

August Activity Days, a free family event designed to promote an active and healthy lifestyle for residents of all ages

Wednesday 21 and Thursday 22 August
from 10am to 4pm in Harpur Square

Activity Zones

All Activities are free of charge and no booking is necessary

WED 21 ST AUGUST	ZONE A	ZONE B
10:00-10:45 <i>SEND hour</i>	Multi Skills and Rugby Skills provide by Bedford Blues Foundation and Sensory Circuits provide by Bedford Borough Local Offer aimed at SEND, Special Educational Needs and Disabilities	Free running and Parkour aimed at SEND, Special Educational Needs and Disabilities provide by Spiral Freerun
11:00-11:45	Seated Yoga aimed at all ages and abilities provide by Lauren Aimée Yoga	Free running and Parkour aimed at all ages and abilities provide by Spiral Freerun
12:00-12:45	Yoga aimed at all ages and abilities provide by Better, Bedford Leisure Facilities	
13:00-13:45	Line Dancing aimed at all ages and abilities provide by Mike's Line Dancing	
14:00-14:45	Street Dance aimed at all ages and abilities provide by Kinetic Vibes Dance Academy	
15:00-15:45	Bollywood Dance aimed at all ages and abilities provide by Nritham Dance Academy	
THURS 22 ND AUGUST	ZONE A	
10:00-10:45 <i>SEND hour</i>	Multi Skills and Rugby Skills provide by Bedford Blues Foundation and Sensory Circuits provide by Bedford Borough Local Offer aimed at SEND, Special Educational Needs and Disabilities	Free running and Parkour aimed at SEND, Special Educational Needs and Disabilities provide by Spiral Freerun
11:00-11:45	Rhyme time aimed at 6 year olds and under provide by Bedford Central Library	Free running and Parkour aimed at all ages and abilities provide by Spiral Freerun
12:00-12:45	Body Combat aimed at 16+ and all abilities provide by Better, Bedford Leisure Facilities	
13:00-13:45	Street Dance aimed at all ages and abilities provide by Kinetic Vibes Dance Academy	
14:00-14:15 14:15-14:30 14:30-14:45	3 x 15 minute Circuit Training aimed at all ages and abilities provide by Anytime Fitness	
15:00-15:45	Fun Games and Multi Activity Skills aimed at all ages and abilities provide by Sports Development Unit, Bedford Borough Council	

Health Village

The Health Village will provide information and advice on health and wellbeing. Visitors can learn about the Healthwise programme, where to get blood pressure checks and cancer screening, and access mental health support.

A little extra

We will also have Badminton, Short Tennis and Pickleball.

More information

Can be found at www.bedford.gov.uk/augustactivitydays