

Week 2 - Monday 22 July to 28 July 2024

Monday 22 July

Motivated Minds - Happy Hub Eastgate Centre

11:00 Tai Chi
12:45 Walk 4 Wellness

ATF Summer of Sports community activities

09:30 - 14:00 Briscoe community hub including parent's fun and fitness, Briscoe Primary School

09:45 - 10:30 Briscoe Leapsprogs parent and toddler fitness and play, Briscoe Primary School

16:30 - 17:30 Briscoe Family Tennis and Teatime club, Briscoe Primary School

16:30 - 17:30 Vange Family Tennis and Teatime club, Vange Community Centre, Vange Hill Drive

Everyone Active £2 sessions

10:45 - 11:45 Badminton, Basildon Sporting Village (book online)



Thursday 25 July

Motivated Minds - Happy Hub Eastgate Centre

12:45 Walk 4 Wellness

ATF Summer of Sports community activities

09:30 - 14:00 Wellness café including Armchair Exercise and Leapsprogs parent and toddler fitness and play, Langdon Hills Methodist Church

15:30 - 16:30 Somercotes "ATF Euros" Football for young people, Elizabeth Way, Laindon

17:00 - 19:00 Vange Fitness and Boxing for families and young people, Vange Community Centre

Detached in the park fun day

12:30 - 3:30 (11 years+) Gloucester Park, Basildon

Tuesday 23 July

ATF Summer of Sports community activities

09:30 - 14:00 Briscoe Community Hub including parent's fitness, Briscoe Primary School

16:00 - 17:30 Northlands Park including "ATF Mini Olympics" and "ATF Euros" Football for families and young people, Northlands Park

Everyone Active £2 sessions

9:30 - 10:30 Family Swim, Basildon Sporting Village (book online)



Download the StreetTag App

Explore your community, parks, and greenspaces alone or with a team to collect virtual tags and points. You can add virtual tags along your favourite walking, cycling, running, or rolling routes, so you get points whenever you're out and about.

Friday 26 July

Motivated Minds - Happy Hub Eastgate Centre

10:00 - 12:00 MEN'd Bikes (build and fix bikes)

ATF Summer of Sports community activities

10:00 - 11:00 Vange seated exercise Move it or Lose it with Tina, Vange Community Centre, Vange Hill Drive

12.30 - 13.45 Laindon Armchair Exercise class, Laindon Health Centre

17:00 - 19:00 Young people's Boxing, King Edward Community Centre, King Edward Road, Laindon

Everyone Active £2 sessions

09:30 - 10:30 Family Swim, Basildon Sporting Village (book online)

Wednesday 24 July

ATF Summer of Sports community activities

16:30 - 17:30 Briscoe Family Cricket and Teatime club, Briscoe Primary School

17:00 - 19:00 "Summer of Sport" and food, Vange Community Centre

18:00 - 20:00 The Beech Youth Club with Boxing, The Beech Community Hub

Everyone Active £2 sessions

11:00 - 12:00 Family Tennis, Basildon Sporting Village (book online)



Links

ATF Summer of Sports community activities

www.atfcommunity.com/whatson

ParkPlay

Register online at www.park-play.com/
www.park-play.com/parks/markhams-chase/
www.park-play.com/parks/vange/
www.park-play.com/parks/eversley/
www.park-play.com/parks/northlands/
www.park-play.com/parks/gloucester-park/
www.park-play.com/parks/mopsies/

Motivated Minds

www.motivated-minds.co.uk
www.facebook.com/Wellbeing4LifeCIC

StreetTag App

www.streettag.co.uk

Everyone Active £2 sessions

Everyone active will be offering £2 activities for families from 13 July until 31 August. Search "Holiday Special" on the website to find and book an activity - www.everyoneactive.com

Saturday 27 July

parkrun 5km (you can run, walk or skip)

09:00 Locations: Northlands Park, Lake Meadows and Wickford Memorial Park

ATF Summer of Sports community activities ParkPlay Sessions

(Register online at www.park-play.com/)

09.30 - 11:00 Markhams ParkPlay "Summer of Sport", Markhams Chase Recreation Park, Laindon

09.30 - 12:00 Vange ParkPlay "Summer of Sport", Vange Primary School

09.30 - 11:00 Eversley ParkPlay "Summer of Sport", Eversley Leisure Centre

10:00 - 11:30 Northlands ParkPlay "Summer of Sport", Northlands Park near the Two Lakes café

10:30 - 11:30 Mopsies ParkPlay "Summer of Sport", Mopsies Park

11:30 - 13:00 Mopsies family fun, Mopsies Park

13:00 - 15:00 Markhams "ATF Euros" Football for young people - Markhams Chase Recreation Park, Laindon

Sunday 28 July

Junior parkrun 2km (Ages 4-14)

09:00 Locations: Northlands Park and Lake Meadows (you can run, walk or skip)



Join in with the summer of sport to find new inspiration and set new goals!

