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| **Active in the Park Programme – March 2018** |
| Date | AM (10:00 - 12:00) | Lunchtime | PM (14:00 - 16:00) |
| Thursday | 1st March |  | ‘Active 10’ in the Park |  |
| Friday | 2nd March |  | ‘Active 10’ in the Park |  |
| Saturday | 3rd March | Family Growing Group (10:30 – 12:30) | Open Growing Group (13:30 – 15:30) |
| Sunday | 4th March |  |
| Monday | 5th March |  | ‘Active 10’ in the Park |  |
| Tuesday | 6th March |  | ‘Active 10’ in the Park |  |
| Wednesday | 7th March |  | ‘Active 10’ in the Park | Nordic Walking @ 1:30 |
| Thursday | 8th March |  | ‘Active 10’ in the Park |  |
| Friday | 9th March |  | ‘Active 10’ in the Park |  |
| Saturday | 10th March |  | ‘Active 10’ in the Park |  |
| Sunday | 11th March |  |
| Monday | 12th March | Active in the Park group | Guided Walks | Active in the Park group |
| Tuesday | 13th March |  | ‘Active 10’ in the Park |  |
| Wednesday | 14th March |  | ‘Active 10’ in the Park |  |
| Thursday | 15th March |  | ‘Active 10’ in the Park |  |
| Friday | 16th March |  | ‘Active 10’ in the Park |  |
| Saturday | 17th March | Family Growing Group (10:30 – 12:30) | Open Growing Group (13:30 – 15:30) |
| Sunday | 18th March |  |
| Monday | 19th March |  | ‘Active 10’ in the Park |  |
| Tuesday | 20th March |  | ‘Active 10’ in the Park |  |
| Wednesday | 21st March |  | ‘Active 10’ in the Park | Nordic Walking @ 1:30 |
| Thursday | 22nd March |  | ‘Active 10’ in the Park |  |
| Friday | 23rd March |  | ‘Active 10’ in the Park |  |
| Saturday | 24th March | Tree Planting 11:00 – 15:00 (Mersey Forest & Matt Bryan) |
| Sunday | 25th March |  |
| Monday | 26th March | Active in the Park group | Guided Walks | Active in the Park group |
| Tuesday | 27th March |  | ‘Active 10’ in the Park |  |
| Wednesday | 28th March |  | ‘Active 10’ in the Park | Nordic Walking @ 1:30 |
| Thursday | 29th March | TCV Volunteering group | ‘Active 10’ in the Park |  |
| Friday | 30th March |  | ‘Active 10’ in the Park |  |
| Saturday | 31st March |  |

* 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
* Nordic Walker new starters please meet at 12:30 | Contact: Paul on 01244 973780
* For the Tree Planting day, please contact Neil on 07740 899716
* For the Growing Group Sessions please contact Kevin on 07581 586852