

HOW THE SCHEME WORKS

An assessment is made by a healthcare professional such as a doctor or nurse – they provide you with the referral forms and help you to complete them. You bring these referral forms to us at Oxley Sports Centre where a consultation takes place and a plan of action is made.

A qualified instructor then guides you through a 12 week program offering motivation and regular reviews. Swimming and fitness classes may also be advised during your programme here at Oxley Sports Centre.

After completing the initial program further discounted membership will be available to you.

COSTS

£60 for 12 weeks

Oxley Sports Centre
Sherborne

Bradford Road, Sherborne
Dorset DT9 3DA
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E. info@oxleysc.com
www.oxleysc.com



OPENING HOURS

Monday 07:00 – 22:00
Tuesday 07:00 – 14:00 16:00 – 22:00
Wednesday 07:00 – 22:00
Thursday 07:00 – 14:00 16:00 – 22:00
Friday 07:00 – 21:00
Saturday 08:00 – 18:00
Sunday 08:00 – 21:00



Oxley Sports Centre
Exercise
Referral

Oxley Sports Centre
Sherborne

PROJECT AIM:

To improve and maintain the health and mental well being of inactive adults who are at risk of developing chronic disease.

WHAT IS EXERCISE ON REFERRAL?

The Exercise on Referral Scheme provides sedentary individuals and those with low risk medical conditions with a positive introduction to being physically active. The introductory exercise programme should enable patients to maintain a physically active lifestyle, without dependence on the exercise professional in the longer term.

WHO QUALIFIES FOR EXERCISE ON REFERRAL?

The scheme is for adults aged 18 years and over who have existing low risk medical conditions and are considered to be inactive (not currently participating in at least 30 minutes of moderate activity on 3 or more days of the week). Patients must be a local resident to access the scheme.

WHEN ARE THE SESSIONS?

Your instructor will be happy to recommend suitable activities for you during your consultation

Monday

Silver Zone 9.00am - 9.45am

Gym session 4.00pm - 5.15pm

Aqua 7.00pm - 7.45pm

Tuesday

Legs, Bums and Tums 9.30am - 10.30am

Gym session 10.00am - 11.30 am

Wednesday

Silver Zone 11.00am - 11.45am

Thursday

Flexercise 11.00am - 12noon

Aqua 1.00pm - 1.45pm

All swim sessions

OTHER ACTIVITIES AVAILABLE

- Swim Fit and Swimming Lessons
- Social Squash and Badminton
- Gym Sessions
- Fitness Classes
- Climbing
- Kayaking



WHAT DO I GET FROM THE SCHEME?

- Free initial consultation
- Personalised activity program
- 12 week action plan
- Regular reviews
- Ongoing motivation and advice
- Specific fitness classes
- Reduced 3 month membership

We also offer a subsidised 6 week course of swimming lessons to non/weak swimmers.