



























## Active for All — Covid-19 Activity Timetable

*All activities are socially distanced to 2metres and delivered in small groups in line with Government guidelines.*

Day	What	Where	Time	Cost	Who
<b>Monday</b>	 Brisk Walk	Mayflower Steps <b>Booking Essential</b>	  11.00am until 12.00pm	Free	Open to everyone who is able to walk at a good pace for 1 hour
<b>Monday</b>	 Gardening	Devonport Park <b>Booking Essential</b>	  1.00pm until 2.00pm	Free	Open for all adults 
<b>Tuesday</b>	 Weekly Walk	Please contact for Info <b>Booking Essential</b>	  Approx. 11.00am until 12.30pm	Free	Open for all adults 
<b>Wednesday</b> Running every other week, call for dates	 Golf	Central Park <b>Booking Essential</b>	  1.30pm until 2.30pm	£4 	Open for all adults 
<b>Thursday</b>	 Allotment Session	Penlee Valley Allotment Site <b>Booking Essential</b>	  11.00am until 12.30pm	Free	Open to anyone who is confident walking on sloped or uneven terrain

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Day	What	Where	Time	Cost	Who
Friday	 <p>Brisk Walk</p>	<p><b>The Aquarium</b> (but if the bridge is 'out of order' meet by the Mayflower Steps) <b>Booking Essential</b></p>	  <p>11.00am until 12.30pm</p>	Free	Open to everyone who is able to walk at a good pace for 1 hour
Friday	 <p>Gentle Walk</p>	<p><b>The Aquarium</b> (but if the bridge is 'out of order' meet by the Mayflower Steps) <b>Booking Essential</b></p>	  <p>1.15pm until 2.00pm</p>	Free	Open for all adults 

For further information on any of these sessions or to book a place, please get in touch with the **Active for All Team** on:



Office Number: 01752 201891



Email: [active@improvinglivesplymouth.org.uk](mailto:active@improvinglivesplymouth.org.uk)

**Please Note - due to the small group sizes and the increased numbers of staff and volunteers needed to run the sessions, spaces are very limited. If the activity you wish to attend is currently full we will add you to a waiting list.**