

# ACTIVE AUGUST

# DRAGON BOATING

## What is Dragon Boating?

Dragon Boating is a sport that originated in China. Canoe-like boats are manned by up to 16 people who row in pairs to the beat of a drum at the front of the boat.

## Who Can Try?

Anyone can be part of a dragon boat team. Although it might be helpful to be able to swim, it isn't mandatory - after all the idea is that you don't end up in the water!

## How Does it Help?

Dragon boating is an all-body sport, which does not just focus on the arms and upper body. When done properly, Dragon Boat paddling works the muscles in your legs, back, shoulders and core abdominals. It's a great sport to help get fitter and healthier.



## Where Can You Try?

The Tees Valley Dragons operate out of the Riverside Watersports Centre.

They offer free trial sessions for anyone to have a go and you don't need to bring anything other than enthusiasm.

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# ROCK CLIMBING

## What is Rock Climbing?

There are lots of types of rock climbing, which can be done inside on a wall, or outside on natural rock formations. **Bouldering** is a low height type of climbing which is done with crash mats instead of ropes. **Top Roping** requires either a person or a machine to belay you. **Lead Roping** requires you to clip in to anchor points as you climb.

## Who Can Try?

Anyone can try rock climbing, but if you are new to the sport, it is recommended that you take a class or work with an instructor, especially if you are planning to Top Rope or Lead Rope.

## How Does it Help?

Climbing is a full-body work out that builds strength and improves balance and coordination. It can also help with grip strength and stamina. Additionally, it keeps your mind active by forcing you to think through your path up the wall.

## Where Can You Try?

GoClimb at Billingham Forum and Clip 'n' Climb in Stockton are good places to try as a beginner who wants to just have fun.

Rock Antics in Middlesbrough and ROF59 in Newton Aycliffe are great for more advanced climbers and people looking to commit to the sport.



# ACTIVE AUGUST SKIING / SNOWBOARDING

## What are Skiing and Snowboarding?

Skiing and Snowboarding are winter sports that are widely practiced globally. Most people who ski do downhill skiing, but there are a number of different ways to enjoy the slopes, including ski jumping, freestyle snowboarding, and slalom.

## Who Can Try?

Snow sports are not the easiest sports to just pick up, because of the amount of equipment and training you need, but anyone can have a go - we just recommend starting with lessons!

## How Does it Help?

Skiing and Snowboarding are full-body work outs, but they mostly strengthen your legs and your core, which can also help you with your balance.



## Where Can You Try?

The only place to enjoy these sports in the North East is Silksworth Sports Complex and Ski Slope in Sunderland.

# SURFING ACTIVE AUGUST

## What is Surfing?

Surfing started in Polynesia, but it has spread across the globe. It's all about staying up on your board and riding the wave, working with the power of the ocean rather than against it.

## Who Can Try?

To try surfing, you have to be able to swim 50m - it is an ocean-based sport - but other than that, there are no barriers to trying out the sport.

## How Does it Help?

Surfing is great for building strength, and improving your balance, but it has also been shown to be great for cardiovascular health.



## Where Can You Try?

Saltburn Surf offer surfing lessons and equipment hire so that newbies can have a go.

Be aware that if the conditions aren't good, your lesson may be rearranged.