

## 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<br><b>Booking Essential</b>              |  <br>11.00am until 12.00pm         | Free                                                                                      | Open to everyone who is able to walk at a good pace for 1 hour                                              |
| <b>Monday</b><br>Runs from 2 <sup>nd</sup> March 2020 to 14 <sup>th</sup> Dec 2020 |  Gardening                                                                                               | Devonport Park<br><b>Booking Essential</b>               |  <br>1.00pm until 2.00pm           | Free                                                                                      | Open for all adults<br>  |
| <b>Tuesday</b>                                                                     |  Weekly Walk                                                                                             | Please contact for Info<br><b>Booking Essential</b>      |  <br>Approx. 11.00am until 12.30pm | Free                                                                                      | Open for all adults<br>  |
| <b>Wednesday</b><br>Running every other week, call for dates                       |  Golf                                                                                                   | Central Park<br><b>Booking Essential</b>                 |  <br>1.30pm until 2.30pm           | £4<br> | Open for all adults<br> |
| <b>Thursday</b><br>Starting on Thursday, 17th September 2020                       |  Allotment Session  | Penlee Valley Allotment Site<br><b>Booking Essential</b> |  <br>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><br/>(but if the bridge is 'out of order' meet by the Mayflower Steps)<br/><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><br/>(but if the bridge is 'out of order' meet by the Mayflower Steps)<br/><b>Booking Essential</b></p> |   <p>1.15pm until 2.00pm</p>   | Free | <p>Open for all adults</p>  |

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.**