

Wateractivity



Wateractivity in heated pool with instructor

Strenght



Grouptraining with instructor, basic strength training, fits everyone

Egentrening



Create your own workout, what you want, when you want

Yoga



Presence, breathe, calmness, focus, strength, konsentrati-on and relaxation

Ball games



Floorball, basketball, volley-ball, badminton, ball games

Puls



Exercise to music. Strenght and endurance

Riding



Learn to ride, safe and friendly horses from AGR. Fits everyone

Streetfootball



Play football in a great environment

Tennis



Join in for some tennis. For everyone

Ball games



Floorball, basketball, volley-ball, badminton, ball games

Zumba



Easy to learn dancemoves to rythmic music, joy and laughter

Swimming



You need to know how to swim, attend swimming without instructor

Cycling



Indoor cycling to great music with instructor

Boxing



Boxing with focus on strenght and technique. Great class for everyone

Ball games



Floorball, basketball, volley-ball, badminton, ball games



For our schedule see www.aktivpadagtid.no

Membership fee: 599,- half a year
You can get pre-registered by NAV or register yourself on our website. NAV can decide to cover the membership fee if they see fit. Talk to your contact at NAV for more information.

How to become a member?

Everyone that receives social benefits from NAV

- * Work assessment allowance (arbeidsavklaringspenger)
- * Uføretrygd
- * Unemployment benefits
- * Individstønad
- * Stønad livsopphold
- * Qualification Programme
- * Overgangsstønad
- * Sickness benefit (Sykepenger)
- * Introduksjonsstønad

1-2-3

- 1) www.aktivpadagtid.no
- 2) Fill in your information and pay (Contact us for help)
- 3) Attend our activities

FRISKLIVSENTRALEN

Do you need help getting started? We are cooperating with Frisklivssentralene and together we'll help you get started on physical activity, diet or help you quit tobacco use. Check the municipality homepage for more info about Frisklivssentralene.

Arendal: 990 97 498
Grimstad: 901 86 455
Lillesand: 941 33 949
Risør: 945 08 396

Contact information

Aust-Agder idrettskrets
370 60 800
aktivpadagtidagder@idrettsforbundet.no

User manual NAV

Look here if your membership is covered by NAV

www.aktivpadagtid.no/nav

1-2-3

- 1) Log in to your account
- 2) Hover over "deltager", press "ny deltager"
- 3) Fill out info and register

Sør Amfi (Myra) 2nd floor
Open hours monday-friday 08:00-15:00

www.aktivpadagtid.no



AUST-AGDER
FYLKESKOMMUNE

FRISKLIVSENTRALEN



GRIMSTAD
KOMMUNE



LILLESAND
KOMMUNE



ARENDALE
KOMMUNE



RISØR
KOMMUNE

Aktiv På Dagtid

Motion, physical activity, relaxation



Are you receiving disability benefit, on a sick leave or unemployed?

NORGES
IDRETTSFORBUND
Aust-Agder idrettskrets

