



Eligible Activities

Sports and Leisure Insurance Individuals and Businesses Cover (Referral Activities in Red)

Aerobics	Cross Fit
Angling	CX Worx
Aqua Aerobics	Cycling
Aqua Cycling	Dance (excluding breakdancing)
Aqua Zumba	Dodgeball
Athletics (excluding Pole Vault)	Fencing
Badminton	Fit/Gym Instructors
Ballet Dancing	Fitball
Ballet Fit (Dance)	Flamenco Dancing
Basketball	Floorball
Belly Fit (Dance)	Folk Dancing
Bikram Yoga	Football (inc 5 a side)
Body Attack	Golf
Body Balance	GRIT Series
Body Combat (Non-Contact)	Group Studio Cycling
Body Jam	Handball
Body Pump	Hip-Hop Fit (Dance)
Body Step	Hockey
Body Vive	Hula Hoop Classes
Bowls	Ice Hockey
Boxercise (Non-Contact)	Ice Skating
Boxing	Jazz Dancing
Burlesque Fit (Dance)	Jazzercise
Canoeing/Kayaking/Stand Up Paddle	Junior Fitness
Chair Based Exercise	Kangoo Instructors
Cheerleading/Majorettes (ex stunts/aerial work)	Kettleballs
Chi-Yoga	Latin Dancing
Circuit Training	Latin Fit (Dance)
Contra Dancing	Martial Arts
Country Dancing	Martial Arts – Aikido
Cricket	Martial Arts - Atarashii naginata



Martial Arts - Budo/Yoseikan Budo/Sogi Budo

Martial Arts – Bujutsu

Martial Arts - Capoeira

Martial Arts - Chi Kung/Chi Gung/Qigong

Martial Arts - Choy Li Fut

Martial Arts - Gung fu/ Gongfu/ Kung fu/ kungfu/ Praying Mantis/ San Soo/ Wu Ji Chan

Martial Arts – Hapkido

Martial Arts – Iaido

Martial Arts - Jeet Kune Do/JKD

Martial Arts – Judo

Martial Arts – Jujutsu

Martial Arts - Karate/Shindo Jinen Ryu/Shotokan

Martial Arts - Kempo/ Kenpo

Martial Arts – Kendo

Martial Arts - Kuk Sool Won

Martial Arts – Kyudo

Martial Arts – Ninjutsu

Martial Arts - Shorinji Kempo/ Shaolin Quanfa

Martial Arts – Sumo

Martial Arts – Taekwondo

Martial Arts - Tai Chi Chuan/ Taijiquan

Martial Arts - Tang soo do

Martial Arts - Wing Chun/ Wing Tsun/ Ving Tsum

Martial Arts – Wushu

Massage, Sports Massage, Remedial Massage & Sports Therapy

Modern Dance

Netball

Pilates

Pole Fit (Dance)

Powerplate

Prana Power Yoga

PXT

Roller Blading/Roller Skating (ex Roller Discos)

Rowing

RPM

Rugby (Tag or Touch)

Running

Sailing (Dinghies on inland non-tidal waters only)

Sailing Coastal

Salsa Fit (Dance)

SHBAM

Shooting – Archery

Shooting – Clay Pigeon

Shooting – Pistol

Shooting – Rifle

Shooting – Shotgun

Shooting – Target

Spinning

Squash

Surfing

Swimming

Swing Dancing

Table Tennis

Tai Chi

Tap Dancing

Tap Fit

Tennis

Ultimate Frisbee

Volleyball

Yoga

Zumba

Zumba Toning

Zumbatomic