

Centre for Equality and Diversity

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It's Time To Get Up Get Out Get Active!

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Engaging·Motivating·Empowering

Travel to activities via bus will be refunded

Do you want to get out and get active?

Do you want to feel motivated and empowered?

Do you want to participate in a range of physical and sporting activities?

If yes to any of these questions then the **Time to Get Active** Project may just be for you!

It's for parents, for adults and for kids too!

10 different physical and sporting activities for you to participate in between October 2022 and March 2023.

And guess what? **It's all free!** From swimming to a walk in the park, to netball, Zumba, boxing and martial arts. Something for everyone, of all ages and culture.

The aim of the Time to Get Active programme is to help you improve your physical health and reduce social isolation through social activities and meeting other people.

It's Time for you to Get Active!

FREE FREE FREE FREE FREE

Mother and children walking (12 sessions from October 22)

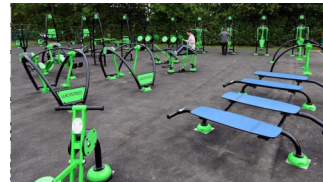
Badminton (12 sessions- from October 22)



Female only swimming (10 sessions from Oct 22)



Visit to outdoor Green Gym (10 sessions from October 22)



Zumba Women only (sessions from October 22)



Women and Girls Netball (10 sessions from November 22)



Children's Mixed football (6 sessions from December 22)



Mobility fitness for over 65s (12 sessions from October 22)



Adult mixed football (6 sessions from December 22)

much, much, much more!

Being more active can help make you healthier and happier!

For more information and detailed programme of activities, contact us on 01384 456166 or via WhatsApp 07716 479501