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| **Active in the Park Programme – April 2018** | | | | | | | |
| **Date** | | **AM (10:00 - 12:00)** | **Lunchtime** | | | | **PM (14:00 - 16:00)** |
| Monday | 2nd April |  | ‘Active 10’ in the Park | | | |  |
| Tuesday | 3rd April |  | ‘Active 10’ in the Park | | | |  |
| Wednesday | 4th April |  | ‘Active 10’ in the Park | | | |  |
| Thursday | 5th April |  | ‘Active 10’ in the Park | | | |  |
| Friday | 6th April | Young & Green at Heart (10:30 – 3:00) | ‘Active 10’ in the Park | | | |  |
| Saturday | 7th April | Park Run (9:00 – 10:00)  Family Growing Group (10:30 – 12:30) | | Open Growing Group (13:30 – 15:30) | | | |
| Monday | 9th April | Active in the Park Group | Active in the Park Group | | | | Active in the Park Group |
| Tuesday | 10th April |  | ‘Active 10’ in the Park | | | |  |
| Wednesday | 11th April |  | ‘Active 10’ in the Park | | | |  |
| Thursday | 12th April |  | ‘Active 10’ in the Park | | | |  |
| Friday | 13th April | Young & Green at Heart (10:30-3:00) | ‘Active 10’ in the Park | | | |  |
| Saturday | 14th April | Park Run (9:00 – 10:00) | |  | | |  |
| Monday | 16th April |  | ‘Active 10’ in the Park | | | |  |
| Tuesday | 17th April |  | ‘Active 10’ in the Park | | | |  |
| Wednesday | 18th April | Buggy Fitness ( 10:00 – 11:00) | ‘Active 10’ in the Park | | | |  |
| Thursday | 19th April | Tai Chi & Mindfulness (10:30 – 11:30) | ‘Active 10’ in the Park | | | |  |
| Friday | 20th April | Young & Green at Heart (10:30 – 3:00) | ‘Active 10’ in the Park | | | |  |
| Saturday | 21st April | Park Run (9:00 – 10:00)  Family Growing Group (10:30 – 12:30) | | | Open Growing Group (13:30 – 15:30) | | |
| Monday | 23rd April | Active in the Park Group | Active in the Park Group | | | | Active in the Park Group |
| Tuesday | 24th April |  | ‘Active 10’ in the Park | | | |  |
| Wednesday | 25th April | Buggy Fitness ( 10:00 – 11:00) | ‘Active 10’ in the Park | | | |  |
| Thursday | 26th April | Tai Chi & Mindfulness (10:30 – 11:30)  TCV Volunteering (10.30 – 3.00) | ‘Active 10’ in the Park | | | |  |
| Friday | 27th April | Young & Green at Heart (10:30 – 3:00) | ‘Active 10’ in the Park | | | |  |
| Saturday | 28th April | Park Run (9:00 – 10:00) | | | |  | |
| Monday | 30th April | Private School Visit | ‘Active 10’ in the Park | | | |  |

* Active 10 walks will be self-guided using printed maps | Contact Kevin on 07581 586852
* Guided walks: 10 min walk @ 12:30 | 15 min walk @ 1:00 | 20 min walk @ 1:30 | Contact Kevin on 07581 586852
* Other contacts | Growing Group Sessions: Kevin, 07581 586852 | Buggy Fitness: Debbie, 07974 720341 | Tai Chi: Donna, 07756 030584 | TCV volunteering group and the Young and Green at Heart Group: Neil, 07740 899716

