



**FREE sports and activities through 'Youtube'.**

**Why not try something different**

**Keep fit during the lockdown**

**Local Sussex providers**

Active Sussex have teamed up with REBOOT, providing young people and their families access to local sports and activities, directly into your homes. The below schedule of activities are **free** to access. We encourage everyone across Sussex to get involved, keep active and improve your mental well-being.

This guide provides access to the funded provisions available to you during the COVID19 pandemic.



## Monday: One Session available

### Defiant Sports

**Time:** 11:00 - 11:30

### What is being provided?

‘Mellow Mondays’:

30 minute session for 12 weeks. To incorporate sensory circuits, yoga, relaxation, mindfulness etc. Providing varied content over 12 weeks, with extra explanation and time allowed to ensure those less able can fully participate.

Equipment required will be found around the home eg. Water bottle instead of hand weights. All home based exercise.



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YOUTUBE

<http://defiantsports.org.uk>

## Tuesday: Session One

### Fit and Fab Families

Time: 09:00-09:30

#### What is being provided?

Sessions aimed at families, teaching basic boxing techniques and standing core exercises. The sessions will also provide you with equipment free HIIT/conditioning classes.



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## Tuesday: Session Two

### Marina Studios Y.E.S: Street Dance

Time: 12:00 - 12:30

#### What is being provided?

Providing online street dance tutorials to young people across Sussex. If you are new to Street dance, or want to expand on the skills you have already developed then please join us on our Youtube channel every Tuesday lunchtime.



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## Wednesday: One Session available

**Defiant Sports:** Sports and family fun

**Time:** 11:00 - 11:30

**What is being provided?**

Wednesdays – ‘welcoming Wednesdays’ 30 minute session for 12 weeks. Introducing you to adapted sports, encompassing gameplay and skill building. Fun for all the family.

Equipment required will be found around the home eg. Water bottle instead of hand weights. All home based exercise.

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## Thursday: One session available

**Fit and Fab Families**

**Time:** 09:00-09:30

**What is being provided?**



Sessions aimed at families, teaching basic boxing techniques and standing core exercises. The sessions will also provide you with equipment free HIIT/conditioning classes.

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## Friday: Session One

**Up-Grade Training and Therapy Ltd:** Kickboxing, Mixed Martial arts and Fitness

**Time:** 10:00 - 10:30

### **What is being provided?**

Kickboxing, fitness and Mixed Martial Arts lessons. Young people would need a clear space of no less than 3x3 metres, loose fitting clothes and plenty of water. Given the nature of the online, non-contact service, equipment would not be necessary.

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## Friday: Session Two

**Marina Studios Y.E.S.:** Street Dance

**Time:** 12:00 - 12:30

### **What is being provided?**

Providing online street dance tutorials to young people across Sussex. If you are new to Street dance, or want to expand on the skills you have already developed then please join us on our Youtube channel every Tuesday lunchtime.



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## Saturday: Session One

### Storm Basketball: Basketball

**Time:** 14:00 - 14:30

#### What is being provided?

Providing 30 minutes of Basketball skills and topics of the game. These exciting online basketball sessions will provide access to learning new life long skills required, giving you a head start to join the largest Basketball provider in Sussex post lockdown.



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## Saturday: Session Two

### Tic Tac Skate school: Skateboarding skills

**Time:** 16:00 - 16:30

#### What is being provided?

Providing comprehensive courses in skateboarding, from the complete beginner to expert we can cover an agenda to suit any budding skateboarder. The sessions will cover warm up basic abilities needed learning tricks and having fun while staying indoors.

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## Sunday: Only session available

### Storm Basketball: Basketball

Time: 15:00 - 15:30

### What is being provided?

Providing 30 minutes of Basketball skills and topics of the game. These exciting online basketball sessions will provide access to learning new life long skills required, giving you a head start to join the largest Basketball provider in Sussex post lockdown.



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If you are an organisation operating in Sussex and believe that you could add to the services provided during the pandemic, please contact Active Sussex through Andy Wright: [awright@activesussex.org](mailto:awright@activesussex.org)