

GET

ACTIVE

SOUTH EAST

**LEISURE
INCLUSION TEAM
ACTIVITIES**



Get Active South East



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ACTIVE
NORTHUMBERLAND

Get Active South East offers a wide range of sport and play activities. All of the activities listed can be delivered.

ACTIVITY	AGE RANGE	MAX NUMBER*	REQUIREMENTS
Archery (limited availability)*	9+	12	Indoor hall or very large open space
Athletics	6+	30	Indoor hall or open space
Badminton	8+	30	Indoor hall or open space
Basketball	6+	30	Indoor hall or open space
Bootcamp	11+	30	Indoor hall or open space
Boxercise	11+	30	Indoor hall or open space
Canoeing	8+	12	Own transport required
Circuits	8+	30	Indoor hall or open space
Cricket	6+	30	Indoor hall or open space
Dance (various styles)	6+	30	Indoor hall
Fitness activities (various)	6+	30	Indoor hall or open space
Football	6+	30	Indoor hall or open space
Geocaching	11+	30	Access to park or suitable area. Own transport required
Golf	6+	15	Indoor hall or open space
Gymnastics (limited availability)*	6+	15	Indoor hall
Handball*	6+	30	Indoor hall or open space



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Kayaking*	8+	12	Own transport required
Mountain Biking / Cycling (must provide own)*	11+	15	Open space
Multi Skills	5+	30	Indoor hall or open space
Multi Sport	6+	30	Indoor hall or open space
Netball*	6+	30	Indoor hall or open space
Orienteering (limited availability)*	8+	30	Access to park or suitable area. Own transport required
Playground Games	5+	30	Indoor hall or open space
Rock Climbing Indoor	6+	12	Local climbing wall. Own transport required
Rock Climbing Outdoor	8+	12	Own transport required
Rounders	6+	30	Open space
Rugby	6+	30	Indoor hall or open space
Swimming	6+	*	Swimming pool and/or own transport required
Team Building	6+	30	Indoor hall or open space
Tennis	6+	30	Indoor or open space
Trampolining (limited availability)*	8+	15	Indoor hall
Ultimate Frisbee	8+	30	Large indoor hall or open space
Water Sports*	8+	12	Own transport required
Wave Boarding (limited availability)*	8+	10	Flat, hard surface



*There is a requirement to provide your own equipment for some activities (Trampolines, Badminton posts, Gymnastics equipment, Mountain Bikes, Netball posts etc). This does not apply to activities at an Active Northumberland venue.

* Activities are tailored to suit, please contact us to discuss details including age, maximum numbers, space and suitable venues.

* We have limited capacity for some activities, please contact us should you require further information.

For more information on these activities please contact the team on **01670 622177** or email us at

GetActiveSE@activenorthumberland.org.uk