

# Week 7 - Monday 26 August to 1 September 2024

## Monday 26 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)



## Tuesday 27 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

## Wednesday 28 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 31 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/](http://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



Step outside your comfort zone to test yourself and boost your confidence!

## Sunday 1 September

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

### 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](http://www.basildon.gov.uk/streettag)



## Thursday 29 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+) Swan Mead Park, Vange

## Friday 30 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)

## Links

**ATF Summer of Sports community activities**  
[www.atfcommunity.com/whatson](http://www.atfcommunity.com/whatson)

**ParkPlay**  
Register online at [www.park-play.com/](http://www.park-play.com/)

**Motivated Minds**  
[www.motivated-minds.co.uk](http://www.motivated-minds.co.uk)  
[www.facebook.com/Wellbeing4LifeCIC](https://www.facebook.com/Wellbeing4LifeCIC)

**StreetTag App**  
[www.basildon.gov.uk/streettag](http://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](http://www.everyoneactive.com)



Trying something new is easier with others, progress on your active journey together!

