

**EHPS/DHP 2016 FREE ACTIVITIES!**

**Any Questions? Contact Christine at** [**r02cr13@abdn.ac.uk**](mailto: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](mailto: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 Road  Aberdeen  AB24 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 |
| Core94  Watersports | Scuba diving sessions | 35 Waterloo Quay  Aberdeen, AB11 5BS  Scotland | 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)  Aberdeen  AB10 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 |