



We want to help you know where you can have fun and B-Active TOGETHER as a family, on your doorstep, at times that suit you.

Do you have Family Activity ideas or want to volunteer? Contact tom.cleary@northnorthants.gov.uk

Family Table Tennis and Badminton – We have 2 Badminton Courts and 3 Table Tennis Tables available for each session. If you book a session, then the court is yours for 55 minutes to play as a family, having fun, whilst being active together. All adults must be accompanied by a child and all children must be accompanied by an adult. Children under 8 years, it is 1 adult for every 2 children. Maximum of two households per table/court- Please phone 01536400033 to book your family's space.

Sport & Play in the Park and meet the Dinosaurs – Visit West Glebe Park as a family and borrow some equipment to play, be active and create some memories. Sign out some of the fun equipment that is available for a 30-minute slot from a covid safe environment. Whilst there, why not go Dinosaur hunting on a family walk and see what Dinosaurs you can find.

Fun-ercise - Where fun meets exercise, specifically designed for families to be able to exercise together. Content will be adapted for school aged children, teenagers and adults of all ages. All adults must be accompanied by a child. All children must be accompanied by an adult. Children under 8 years, it is 1 adult for every 2 children.

Family Circuits- A fun and interactive circuit class allowing families to exercise together. Learn and exercise together, overcome challenges together and become healthier together. All adults must be accompanied by a child. All children must be over 8 years of age and accompanied by an adult. Please call 01536400033 to book your family's space.





B-Active Family Activity Programme 2021 (Monday 14th June- Sunday 25th JULY)

Family Badminton/Table Tennis	Monday 5.00-5.55pm	Lodge Park Sports Centre	£4 per Table/court
FUN-ERCISE (1)	Wednesday 3.45-5.30	Weldon Park	FREE
Sport & Play in the Park	Thursday 3.45-5.30pm	West Glebe Park	FREE
FUN-ERCISE (2)	Saturday 1.45-3.30pm	Gretton Recreation Ground	FREE
Family Circuits	Sunday 10.00-11.00am	Lodge Park Sports Centre	£2 per person or £4 per family

