

U CAN



KEEP MOVING MORE!

move
more

An initiative by
**JERSEY
SPORT** 



WAYS YOU CAN CONTINUE ON YOUR FITNESS JOURNEY...

As you finish Move More Referral or our Move More Pay-As-You-Go classes, Jersey Sport remain committed to supporting your physical activity journey and to keep you moving more.

We understand you'll be eager to continue with activities as similar as possible to those you have taken part in with Jersey Sport, so we've worked hard with local exercise partners to offer some tailored opportunities.

Here's some ways you can continue with your fitness journey - by joining some of our other Move More Jersey programmes for free, or by signing up to become a member at other local activity providers such as Active, AquaSplash or Strive.

MOVE MORE CYCLING (FREE)

We have three levels of Move More Cycle programmes available which are designed for islanders who need cycling support and help to get started on their cycling journey:

- **LEARN TO RIDE** is for complete beginners who can't yet pedal a bike, or who are unconfident riding a bike.
- **SOFA2SADDLE** is for those who may have learnt to cycle but need some support to feel more confident when riding.

- **GAINING MOMENTUM** is designed to add saddle time to your cycle rides - which will help boost your confidence on different routes and terrain.

If you have any questions or need support to find a cycle ride to suit you, please contact our Move More Community Engagement and Inclusion Officer, Claudia Andrade at: claudia.andrade@jerseysport.je

To find out more and when the next cycling courses are taking place, please visit: movemore.je/cycle-more



MOVE MORE WALKING (FREE)

Our Move More Walks are short, easy walks designed to improve mental and physical wellbeing. They provide support and encouragement to walk, which is especially useful for those with lower physical ability or long-term health conditions.

Each walk is led by friendly, fully trained walk leaders who are highly experienced in supporting people to get started with their exercise.

To find out more and view our walking timetable, please visit: movemore.je/walk-more

All walks are free of charge and range in length from roughly 30 minutes to 1 hour 45 minutes.

There are four ability levels to choose from, taking place at various locations across the island throughout the year.

MOVE MORE RUNNING (FREE)

Move More RunTogether is not about speed! We're here to help and support you at the start of your running journey - we don't mind if you walk, jog or run.

The idea is to get you used to running in a fun and supportive environment, and by the end of the free 9-week course you'll be able to run or run/walk either 20 minutes or 5K.

The sessions will progress gradually to give your body time to get used to running and you should only aim to run or run/walk at a pace which is comfortable

To find out more and when the next Move More RunTogether course is taking place, please visit: movemore.je/run-more

for you. You should aim for 'conversational' running and not focus on speed or distance.

You don't have to be fit and athletic when you start - all you need is the ability and motivation to get outdoors and put one foot in front of the other.

In the lead up to starting your running sessions, it may help if you take regular brisk walks of 10-20 minutes, 3 times per week - but if you don't manage to do this, don't worry, you're still welcome as long as you wear a pair of trainers and a smile!



MOVE MORE SWIMMING (£)

Move More Swimming is aimed at islanders who need support on their swimming journey. We have two levels of swimming classes available – one for complete beginners and the other for those wanting to improve their strokes and techniques.

MOVE MORE SWIM – FOR BEGINNERS

A 12-week programme for nervous adult swimmers or non-swimmers, who are looking to gain confidence in the pool.

Sessions will take place in the shallow, warm pool to begin with, where you will be within standing depth.

The classes will focus on gaining confidence in the water, along with basic swimming skills (aided and unaided) such as floating, kicking and learning how to breathe.

MOVE MORE SWIM – FOR INTERMEDIATES

A 12-week programme for people who may have learnt to swim a long time ago and haven't swum for a while, or for those who may not be fully confident swimming in a pool. It's also for people who may want to improve their range of swimming strokes, techniques, skills, and fitness.

People who wish to participate in these classes will need to be confident in the pool out of their depth and be able to swim from one end of the pool to the other (the length of the pool is 25m).

To find out more and when the next swimming courses are taking place, please visit: movemore.je/swim-more



ACTIVE CLASSES (££)

Active have worked closely with Jersey Sport to create some new classes for people who have completed the Move More Jersey Referral programme.

Active are based at Springfield and Les Quennevais, and provide Chair-Based Exercise classes, Aquafit classes and Circuit Exercise classes.

ALL Move More Referral participants will be offered discounted membership rates to join Active. These rates can be claimed using a voucher presented to you upon completion of our Move More Referral programme and/or by providing email confirmation from Jersey Sport of your attendance on the Move More Referral programme to the Active Office.

To find out more about the different Active membership options available and to view their class timetables, please visit: active.je



AQUASPLASH SWIMMING (££)

AquaSplash would like to welcome islanders who have completed the Move More Referral programme to swim with them.

ALL Move More Referral participants will be offered the opportunity to join AquaSplash through an exclusive membership package which gives you access to lane swimming and Aqua Aerobic classes.

This package is available at £23.80 a month (saving £14 on their standard membership) or £261.40 for an annual subscription. There are no joining fees – simply present email confirmation from Jersey Sport of your attendance on the Move More Referral programme to receive these exclusive rates.

To find out more about the alternative AquaSplash membership options available and to view their swimming timetable, please visit: aquasplash.je

PRIVATE COACHING (£££)

If you'd like to continue with one-to-one or small group coaching, there are several private providers who can help you. Jersey Sport remain in conversations with these exercise providers, to ensure Move More Referral graduates are offered favourable rates.

To find out more about the options available, please contact us at: movemore@jerseysport.je

**KEEP IN TOUCH
WITH US**

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