

Green Spaces Activity Week – Live Active Sessions

Week 1		
Tuesday 26 th July Stamford Park	Wednesday 28 th July Hyde Park	Thursday 29 th July Stamford Park
10am – 11am 30 Mins Health Walk - Aiden	10am – 11am 30 Mins Health Walk - Aiden	10am – 11am 30 Mins Health Walk - Aiden
11am – 12pm Walking Football (30mins / 2x 15 mins halves) -Aiden	11am – 12pm Walking Football (30mins / 2x 15 mins halves) -Aiden	11am – 12pm Walking Football (30mins / 2x 15 mins halves) -Aiden
1.00pm – 2.00pm 30 Mins Tai Chi – Sarah	1.00pm – 2.00pm Low Level /intensity Circuits – Aiden	1.00pm – 2.00pm 30 Mins Tai Chi – Sarah

Week 2		
Tuesday 3 rd August Hyde Park	Wednesday 4 th August Stamford Park	Thursday 5 th August Hyde Park
10am – 11am 30 Mins Health Walk - Lisa	10am – 11am 30 Mins Health Walk - Lisa	10am – 11am 30 Mins Health Walk - Lisa
11am – 12pm Walking Netball (45 mins/ 2x 15 mins halves) - Lisa	11am – 12pm Walking Netball (45 mins/ 2x 15 mins halves) - Lisa	11am – 12pm Walking Netball (45 mins/ 2x 15 mins halves) - Lisa
1.00pm – 2.00pm Low Level / Intensity Circuits / or Equivalent exercise - Lisa	1.00pm – 2.00pm Low Level / Intensity Circuits / or Equivalent exercise - Lisa	1.00pm – 2.00pm Low Level / Intensity Circuits / or Equivalent exercise - Lisa