

Association Luxembourgeoise des Groupes Sportifs pour Cardiaques

Section "Centre"

What is ALGSC?

Founded in 1984, the "Association Luxembourgeoise des Groupes Sportifs pour Cardiaques" (ALGSC) is a non-profit association subdivided in three regional sections: south, centre, and north. The main objective of the ALGSC is to inform cardiac patients and the general population about cardiovascular topics and, especially, to offer various sports activities to cardiac patients in order to improve their quality of life and prognosis.

Offer in the way of physical activity

ALGSC offers more than 17 hours of training sessions per week. Training sessions are adapted for patients with heart diseases. The different groups aim to improve physical fitness and well-being, by adapted training exercises, and thus to decrease the risk of further cardiac events.

Types of exercises offered

A large number of activities is on offer in the ALGSC section "Centre": general gymnastics training (calisthenics), swimming, aquaerobics, Nordic walking, hiking and cycling. The intensity of exercises and the difficulty levels are adapted to each person's individual capacity. Activities are supervised by physiotherapists and/or specifically trained coaches. General gymnastics, swimming and aquaerobics training sessions are supervised by a physician and a nurse with reanimation equipment and ECG. For the general gymnastics sessions, heart rate and blood pressure are measured before each session.

Who can participate?

All patients with a history of heart disease (coronary heart disease, cardiomyopathies, heart insufficiency, valvular heart disease) or patients with risk factors for cardiovascular diseases (e.g. diabetes) can participate. Participants should be referred by their cardiologist or another physician. Of course participants should have no contra-indications for sporting activities.

Where and when are the sessions held?

	Nordic walking	Monday - 2.30 pm Friday - 10 am	Different sites		Aquaerobics	Thursday 7 to 8 pm	Complexe Sportif Belair Luxembourg
	Swimming	Tuesday 7 to 8 pm	Complexe Sportif Belair Luxembourg		Road cycling	Depending on the weather condition	
	Gymnastics	Wednesday 6 to 7 pm 7 to 8 pm	Complexe Sportif Belair Luxembourg		Hiking	Depending on the weather condition	



Information & registration

Association Luxembourgeoise des Groupes Sportifs pour Cardiaques
BP 1366
L-1013 Luxembourg



+352 621 496 593



contact@algsc.lu



www.algsc.lu

Contact:

4, rue Barblé

Service de Cardiologie du C.H.L
(Dr. Delagardelle, M. Feiereisen)
L-1210 Luxembourg

What are the costs?

The yearly costs are 15 € per person to become a member of the association and an additional cost of 35 € for participation in the activities.