



activehastings.org.uk

ParkLives

Alexandra Park, Hastings
13 May to 30 August 2017

Free activities throughout the summer. Get out and get active!

BOOTCAMPS

TENNIS

GIRLS FOOTBALL

MULTI-SPORTS

FAMILY SPORTS DAYS

NATURE HUNTS

FITNESS SESSIONS

FOOTBALL TOURNAMENT

ParkLives will be launching on the 13 May with Raw Family Games. Join us for the session and win yourself some ParkLives goodies!

For more information
contact 01424 45xxxx
activehastings@hastings.gov.uk



RAW Family Games

In partnership with RawFit

Saturdays 13 May, 3 June, 1 July, 29 July, 19 August

9am to 10am

Alexandra Park Multi-Use Games Area

A session of fun body weight games focused on getting all involved, team building and having fun.

RAW Body Weight Boot Camp

In partnership with RawFit

Saturdays 20 May, 17 June, 8 July, 5 August

9am to 10am

Alexandra Park Multi-Use Games Area

A family body weight circuits session. Suitable for all, aimed at improving all round fitness and mobility. Ages 8+.

RAW Family Sports Day

In partnership with RawFit

Saturdays 27 May, 24 June, 15 July, 12 August

9am to 10am

Alexandra Park Multi-Use Games Area

A session of traditional sports day games for all the family.

Tennis Coaching

**Tuesday 30 May to Thursday 1 June
Tuesdays and Thursdays throughout August**

10am to 11.30am

Alexandra Park Tennis Courts

The session will be broken down into warm up, skill development, fun games and matches. There will be music playing in the background throughout the session and regular breaks, so please bring plenty of water, snacks and weather-appropriate clothing. Ages 8-15. Spaces are limited; please call 01424 451051 to book your space.

Girls Football

Wednesdays excluding 28 June

5.30pm to 6.30pm

Alexandra Park Multi-Use Games Area

Girls don't play football. YEAH ... RIGHT!

Hang out with friends and learn some new skills from our experienced female coach.

All skill levels welcome. Ages 10+

JasFit Family Fitness

In partnership with JasFit

Saturdays 10 June, 22 July

9am to 10am

Alexandra Park Multi-Use Games Area

A full body workout for the whole family.

A fun exercise class, suitable for all fitness levels. Ages 8+.

Multi-Sports

Wednesdays 26 July, 2 August

10.30am to 2.30pm

Beer Festival Lawn

Join the Active Hastings team for a range of family activities including obstacle courses, cheerleading, football and much more.

There will be something for all ages.

Football Tournament

Wednesday 30 August

10.30am to 3.30pm

Beer Festival Lawn

Supporting is great, playing is better! Grab your mates and head on down to the park for this 5 aside football tournament. No team? No worries. Head down anyway and we'll put you in to a team. Ages 14 to 16. Register at 10.30am.

Alexandra Park Nature Hunt

Daily

9am to 4.30pm

Eat@The Park

Pop into the café in the park and pick up your free nature hunt. Find all the items on the sheet and then return them to the café to claim your prize.