



Healthy Walsall Summer Activities 2026



Walsall Council



Starting Well • Living Well • Ageing Well

Walsall Summer Holiday Activity Programme

The Walsall Summer Holiday Activity Programme offers children, young people and families the opportunity to enjoy a wide range of exciting activities across the borough during the six-week summer holiday. Organised by Walsall Council's Healthy Spaces Team, the programme brings together local clubs, community organisations, sports groups and activity providers to help residents make the most of their summer.

Who Can Take Part?

The programme is designed for children, young people and families living in Walsall. Activities are suitable for a range of ages and interests, with many sessions welcoming complete beginners. Whether you enjoy sports, outdoor adventures, nature, arts and crafts, wellbeing activities or simply spending time together outdoors, there is something for everyone.

What Can You Expect?

Throughout the summer, there will be opportunities to take part in a variety of fun, engaging and family-friendly activities taking place in parks, green spaces and community venues across Walsall. The majority of activities are free to access, helping families stay active, entertained and connected throughout the school holidays.

Our programme is focused on encouraging families to enjoy activities together. Sessions are facilitated by members of the Healthy Spaces Team and partner organisations, creating a welcoming, safe and inclusive environment for all participants.

Family Participation

The Summer Holiday Activity Programme is intended to provide fun for all the family, and we encourage parents, guardians and carers to take part alongside their children wherever possible.

Please note that these sessions are not childcare provision. Children and young people must be accompanied by a responsible parent, guardian or carer throughout the activity unless otherwise stated. As activities are delivered and supervised by the Healthy Spaces Team for family participation, children who arrive alone will unfortunately be unable to take part and may be asked to return with an accompanying adult.

Why Get Involved?

The summer holidays are the perfect opportunity to:

- * Enjoy quality time together as a family and create lasting memories.
- * Meet new people and make new friends.
- * Explore Walsall's fantastic parks, green spaces and local facilities.
- * Try something new and discover a new hobby or interest.
- * Stay active and improve physical and mental wellbeing.
- * Build confidence and learn new skills in a supportive environment.

Organised by the Healthy Spaces Team

The Team is committed to helping people of all ages become more active, connected and engaged with their local communities. By working with local organisations and partners, we create opportunities that encourage healthier lifestyles, support wellbeing and showcase the many fantastic places and activities available across Walsall.

Whether you're looking to get outdoors, learn a new skill, meet other families or simply enjoy some free activities during the summer break, we invite you to come along and join in. Have fun, try something new, spend time together and make the most of your summer!

Contact Healthy
Spaces on
01922 650465 or
**healthyspaces@
walsall.gov.uk**

What you can do

See below for a description of the activities on offer. All of the activities are free but for some you are required to book your place and places may be limited. **For children's activities, the child must be accompanied by an adult at all times.**

Book your activities here:



Activity Details	Description
Nordic Walking Age range: 18+ <i>Booking required: Yes</i>	Join trained Walsall Healthy Spaces staff to discover Nordic Walking, a full-body walking activity that uses specially designed poles to help work the upper and lower body at the same time. These friendly and supportive sessions are a great way to improve fitness, build confidence, and enjoy the outdoors. All equipment is provided, making it easy for participants to give this enjoyable and accessible activity a try. These sessions are part of a weekly programme which can be booked via https://walx.co.uk/groups/walx-walk-on-plus/
Power of the Poles Age range: 18+ <i>Booking required: Yes</i>	Delivered by trained Walsall Healthy Spaces staff, these introductory sessions are designed to teach the fundamentals of Nordic walking. Participants will learn the correct walking technique using specially designed poles, helping to improve posture, fitness, and confidence while enjoying the outdoors. All equipment is provided, making these sessions an ideal way to get started with Nordic walking. These activities can be booked via https://walx.co.uk/groups/walx-walk-on-plus/
Couch 2 5k Age range: 18+ <i>Booking required: No</i>	A supportive programme designed to help beginners build confidence and improve fitness through a gradual combination of walking and running. Led by experienced instructors, participants will work towards completing a 5K distance in a friendly and encouraging environment. We will also be delivering some taster activities linked to the Couch 2 5k programme during our Wednesday hub activities.
Gym Activation Age range: 14+ <i>Booking required: No</i>	Join a member of the Healthy Spaces Team for a fun and practical introduction to outdoor gym equipment. These sessions are designed to help participants build confidence using the equipment safely and effectively, while also exploring simple exercises that can be completed with minimal equipment. A great way to discover free, accessible ways to stay active outdoors. No need to book!
Multisports <i>Booking required: No</i>	Enjoy a range of fun and informal sports activities designed to keep you active and engaged. Participants will have the opportunity to try different sports and games such as frisbee golf, archery, short tennis, football, cricket, and more. These sessions focus on having fun, learning new skills, building confidence, and enjoying physical activity in a relaxed and welcoming environment.
We're Going on a Bear Hunt Age range: 1-10 yrs <i>Booking required: No</i>	Join us for a fun-filled family adventure inspired by the much-loved story, beginning with an interactive story time, where children and their families can enjoy a reading of the classic tale. Armed with their trail sheet, young explorers will then follow a route around the park, searching for hidden woodland animals along the way. As they journey through the trail, children will also collect a series of nature-inspired surface rubbings, helping them discover the textures and features of the natural environment. Once the trail has been completed, families will return to the park building where the adventure continues. Children will have the exciting opportunity to meet the bear, say hello, and capture a memorable photo before taking part in a range of fun activities, including puzzles and colouring and other themed challenges This free family event encourages children to enjoy the outdoors, develop observation skills, spark their imagination, and discover the wonderful wildlife and green spaces within our parks. Come along for a morning of storytelling, adventure, exploration and family fun—we can't wait to see you on the bear hunt!

Activity Details	Description	Book your activities here: 
Family Woodland Walk Age range: 0+ <i>Booking required: Yes</i>	Explore Walsall's beautiful woodlands on a guided family walk. Participants will discover local wildlife, learn about the natural world, and enjoy spending time together in the great outdoors.	
Pondlife & Planting Age range: 5-12 <i>Booking required: Yes</i>	Get hands-on with nature by exploring pond habitats and taking part in planting activities on one of our community allotment venues. Participants may learn about local wildlife, biodiversity, and how plants help create healthy environments for people and nature as well as discovering the opportunity to learn about growing their own healthy food. Email healthyspaces@walsall.gov.uk to book your place.	
Junior Rangers <i>Booking required: Yes</i>	A fun outdoor conservation session where young people can learn about nature, wildlife, and caring for local green spaces. Activities may include practical conservation tasks, wildlife discovery, and environmental learning.	
Mini Movers on the Move Age range: 0-5* <i>Booking required: Yes</i>	A fun and active session designed for younger children, featuring games, movement activities, and outdoor play. These sessions help develop confidence, coordination, and fundamental movement skills while encouraging children to enjoy being active. *siblings allowed	
Outdoor Gym Workout	Take part in a guided workout using outdoor gym equipment led by Healthy Spaces staff. These sessions provide a fun way to improve fitness, strength, and wellbeing while making the most of local outdoor facilities.	
Fishing Taster Sessions <i>Booking required: Yes</i>	A beginner-friendly introduction to angling, providing participants with the opportunity to learn basic fishing skills, water safety, and responsible fishing practices in a supportive outdoor environment. Delivered in collaboration with Boaters Fishing Club at Willenhall Memorial Park.	
iNaturalist/ Seek Family Sessions Age range: 0-18 <i>Booking required: Yes</i>	Become a Wildlife Detective in Walsall! Have you ever spotted a butterfly, beetle, bird or wildflower and wondered what it was? Join us in Walsall's green spaces and learn how to use iNaturalist, a free app that helps identify wildlife and records your sightings. For younger budding ecologists, Seek by iNaturalist offers a fun, child-friendly way to discover nature, earn badges and learn about local species. Everyone is welcome, but please note that children must be accompanied by an adult throughout the session.	
Art Workshop Age range: 0-18 <i>Booking required: Yes</i>	Use watercolours and acrylics to create your own abstract silver birch painting. No experience needed; materials provided just bring your own apron. Limited places available	
Tennis Fun & Fitness <i>Booking required: Yes</i>	Combining tennis-based activities with fun fitness exercises, these sessions are designed to improve coordination, fitness, and confidence. Suitable for a range of abilities, they offer an enjoyable way to stay active while developing tennis skills. Led by a qualified member of the Healthy Spaces team.	

Activity Details	Description	Book your activities here: 
Chair Based Exercise Age range: 18+ <i>Booking required: No</i>	Enjoy a gentle guided walk followed by a chair-based exercise session designed to improve mobility, strength, flexibility, and overall wellbeing. Ideal for those looking for a low-impact way to stay active. Led by a qualified member of the Healthy Spaces team.	
Family Hobby Horse Jumping Age range: All ages <i>Booking required: No</i>	Come along and discover why hobby horing is one of the fastest-growing family activities. This activity will be delivered by the British Horse Society in collaboration with the Cavalier Centre in Much Wenlock. Participants can enjoy fun jumping challenges and develop balance, coordination and confidence.	
Fitness in the Park <i>Booking required: No</i>	Get active outdoors with a variety of instructor-led exercises suitable for different abilities. These sessions provide a fun and sociable way to improve fitness, boost wellbeing, and enjoy Walsall's green spaces. Led by a qualified member of Walsall Healthy Spaces	
Little Litter Heroes & Family Litter Pick <i>Booking required: No</i>	Help care for local parks and green spaces while learning about the impact of litter on wildlife and the environment. Families can take part in a litter pick, environmental activities, and discover simple ways to help protect nature in these sessions with Walsall healthy spaces colleagues.	
Meadow Management <i>Booking required: No</i>	Over on Victory Pools we will be using the grass cuttings from meadow cuts to build wildlife refuges.	
Forest Family Fun Age range: 1-11 <i>Booking required: Yes</i>	Enjoy a range of woodland-themed activities designed to help families connect with nature. From games and exploration to crafts and wildlife discovery, there's something for everyone to enjoy in this fun outdoor session.	
Health Walk Age range: All ages <i>Booking required: No</i>	Join Walsall Healthy Spaces staff for a friendly guided walk through some of Walsall's beautiful parks and green spaces. Part of the wider Walsall Walk On programme, these walks offer a great way to get active, enjoy nature, improve wellbeing, and meet new people. Suitable for a range of abilities, the walks provide a welcoming and supportive environment for anyone looking to become more active. For information on other health walks, please visit: https://go.walsall.gov.uk/parks-and-green-spaces/activities-and-events-on-offer	
Boxing For Fitness <i>Booking required: No</i>	A fun and energetic session that combines boxing-inspired fitness exercises with an introduction to fundamental boxing techniques. Participants will learn and practice movements such as jabs, hooks, uppercuts, ducking, and weaving while taking part in a varied workout designed to improve fitness, coordination, and confidence. Suitable for a range of abilities, these non-contact sessions provide an enjoyable way to stay active and try something new. Led by a qualified member of the Healthy Spaces Team.	Email healthy_spaces@walsall.gov.uk for more information on any of the activities

Activity Details	Description
Sailing & Paddle boarding <i>Booking required: Yes</i>	Experience the excitement of being on the water with these introductory sailing and paddleboarding sessions. Participants will learn basic skills, build confidence, and enjoy a fun outdoor adventure under qualified instruction. Delivered in collaboration with Aldridge Sailing Club. . All equipment is supplied. Participants to where appropriate clothing and a change of clothing. All PPE supplied. Some swimming ability is required.. All equipment is supplied. Participants to where appropriate clothing and a change of clothing. All PPE supplied. Some swimming ability is required. These sessions are weather dependent.
Keep Fit Age range: 18+ <i>Booking required: No</i>	A friendly group exercise session designed to improve fitness, strength, flexibility, and overall wellbeing. Suitable for a range of abilities, these sessions offer a supportive and enjoyable way to stay active. Delivered by a qualified member of the Walsall Healthy Spaces team.
Disability Cricket Age range: 8+ <i>Booking required: Yes</i>	Delivered by Staffordshire Cricket, these fun and inclusive taster sessions give young people with a PAN disability the chance to try cricket in a supportive environment. Participants will enjoy adapted activities and games designed to build confidence, develop skills, make friends, and have fun being active. No previous cricket experience is needed. Please email s.lightfoot@staffordshirecricket.co.uk for more information about these sessions or additional opportunities for disability cricket.
Judo Taster Sessions Age range: 5-12 / 12+ <i>Booking required: Yes</i>	Delivered by Beacon Judo at Bloxwich Active Living Centre, these fun and engaging taster sessions provide an introduction to the sport of judo. Participants will learn basic techniques, develop confidence, improve coordination, and enjoy being active in a safe and supportive environment. Separate sessions are available for ages 5–12 and 12+. Email healthyspaces@walsall.gov.uk to book your place.
Birch Bash <i>Booking required: No</i>	Help protect Walsall's valuable heathland habitats by removing young birch saplings before they develop into dense woodland. Participants will learn about habitat management and play an active role in conserving important local wildlife areas.
The Big Butterfly Count / iNaturalist session Age range: 0-5* <i>Booking required: No</i>	Love nature? Fancy spending a little time outdoors this summer? Come along and take part in Butterfly Conservation's Big Butterfly Count - a simple and rewarding way to help wildlife right on your doorstep. The count itself only takes 15 minutes, so it's easy to fit in - whether you stay for a short visit or a full wander around the site. If you do have a bit more time, after your count, why not record other wildlife using iNaturalist too! There will be ID sheets to help you spot and identify butterflies, so you don't need to be an expert. Everyone is welcome, but please note that children must be accompanied by an adult throughout the session. *siblings allowed
Try Netball! Age range: 5-11 / 18+ <i>Booking required: Yes</i>	Celebrate the spirit of the Commonwealth Games with England Netball at our fun filled Come & Try Netball event in Walsall! We will be running Bee Netball activities for children aged 5–11-year-olds as well as fun netball games for adults that bring the best of both Walking Netball and Netball Now – there's something for everyone to try! You can drop in and out of the activities and have a go at as many as possible. Bring your friends, family or come and try solo – we hope to see you there! Please note all children (u18) must be accompanied by an adult. For more information follow us @netballwestmids on social media or email sophie.brown@englandnetball.co.uk



Book your activities here:



Where to go

Parks and Green Spaces

Aldridge Airport, Bosty Lane,
Aldridge, WS9 0QQ

Aldridge Sailing Club, Stubbers
Green Rd, WS9 8BQ

Barr Beacon Tiny Forest,
Beacon Road, Streetly, WS9 0QN

Beechdale Park, Jenner Close,
Beechdale, WS2 7RL

Blackwood Park, Cedar Drive,
Streetly, B74 3RJ

Bloxwich Active Living Centre, High
Street, Bloxwich WS3 2DA

Bloxwich Community Library, High
Street, Bloxwich WS3 2DA

Brownhills Community Library,
Park View Centre, Chester Road
North, WS8 7JB

Dudley Fields Green Space
what3words: ///danger.jams.submit

Holland Park, Brownhills WS8 7JB

**King George V Memorial Playing
Field**, Stafford Road, Bloxwich,
WS3 3NJ

King's Hill Park, Forge Road,
Wednesbury, WS10 7TP

Leamore Park, Forge Road,
Wednesbury, WS10 7TP

Palfrey Park,
Dale Street, Palfrey, WS1 4AN

Pleck Park,
Montfort Road, Pleck, WS2 9DE

Reedswood Park,
Walsall WS2 8SR

**Victoria Road
Allotment**, WS10 8AP

Victory Pools, see
Reedswood Park

Walsall Arboretum,
Lichfield Street, Walsall, WS4 2BU

Walsall Arboretum (Grange),
Broadway North, WS1 2QB

Willenhall Memorial Park,
Pinson Road, Willenhall, WV13 2PL

Local Nature Reserves

**Brownhills Common Local Nature
Reserve**, The Parade, Brownhills,
WS8 7NG

Fibbersley Local Nature Reserve,
Noose Lane, Willenhall, WV13 3BJ

Mill Lane Tiny Forest,
Mill Lane, Walsall

**Pelsall North Common Local
Nature Reserve**, Wood Lane, Pelsall,
WS3 5AA

**Rough Wood Local Nature Reserve
(Car Park)**, Linden Lane/Hunts Lane,
Short Heath, WV12 5NX

Shire Oak Local Nature Reserve,
Andrews Road, Walsall Wood,
Walsall, WS9 9RH

These are by no means the only
green spaces available in Walsall, visit
the website to find out
about your local space:

[https://go.walsall.gov.
uk/parks-and-green-
spaces](https://go.walsall.gov.uk/parks-and-green-spaces)

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activities here:



Date	Time	Location	Details
20 July	9.30-11.30	King's Hill Park	Chair Based Exercise
	9.30-10.15	Walsall Arboretum	Fitness In The Park
	11.00-12.00	Leamore Park	Mini Movers On The Move
21 July	10.00-11.00	Willenhall Memorial Park	Couch To 5k Taster Session
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	11.00-11.45	King George V MPF	Power of the Poles
	10.00-12.00	Walsall Arboretum	Disability Cricket
	11.45-12.30	Pleck Park	Health Walk
22 July	9.15-10.00	Willenhall Memorial Park	Chair Based Exercise
	10.00-10.45	Brownhills Common	Power of the Poles
	10.30-11.30	Rough Wood LNR	Health Walk
	10.30-11.30	Walsall Arboretum (Grange)	Health Walk
	11.00-12.00	Leamore Park	Tiny Rangers (Family Hubs)
	11.00-12.00	Brownhills Common	Nordic Walk
	12.00-1.00	Willenhall Memorial Park	Tiny Rangers
23 July	9.30-10.15	Walsall Arboretum	Boxing for Fitness
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Sessions
	11.00-12.00	<i>TBC - contact Healthy Spaces</i>	Pond Dipping
	11.00-12.30	Palfrey Park	Chair Based Exercise
	11.00-12.30	Walsall Arboretum	Junior Rangers Taster Session
	1.00-2.00	Brownhills Common	Family Woodland Walk
	1.00-3.00	King's Hill	The Big Butterfly Count
	1.15-2.45	Walsall Arboretum	Junior Rangers Taster Session
24 July	09.30-10.15	Holland Park	Outdoor Gym Workout
	10.00-12.00	Brownhills Common	Birch Bash
	10.00-11.00	Willenhall Memorial Park	Keepfit
	11.15-12.15	Willenhall Memorial Park	Nordic Walk
25 July	11.00-12.30	Walsall Arboretum	Junior Rangers
	1.30-3.00	Walsall Arboretum	Junior Rangers

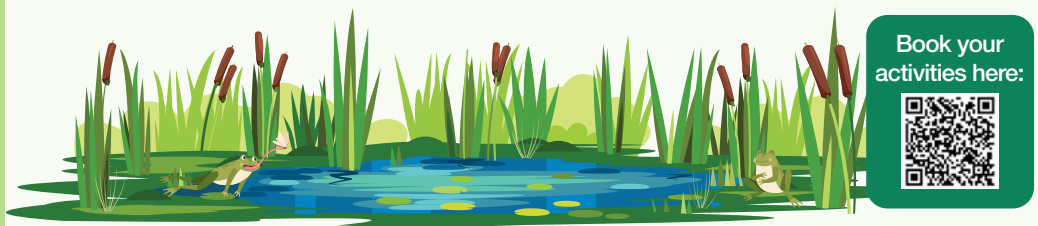


Date	Time	Location	Details
26 July	10:00-12:00	Aldridge Sailing Club	Sailing and Paddleboarding Taster
	12:00-2:00	Aldridge Sailing Club	Sailing and Paddleboarding Taster
27 July	9.30-11.30	King's Hill Park	Chair Based Exercise
	10.00-11.00	Brownhills Common	Forest Family Fun
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
28 July	10.00-12.00	Pelsall Common	Birch Bash
	10.00-11.00	Willenhall Memorial Park	Couch 2 5k Taster Session
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	11.00-11.45	King George V MPF	Power of the Poles
	11.00-12.00	King George V MPF	Nordic Walk
	10.00-11.00	Willenhall Memorial Park	Mini Movers on the Move
	11.45-12.30	Pleck Park	Health Walk
	1.00-3.00	Mill Lane Tiny Forest	The Big Butterfly Count
29 July	9.15-10.00	Willenhall Memorial Park	Chair Based Exercise
	9.30-11.00	Willenhall Memorial Park	We're Going On A Bear Hunt
	10.00-10.45	Brownhills Common	Power of the Poles
	10.30-11.30	Rough Wood LNR	Health Walk
	1.00-2.00	Palfrey Park	Nature Walk
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
	11.00-12.00	Brownhills Common	Nordic Walk
	12.00-1.00	Willenhall Memorial Park	Tiny Rangers
	12.00-1.00	Palfrey Park (Hub Activities)	Gym Activation
	12.00-3.00	Palfrey Park	Try Netball!
	1.00-2.00	Palfrey Park (Hub Activities)	Nordic Walk
	2.00-3.00	Palfrey Park (Hub Activities)	Couch 2 5k Taster Session
	3.00-4.00	Palfrey Park (Hub Activities)	Sports Activities
	5.00-6.00	Palfrey Park	Tennis Fitness

Book your
activities here:



Date	Time	Location	Details
30 July	8.00-9.00	Pelsall Common	Gym Activation
	9.30-10.30	Reedswood Park	Chair Based Exercise
	10.00-11.00	Shire Oak LNR	Family Woodland Walk
	10.00-10.45	King George V MPF	Health Walk
	11.00-12.30	Palfrey Park	Chair Based Exercise
	11.00-12.30	Walsall Arboretum	Junior Rangers Taster Session
	1.00-2.00	<i>TBC - Contact Healthy Spaces</i>	Pond Dipping
	1.15-2.45	Walsall Arboretum	Junior Rangers Taster Session
31 July	10.00-11.00	Willenhall Memorial Park	Keep Fit
	10.00-11.15	Brownhills Community Library	Little Litter Heroes Family Litter Pick
	11.15-12.15	Willenhall Memorial Park	Nordic Walk
	1.00-3.00	Bloxwich Community Orchard	Big Butterfly Count
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Sessions
1 Aug	11.00-12.30	Walsall Arboretum	Junior Rangers
	1.30-3.00	Walsall Arboretum	Junior Rangers
3 Aug	9.30-10.15	Walsall Arboretum	Fitness In The Park (Bootcamp)
	10.00-11.30	Palfrey Park	We're Going On A Bear Hunt
	1.00-3.00	Reedswood Park	Big Butterfly Count
4 Aug	10.30-3.00	Shire Oak LNR	Birmingham & Black Country Wildlife iNaturalist Session
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	10.00-12.00	Pleck Park	Disability Cricket Taster Session
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
	11.00-11.45	King George V MPF	Power of the Poles
	11.00-12.00	King George V MPF	Nordic Walk



Book your
activities here:



Date	Time	Location	Details
5 Aug	10.00-10.45	Brownhills Common	Power of the Poles
	10.30-11.30	Walsall Arboretum	Health Walk
	10.30-11.30	Rough Wood LNR	Health Walk
	11.00-12.00	Willenhall Memorial Park	Tiny Rangers
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
	11.00-12.00	Brownhills Common	Nordic Walk
	12.00-1.00	King's Hill (Hub Activities)	Gym Activation
	1.00-2.00	King's Hill (Hub Activities)	Sports Activites
	1.00-3.00	Beechdale Park	Big Butterfly Count
	2.00-3.00	King's Hill (Hub Activities)	Nordic Walk And Sports Activites
	3.00-4.00	King's Hill (Hub Activities)	Couch 2 5k Taster Session
	5.30-6.30	Walsall Arboretum (VC)	Health Walk
6 Aug	8.00-9.00	Aldridge Airport	Gym Activation
	9.30-10.15	Walsall Arboretum	Boxing For Fitness
	10.00-10.45	King George V MPF	Health Walk
	11.00-12.30	Walsall Arboretum	Junior Rangers Home Education
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Session
	1.30-3.00	Walsall Arboretum	Junior Rangers Home Education
7 Aug	9.30-10.15	Holland Park	Outdoor Gym Workout
	10.00-12.00	Shire Oak Park	Birch Bash
9 Aug	11.00-1.00	Barr Beacon Tiny Forest	Big Butterfly Count
10 Aug	9.30-11.30	King's Hill Park	Chair Based Exercise
	9.30-10.15	Walsall Arboretum	Fitness In The Park (Bootcamp)
	10.00-12.00	Victory Pools	Meadow Management
	11.00-12.00	Rough Wood LNR	Family Woodland Walk
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting

Date	Time	Location	Details
11 Aug	10.00-11.00	Willenhall Memorial Park	Couch 2 5k Taster Session
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	10.00-11.00	Walsall Arboretum	Tiny Rangers
	11.00-1.00	Fibbersley Nature Reserve	Seek/Inaturalist Session
	11.00-12.00	King George V Playing Fields	Nordic Walk
	11.00-11.45	King George V Playing Fields	Power of the Poles
	11:45-12:30	Pleck Park	Health Walk
	5.00-6.00	Willenhall Memorial Park	Tennis Fitness
12 Aug	9.15-10.00	Willenhall Memorial Park	Chair Based Exercise
	10.00-10.45	Brownhills Common	Power Of Poles
	10.30-11.30	Rough Wood LNR	Health Walk
	11.00-12.00	Brownhills Common	Nordic Walk
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
	12.00-3.00	Holland Park	Family Hobby Horse Jumping
	1.00-2.00	Holland Park	Woodland Activities
	1.00-3.00	Holland Park (Hub Activites)	Sports Activities
	3.00-4.00	Holland Park (Hub Activites)	Nordic Walk
	4.00-5.00	Holland Park (Hub Activites)	Couch 2 5k Taster Session and Gym Activation
	5.00-6.00	Holland Park	Tennis Fun & Fitness



Date	Time	Location	Details
13 Aug	8.00-9.00	Walsall Arboretum	Gym Activation
	9.30-10.30	Reedwood Park	Chair Based Exercise
	9.30-10.15	Walsall Arboretum	Boxing For Fitness
	10.00-10.45	King George V Playing Fields	Health Walk
	10.00-12.00	Walsall Arboretum	Art Workshop
	10.00-11.30	Blackwood Park	We're Going On A Bear Hunt
	11.00-12.30	Palfrey Park	Chair Based Exercise
	11.00-12.30	Walsall Arboretum	Junior Rangers Home Education
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Sessions
	1.30-3.00	Walsall Arboretum	Junior Rangers Home Education
14 Aug	9.30-10.15	Holland Park	Outdoor Gym Workout
	10.00-11.15	Bloxwich Community Library	Little Litter Heroes and Family Litter Pick
	10.00-11.00	Willenhall Memorial Park	Keep Fit
	11.15-12.15	Willenhall Memorial Park	Nordic Walk
15 Aug	11.00-12.30	Walsall Arboretum	Junior Rangers
	1.30-3.00	Walsall Arboretum	Junior Rangers
17 Aug	9.30-11.30	King's Hill Park	Chair Based Exercise
	9.30-10.15	Walsall Arboretum	Fitness In The Park
	10.00-11.30	Reedwood Park	We're Going On A Bear Hunt
	11.00-12.30	Victoria Road Allotment	Pondlife & Planting
18 Aug	10.00-11.00	Willenhall Memorial Park	Couch 2 5k Taster
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	10.00-12.00	Leamore Park	Disability Cricket Session
	11.00-11.45	King George V Playing Fields	Power of the Poles
	11.00-12.00	King George V Playing Fields	Nordic Walk
	11.45-12.30	Pleck Park	Health Walk
	5.00-6.00	Willenhall Memorial Park	Tennis Fitness

Date	Time	Location	Details
19 Aug	9.15-10.00	Willenhall Memorial Park	Chair Based Exercise
	10.00-10.45	Brownhills Common	Power of the Poles
	10.30-11.30	Rough Wood LNR	Health Walk
	11.00-12.00	Brownhills Common	Nordic Walk
	11.00-1.00	Dudley Fields	Seek/Inaturalist Session
	11.00-12.00	Willenhall Memorial Park	Tiny Rangers
	11.00-12.30	Victoria Road Allotments	Pondlife & Planting
	12.00-2.00	Reedwood Park (Hub Activites)	Sports Activites (Hub Activites)
	1.00-2.00	Bloxwich Active Living Centre	Judo Taster Session (5-12 y)
	2.00-3.00	Bloxwich Active Living Centre	Judo Taster Session (12+)
	2.00-3.00	Reedwood Park	Nordic Walk (Hub Activites)
	3.00-4.00	Reedwood Park	Couch 2 5k Taster Session (Hub Activites)
	4.00-5.00	Reedwood Park	Gym Activation (Hub Activites)
20 Aug	8.00-9.00	Holland Park	Gym Activation
	9.30-10.30	Reedwood Park	Chair Based Exercise
	9.30-10.15	Walsall Arboretum	Boxing For Fitness
	10.00-10.45	King George V MPF	Health Walk
	10.00-12.00	Walsall Arboretum	Art Workshop
	11.00-12.30	Palfrey Park	Short Walk & Chair Based Exercise
	11.00-12.30	Walsall Arboretum	Home Education Rangers
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Session
21 Aug	9.30-10.15	Holland Park	Outdoor Gym Workout
	10.00-11.00	Willenhall Memorial Park	Keep Fit
	11.15-12.15	Willenhall Memorial Park	Nordic Walk
22 Aug	11.00-12.30	Walsall Arboretum	Junior Rangers
	1.30-3.00	Walsall Arboretum	Junior Rangers
23 Aug	10:00-12:00	Aldridge Sailing Club	Sailing and Paddleboarding Taster
	12:00-2:00	Aldridge Sailing Club	Sailing and Paddleboarding Taster
24 Aug	9.30-11.30	King's Hill Park	Chair Based Exercise

Date	Time	Location	Details
25 Aug	10.00-11.00	Willenhall Memorial Park	Couch 2 5k Taster
	10.00-10.45	Willenhall Memorial Park	Power of the Poles
	11.00-11.45	King George V Playing Fields	Power of the Poles
	11.00-12.00	King George V Playing Fields	Nordic Walk
	11.45-12.30	Pleck Park	Health Walk
	5.00-6.00	Willenhall Memorial Park	Tennis Fitness
26 Aug	9.15-10.00	Willenhall Memorial Park	Chair Based Exercise
	10.00-10.45	Brownhills Common	Power of the Poles
	10.00-11.00	Walsall Arboretum	Forest Family Fun
	10.30-11.30	Rough Wood LNR	Health Walk
	10.30-11.30	Walsall Arboretum (Grange)	Health Walk
	11.00-12.00	Brownhills Common	Nordic Walk
	11.00-12.00	Willenhall Memorial Park	Tiny Rangers
	1.00-2.00	Walsall Arboretum	Woodland Family Walk
27 Aug	9.30-10.30	Reedwood Park	Chair Based Exercise
	10.00-12.00	Walsall Arboretum	Art Workshop
	<i>TBC</i>	<i>TBC - Contact Healthy Spaces</i>	Pond Dipping
	11.00-12.30	Palfrey Park	Chair Based Exercise
	11.00-12.30	Walsall Arboretum	Home Education Rangers
	1.00-2.00	Holland Park	Mini Movers On The Move
	1.30-3.00	Walsall Arboretum	Home Education Rangers
	10.00-2.00	Willenhall Memorial Park	Fishing Taster Sessions (U12'S)
28 Aug	9.30-10.15	Holland Park	Outdoor Gym Workout
	10.00-11.00	Willenhall Memorial Park	Keep Fit
	11.00-1.00	Hundred Acre Wood Park	Seek/ Inaturalist Family Sessions
	11:15-12:15	Willenhall Memorial Park	Nordic Walk
29 Aug	11.00-12.30	Walsall Arboretum	Junior Rangers
	1.30-3.00	Walsall Arboretum	Junior Rangers

Book your
activities here:

