

Chargeable Activity

Health & Wellbeing (£4 per person per session*)

HIIT Training **30 mins**

Indoor Cycle Class **45 mins**

Bootcamp (over 16 only) **45 mins**

Core Strength **30 mins**

Circuits **45 mins**

Lifting Workshop S&C **45 mins**

Functional Training **45 mins**

Fitness Testing **20 mins**

Health Check (over 18 only)
30 mins per participant

Nutritional Workshop **1 hour**
*(we can also back this up with share of e resources
or deliver by Teams)*

Training & Support

Emergency First Aid at Work (**6 hours**) **£60***

CWPS Officer Training (**3 hours**)
£25 per person*

Child Protection & Wellbeing
in Sport (CWPS) (**3 hours**) **£25 per person***

Club Health Check

Fundraising & Team Building

Gorge Walking (Full Day) **£290 (8 participants)**

Hill Walking (Full Day) **£290 (10 participants)**

Golf Fundraising Day - price on request

Tubing (**1 hour**) **£120 (20 participants)**

Team Challenges (Half Day)

Tower Abseil (**10 people per hour**) **£25 per head**

FREE Support

Changing Lives Workshops

Outcomes vs Outputs

Putting the Why First

Inclusion Continuum

Pyramid of Priorities

Purpose/Profit Matrix

Operational Support

Support with Facility Access

Documentation Templates

ClubSport Aberdeen Applications