - A quiet time in the NSC training pool which allows customers to utilise the space how they choose. Floor depths are set to 1.10 m and there is plenty of space to exercise in a comfortable and relaxed environment. Follow rehabilitation plans/ exercises (issued by your health care professional) or simply swim at your own pace. A newly refurbished accessible changing room is available with track hoist system. Descending steps and the Pool Pod (submersible wheelchair) / Pool Hoist are all also available to improve access into the pool.



SPIN - A low impact cardio workout that is suitable for abilities. spinning places less stress in your joints and can help improve cardiovascular health and overall well-being. Classes can be tailored to each individual where participants can exercise at a rate that is comfortable to them.



WOBBLE - A seated exercise to music class. Wobble focuses on exercises that help to improve strength, mobility and confidence. It is sociable, fun and will boost your happy hormones. Our fabulous playlist and engaging formula will ensure you leave with a smile and a feeling of positivity and well being.

FOR MORE INFORMATION, PLEASE CONTACT:

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