

iSport365 INDOOR ENDLESS SPORTS MOUNTAINS EQUIPMENT

innovative, inspirational, indoor
activity sports solutions

Weekly Wheelchair Social – A new city or countryside route every week



- The sports wheelchair is one of the greatest pieces of equipment ever designed
- But people have struggled to find convenient safe paths and roads free of pot holes, kerbs, pedestrians and vehicles. Steep hills are a non-starter
- In our weekly social sessions you can roll as far, as fast, over a topography that is perfect for you and for others on our indoor slope
- You'll follow a new route every week live on our HD Cinema.

iSport365 – it's not only for the usual sporting market, it opens up a massive new potential audience

Every sports and activity session is structured, designed and targeted to engage and inspire people to get active, take part, have fun, and to join-up again.

iSport365 is convenient and accessible for your community, and it is essential that every session is designed to ensure that

Under 12s Tour De France Stage Ride Leeds, Buttertubs and into Harrogate over 6 weekly sessions



- So, your Mum and Dad tell you that kids riding on our roads is too dangerous. That's because it is, so how can you hope be like Mark Cavendish or Chris Froome?
- Come and challenge yourself with us. We've got trained professional instructors on hand to give you some pointers and to make sure your kit is working well.
- As for your Mum and Dad, bring them with you, we've got coffee and biscuits for them to enjoy on our lazy settees.

there are no perceived, psychological or physical barriers to prevent sign-up.

Every session should inspire individuals or a group to get involved. All incremental activity will improve the physical and mental wellbeing of the individual and lead to a healthier community.

Herewith are just a few session ideas, although *this only scratches the surface of the potential.*

Over 60s Three Peaks Indoor Walk over 3 weekly sessions



- To get involved, you need to be over 60, ready to be inspired by an iconic challenge, and experienced at drinking tea or coffee and enjoying a well-earned biscuit.
- We'll go at a pace that's comfortable for the whole group and you'll see your progress on the HD Cinema Screen.
- Your walking slope is indoors and can take a group of up to 15 at any time. The weather's always fair, and there's always a comfy settee whenever you need a sit down.

iSport365 – making every session interesting, fun and engaging

Doing activity endlessly on an Urban Sports Mountain should be more than “come along and walk for an hour” or “come and cycle as a family group”.

If it's an instructional session “learn to cycle”, “learn to snowboard” etc, then the instruction and attention learning needs is enough media, although it's always good to add a little fun sledging or wheel karting at the end of an

intense session.

For other sessions, and for most examples shown on these pages, we use the indoor theatre media to create an audio-visual experience to compliment the sporting activity.

For example, for a group Three Peaks Indoor Walk, we will play head-cam footage of an actual walk over the 3 peaks on an HD projector screen in front of the activity area. As the footage shows the recordist going

uphill moving slowly, the instructor can alter the gradient and speed of the surface accordingly. Similarly, playback of a faster decline section can have appropriate surface settings.

So, it's an interesting, engaging virtual reality experience to suit the physical activity being enjoyed.

Of course, digital media can be paused to allow rest periods in sessions, and to have an activity split into a number of sessions.

New Mums Three-Peaks Indoor Pram Push over 3 weekly sessions



- Don't leave your baby behind, bring them with you, and don't forget your pram.
- It's great activity to help you to be fit and well, and you'll meet other Mums experiencing the joy and stress of having young children.

Visually Impaired Three Peaks Indoor Walk over 3 weekly sessions



- It doesn't matter how good or bad your sight is, it's impossible to get lost on our walks, no navigation skills are required.
- We can guarantee that you won't meet any problems such as obstacles, uneven ground or moving vehicles, because there aren't any.
- The 3 peaks walk is completed over 3 sessions, and you'll meet and enjoy the company of other people with visual impairment, all wanting to have fun and be fit and well.

Family Cycle following the coast and castles route from Berwick to Edinburgh, 123 miles over 4 to 10 weekly sessions



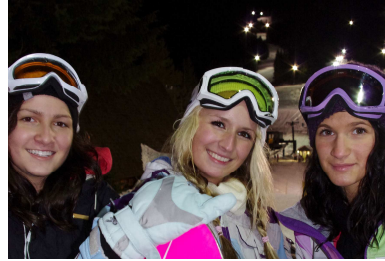
- This is a great ride, and you can enjoy it all together as a family using your own bikes
- Why not do the ride with another family
- There's a massive HD screen showing your progress along the roads, and if you want some music, we'll play your favourite playlist

Ladies Only 10Km Run Development Sessions



- So many ladies would like to do a 10K, but want to build up gradually, ideally with sympathetic guidance and with other ladies that feel the same way.
- If that's you, join our indoor sessions.
- Over 10 sessions, we'll help you to get fit and ready, and to build your endurance.
- There's always a friendly voice of encouragement from our female instructors, and all of our runners help each other.
- At the end of the course, you'll be able to run 10K, and if you are inspired you can join our Ladies Running Team to take on a 10K run - outdoors.

Ladies Only Ski Fun & Endurance Sessions – A New Ski Resort Every Week



- Many ladies want to learn and improve their sport without feeling under pressure, and avoiding the cost and hassle of private instruction on holiday.
- This session is for females only, and we have a fully qualified female ski instructor to advise and coach you directly.
- Don't get left behind by the kids on your ski holiday, join us to help you get ski fit and to improve your skills, technique and endurance so you can take it to the kids.
- We're happy to include a snow board learning programme so you can surprise the kids even more by grabbing a riding board at the rental shop.

World Record Sprint Pace Development Program



- Our indoor endless sports track is a perfect performance development facility for budding Team GB Athletes.
- We have professional coach to give you real-time tips, coaching and motivation, and we have mirrors and recording equipment so you can see what you are doing and self correct your technique.
- The track is digitally controlled to help you to build start explosivity, acceleration to sprinting velocity, and your sprint endurance to the finish line.
- Pace can be gradually increased so that you can push yourself in controlled increments, until you reach and pass your time goal.

12 Hour Tag Ski For Charity

Synchronised skiing classes

School Holiday Boot Camps
- Try 10 new outdoor activity sports, indoors!

Over 60's snowboard sessions

Etc.

Etc.

The limit to session themes, interest and engagement is the operators' creativity! The opportunities are endless.