

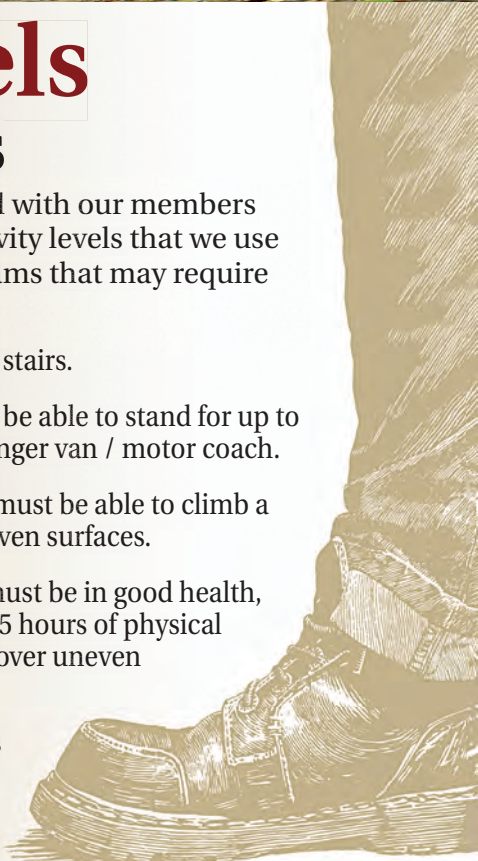


Get Active With OLLI

Activity Levels for OLLI Courses

OLLI Program Activity Levels are designed with our members in mind. Below is a description of the activity levels that we use for our Out & About Series or other programs that may require physical activity.*

- LEVEL 1** Members must be able to climb a few stairs.
- LEVEL 2** In addition to Level 1, members must be able to stand for up to an hour and get on and off a 15 passenger van / motor coach.
- LEVEL 3** In addition to Levels 1 & 2, members must be able to climb a few flights of stairs and walk over uneven surfaces.
- LEVEL 4** In addition to Levels 1 – 3, members must be in good health, mobile and able to participate in 3 to 5 hours of physical activity per day and walk 1 to 3 miles over uneven ground.
- LEVEL 5** In addition to Levels 1 – 4, members must be in excellent health, extremely mobile and have an active lifestyle.



*Disclaimer: OLLI at UA is not responsible for any damage or personal injury sustained when a member is participating in any OLLI sponsored activities on or off the UA campus.