

# Bramley Fall Park

HEALTHY  
LIVING  
PARK

## Having fun and getting fit for free at Bramley Fall Park!

Following on from successful events we held last summer, and the Family Fun day in May, we are putting on more fun, healthy activities in the park this summer.

It's all free, and no need to book. Activities for all ages, see you there!

All activities run by qualified coaches.



Bramley Fall Healthy Living Park is delivered by 'Your Back Yard', [www.yourbackyard.org.uk](http://www.yourbackyard.org.uk) in partnership with the 'Friends of Bramley Fall Park' and is funded by Inner West Community Committee, Leeds City Council

# Summer timetable

These are the activities people have asked for when we have consulted at previous events, so make sure you get there, have fun, and keep fit!

Others will be added, for more details check [www.facebook.com/healthylivingpark/](http://www.facebook.com/healthylivingpark/)



Title	Description	Dates	Time
<b>Orienteering</b>	sessions with local schools	Thursday July 12th	
<b>Cycling session</b>	a bike handling skills course for people to go around on (if you haven't got a bike, let us know, we will sort you out!	Sunday August 19th	11-3pm
<b>Guided walks</b>	short, about 1 mile	Saturdays June 23rd July 7th August 18th	10.30-12
<b>Junior football</b>	sessions for 5-12 year olds	Tuesdays July 31st August 14th & 28th	12-1.30pm
<b>Streetdance</b>	any age	Tuesdays July 31st August 14th & 28th	12-1.30pm
<b>Walking football</b>	sessions for the over 50's	Fridays August 10th & 24th	10.30am-12
Family activity sessions: <b>dodgeball, cricket &amp; rounders</b>	for parents & kids	Wednesdays August 1st & 15th	2-4pm
<b>Multi-sports, with yoga</b>	sessions for 5-12 year olds (parents welcome to join in!)	Tuesdays July 24th August 7th & 21st	12-1.30pm
<b>'Woodland Womble'</b>	for 0-7 year olds with parents. A trek (pushchair friendly!), followed by picnic, through the woods with storytelling	Tuesday August 21st	10.30am-12

No need to book, and all are free. The more people who attend, the more activities we can run in the future.

If the weather is dismal (as if!), contact Tony on **07970903766** or [tony@yourbackyard.org.uk](mailto:tony@yourbackyard.org.uk) to check its going ahead.

See our Facebook page for more details [www.facebook.com/healthylivingpark/](http://www.facebook.com/healthylivingpark/)