

Week 4 - Monday 5 August to 11 August 2024

Monday 5 August

Motivated Minds - Happy Hub Eastgate Centre
11:00 Tai Chi
12:45 Walk 4 Wellness

Everyone Active £2 sessions
10:45 - 11:45 Badminton, Basildon Sporting Village
(book online)

13:30 - 14:15 Family Swim, Eversley Leisure Centre
(book online)

Olympic watch party, Basildon Sporting Village
12:00 - 15:00 (out the back, by the football courts)

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. www.basildon.gov.uk/streettag



Thursday 8 August

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

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+) Memorial Park, Wickford

Tuesday 6 August

Everyone Active £2 sessions
9:30 - 10:30 Family Swim, Basildon Sporting Village
(book online)

09:00 - 09:45 Family Swim, Wickford Swim and Fitness Centre (book online)

ATF Summer of Sports community activities
16:00 - 18:00 Northlands Park Olympic multi-sport session, Northlands Park



It's the season of inspiration and empowerment through activity!



Friday 9 August

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

17:00 - 19:00 Kind Edward teenage session with refreshments, Kind Edward Community Centre, Laindon

Everyone Active £2 sessions
09:00 - 09:45 Family Swim, Wickford Swim and Fitness Centre (book online)

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

13:00 - 13:45 Family Swim, Eversley Leisure Centre (book online)

Wednesday 7 August

Everyone Active £2 sessions
11:00 - 12:00 Family Tennis, Basildon Sporting Village
(book online)

ATF Summer of Sports community activities
17:00 - 19:00 Boxing and Rugby with refreshments, Vange Community Centre

18:00 - 20:00 Boxing and Dance with refreshments, The Beech Community Hub

Saturday 10 August

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

Sunday 11 August

Junior parkrun 2km (Ages 4-14)
09:00 Locations: Northlands Park and Lake Meadows



Links

ATF Summer of Sports community activities
www.atfcommunity.com/whatson

ParkPlay
Register online at www.park-play.com/

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

StreetTag App
www.basildon.gov.uk/streettag

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

