

Green Spaces Activity Week – Live Active Sessions

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

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

