

Week 9 - Monday 9 September to 15 September 2024

Monday 9 September

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 parents' 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

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



Tuesday 10 September

ATF Summer of Sports community activities
09:30 - 14:00 Briscoe Community Hub including parents' 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

Wednesday 11 September

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

Saturday 14 September

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



Take time this summer to try new activities and learn new skills!

#MOVE WITH US

Thursday 12 September

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

Friday 13 September

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

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

Sunday 15 September

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



Basildon Council