

HYNDBURN'S

active pledge Launch!

change
4 life
Eat well Move more Live longer

HYNDBURN
SPAA
Sport & Physical Activity Alliance

Date: Friday 7th May 2010 **Time:** 12pm-6pm

Where: Accrington Town Centre and Town Hall

What's Happening in Accrington Town Centre?

Climbing Wall

The Bee 107fm Radio Roadshow

Lifechecks Trailer

Giveaways

Street Dance Demo

5.15pm (performed by The Dance Class)

**Special
VIP
Guest**

What's happening in the Town Hall (Ballroom)?

Chair Based Exercise (50+ adults)

12 – 12.30pm (provided by Age Concern)

Line Dancing (50+ adults)

12.45 – 1.15pm (provided by Age Concern)

Gentle Exercise (50+ adults)

1.30 – 2pm (provided by Age Concern)

Parents & Tots Yogagym (ages 2-5yrs and parents)

2.15 – 2.45pm (provided by Fairfield Children's Centre)

Parents & Tots Yogagym (ages 2-5yrs and parents)

3 – 3.30pm (provided by Fairfield Children's Centre)

Sport Skills (ages 2-8)

4 – 4.45pm (provided by Children's Sports Academy)

Cost: EVERYTHING IS FREE!!

For more info: Pop into the Town Hall

Call: 01254 380286

Email: Katie@leisureinhyndburn.co.uk



Class Information

Chair Based Exercise

Provided by Age Concern

Suitable for (age): Adults and 50+

Chair Based Exercise is a low impact exercise session incorporating a variety of stretches that can help strengthen the muscles used in every day activity. Chair Based Exercise also improves balance and flexibility.

Line Dancing

Provided by Age Concern

Suitable for (age): Adults and 50+

Gentle Exercise

Provided by Age Concern

Suitable for (age): Adults and 50+

This session is a low impact and fun exercise class to music.

Parent and Tots Yogagym

Provided by Fairfield Children's Centre

Suitable for (age): 2-5 years.

Children must be accompanied by a responsible adult.

Yogagym is a class for young children where different types of movements are taught to improve flexibility whilst in a fun environment.

Sport Skills

Provided by Children's Sports Academy

Suitable for (age): 2-8 year olds.

Children must be accompanied by a responsible adult.

Sport Skills is a fun session for children to improve their skills in a friendly environment. Session includes basic sports skills with music. The session will be rounded off with parachute games!

For any of the sessions above please wear comfortable clothing and notify the leader of any medical conditions.

*All information correct at time of going to print

The logo features the text 'HYNDBURN'S' in a white, sans-serif font, arched over the top left of the word 'active'. The word 'active' is written in a large, bold, green font with a thick black outline. Below 'active' is the word 'pledge' in a large, bold, blue font, also with a thick black outline. The background behind the text consists of several overlapping circles in shades of yellow and orange, and a stylized leaf shape in yellow and green on the right side.

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pledge