

**EHPS/DHP 2016 FREE ACTIVITIES!**

**Any Questions? Contact Christine at** **r02cr13@abdn.ac.uk**

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| **Date**  | **Activity**  | **Location**  | **Time**  | **How to book** |
| Wednesday 24th August | Jog Scotland *(walk, jog or run)* | Meet at Hillhead Central Building – Reception, Hillhead Campus*See Map:* <https://www.abdn.ac.uk/about/campus/maps/view/69/>  | 7.15-8am | Booking is not required for this session – just turn up! |
| Wednesday 24th August | Yoga  | Aquatics Studio, Aberdeen Aquatics Centre*See Map:*<https://www.abdn.ac.uk/about/campus/maps/view/91/>  | 7-8am  | Sign up will be available at the conference registration |
| Wednesday 24th August | Scottish Country Dance | Forbes Suite, Aberdeen Exhibition and Conference Centre\*Sports clothing is NOT required – conference attire is suitable | 4-4.40pm | Booking is not required for this session – just turn up! |
| Thursday 25th August | Yoga  | Aquatics Studio, Aberdeen Sports Village*See Map:*<https://www.abdn.ac.uk/about/campus/maps/view/91/>  | 7-8am  | Sign up will be available at the conference registration |
| Thursday 25th August | Jog Scotland *(walk, jog or run)* | Meet at Hillhead Central Building – Reception, Hillhead Campus*See Map:* <https://www.abdn.ac.uk/about/campus/maps/view/69/>  | 7.15-8am | Booking is not required for this session – just turn up! |
| Friday 26th August | Jog Scotland *(walk, jog or run)* | Meet at Hillhead Central Building – Reception, Hillhead Campus*See Map:* <https://www.abdn.ac.uk/about/campus/maps/view/69/>  | 7.15-8am  | Booking is not required for this session – just turn up! |
| Friday 26th August | Open badminton and table tennis courts (no instructor) | Hillhead Central Building, Hillhead Campus*See Map:* <https://www.abdn.ac.uk/about/campus/maps/view/69/> | 6.30-8.30pm | Booking is not required – just turn up and play! Equipment will be provided |

**OTHER ACTIVITIES IN THE AREA**

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| **Facility**  | **Activities available**  | **Location**  | **Contact details**  | **Further information** |
| Aberdeen Outdoor Fitness | Outdoor, bootcamp training sessions | Various locations across the city | Call Leanne on 07904860992 aberdeenoutdoorfitness@yahoo.com <https://www.facebook.com/groups/526124284161184/> | Pay as you go available  |
| Aberdeen Sports Village | Swimming, fitness classes, fitness suite, squash, fitness classes, badminton, athletics | Linksfield RoadAberdeenAB24 5RU | 01224 438900 <http://www.aberdeensportsvillage.com/>  | Pay as you go available |
| Beach Leisure Centre | Swimming, fitness suite, fitness classes, badminton | Sea Beach, Aberdeen, AB24 5NR | 01224 655401 [http://www.sportaberdeen.co.uk/venues/beach-leisure-centre/venues/beach-leisure-centre/](http://www.sportaberdeen.co.uk/venues/beach-leisure-centre/)  | Pay as you go available |
| Benachie | Moderate level hiking | 24 mile NW of Aberdeen | <http://www.walkhighlands.co.uk/aberdeenshire/bennachie.shtml>  | 2.5-4 hour walk time |
| Codona’s Aberdeen | Various, including an amusement park, ten-pin bowling, adventure golf, and American pool  | Sunset Boulevard, Beach Boulevard, Aberdeen AB24 5ED | 01224 595910<http://codonas.com/>  | Student deals available  |
| Core94Watersports | Scuba diving sessions | 35 Waterloo QuayAberdeen, AB11 5BSScotland | 01224 581313<http://core94.com/watersports/discover-scuba-diving/>  | Equipment hire available  |
| Kings Links Golf Course | 9-hole, 19-hole, pitch and put | Golf Road, Aberdeen, AB24 5QB | 01224 632269 [http://www.sporhttp://www.kings-links.com/contact-us](http://www.sportaberdeen.co.uk/venues/kings-links-golf-course/)  | Equipment hire available;Pay as you go available |
| Linx Ice Arena | Public session ice skating, ice hockey, coaching  | Beach Promenade, Aberdeen, AB24 5NR | 01224 655406 <http://www.sportaberdeen.co.uk/venues/linx-ice-arena/>  | Skate hire available;Pay as you go available |
| Love Yoga | Mysore, Ashtanga yoga, Vinyasa yoga, Yin yoga, restorative yoga, power yoga | Opposite the Central Library at: 42 Union Terrace (top floor)AberdeenAB10 1NP | <http://www.loveyoga.co.uk/>  | All equipment provided;Pay as you go available;Student discount available  |
| Transition Extreme | Climbing wall, skate park, high ropes | Links Road, Aberdeen,AB24 5NN | 01224 626279 <http://www.transition-extreme.com/>  | Pay as you go available  |
| Westburn Tennis Centre | Tennis, cardio tennis, Jog Scotland | Westburn Park Road, Aberdeen, AB25 3DE | 01224 625342 <http://www.sportaberdeen.co.uk/venues/westburn-tennis-centre/>  | Equipment hire available;Pay as you go available |