

About The Sitara Project

What is the Sitara Project?

The Sitara Project is a weekly physical activity session for women, staffed by women.

What is the aim of Sitara?

The Sitara Project aims to encourage women to take part in physical activity for the sake of their health.

Who is it for?

All women and girls over 16 years, who want to take part in physical activity to improve their health and well being.

What should I wear?

Loose comfortable clothing should be worn for dry side activities. In the pool a swimming costume should be worn, if you wish you may also wear fitted cycling shorts, these allow freedom of movement. Please ensure that long hair is tied up and/or a swim cap is worn.

What activities can I do?

Swimming and sauna plus a variety of activities including fitness classes and use of the fitness suite machines (a gym induction is required before you may use the fitness suite).



Timetables & Costs

Monday & Wednesday Afternoon

13.30 – 15.30	Fitness Suite
13.30 – 15.30	Sauna & Steam Room
13.30 – 14.30	Swimming
13.30 – 14.30	Fitness Class
14.30 – 15.00	Aqua Aerobics

Monday & Wednesday Evening

20.00 – 22.00	Fitness Suite
20.00 – 22.00	Sauna & Steam Room
20.45 – 22.00	Swimming (Monday)
20.00 – 20.45	Swimming (Wednesday)
21.30 – 22.00	Swimming (Wednesday)
20.45 – 21.30	Fitness Class (Monday)
20.00 – 20.45	Fitness Class (Wednesday)
20.00 – 20.45	Aqua Aerobics (Monday)
20.45 – 21.30	Aqua Aerobics (Wednesday)

Sunday

11.00 – 13.00	Swimming
11.00 – 13.00	Gym & Sauna
12.00 – 13.00	Pilates
15.15 – 17.00	Teen Sitara (includes swimming and fitness suite)

If you intend to use the Fitness Suite you MUST have a gym induction for Health and Safety reasons. You can book this with reception and the cost is £6.25 Adults and £3.10 Teens.

All adult Sitara Sessions are £3.30 per session and the Teen Sitara is £2.20 per session.

What are the benefits of being more active?

- Handle stress positively
- Have a sense of well being
- Avoid illness and disease
- Have a healthy heart and lungs
- Be less accident prone
- Reduce their risk of coronary heart disease and stroke
- Prevent or manage osteoporosis
- Be able to control weight & reduce body fat
- Relax and sleep well
- Reduce anxiety and depression
- Maintain independence
- Increase mobility and flexibility
- Have good posture
- Have more energy
- Make new friends
- Increase confidence and self esteem

Why should I be active?

- The human body is made to move. Most people are not nearly as active as they should be for modern living and labour saving devices.
- Being active is about getting the most out of life, enjoying yourself and improving your health.

For further details on the Sitara Project call us on
01924 326 167

Additional information

Do I need a medical check before taking part in physical activity?

The majority of people, including older people DO NOT need a medical check-up before starting regular physical activity. However consult your doctor if:

- You have chest pains, high blood pressure or heart problems
- You are troubled with joint pains, arthritis or back problems
- You are recovering from an illness or operation
- You are worried that physical activity may affect any other aspect of your health



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Ref: KAL-SP09. All information correct at time of print.
Kirklees Active Leisure is a charitable trust.

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more people more active more often