

Meet your park rangers



Contact us

Huntingtree Park activity centre, 01384 814305
Huntingtree Park, Huntingtree Road, Halesowen, B63 4HY

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Cathy Mayall, senior park ranger
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Further information

Free activity programmes also run at our other healthy hubs - the Dell Stadium in Brierley Hill, Silver Jubilee Park in Coseley, Mary Stevens Park in Stourbridge and Netherton Park.

For more information ask your park ranger or visit
www.dudleyhealthytowns.co.uk

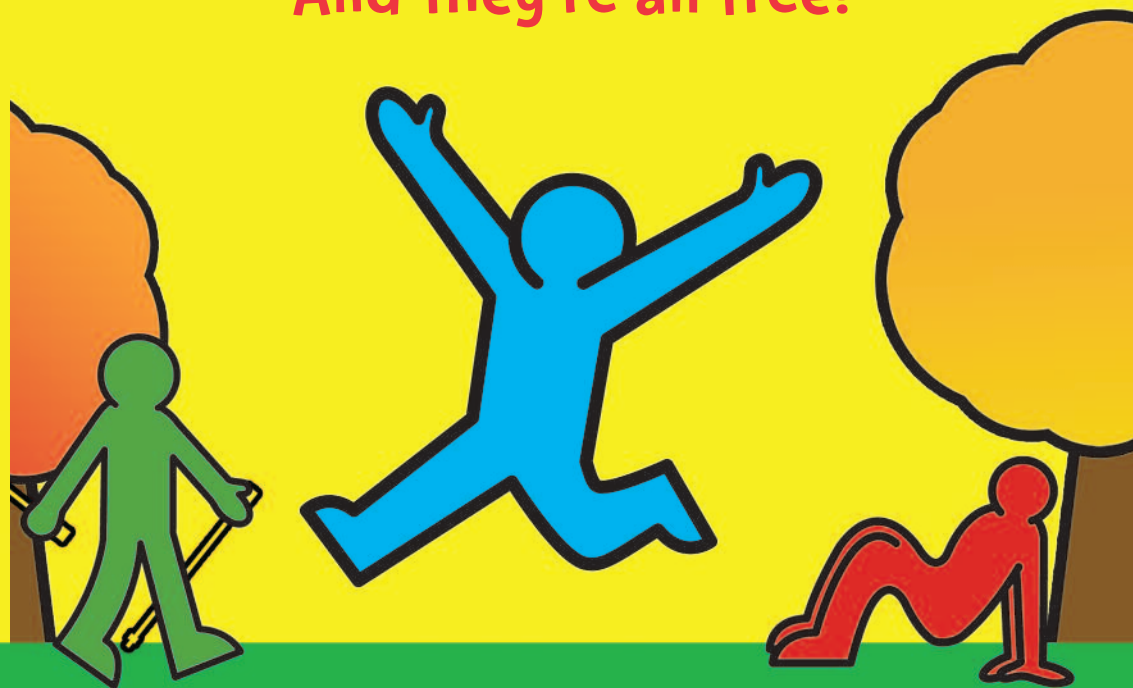


Free activities at Huntingtree Park

January to spring 2012

Our healthy towns park rangers are delivering a range of fun sessions at Huntingtree Park

And they're all free!



About our sessions

For all activities we provide the necessary equipment but you will need to wear sensible clothing and footwear.

Under 8s must be accompanied by an adult at all times on all of our sessions.

- **Nordic walking** is a fitness technique that uses walking poles in order to give a whole body workout. It's suitable for all levels of fitness. Poles are provided.
- **After school club** delivers a range of physical activity and games for children aged five to 11.
- **Supported ability walk** is a circular walk around the park for people with learning difficulties or additional needs.
- **Green fit** sessions include a 30-minute walk and a 30-minute park gym equipment session.

Monday

9.30am to 10.30am

Nordic walking

1.30pm to 2.30pm

Exercise and socialise

(organised by Friends of the Park)

Tuesday

9.30am to 10.30am

Green fit

11am to 11.30am

Beginner's saunter

3.30pm to 4.30pm

After school club

Wednesday

09.30am to 10.30am

Beginners running

11am to noon

Supported ability walk

3.30pm to 4.30pm

After school club

Thursday

10am to noon

Lutley trail health walk

3.30pm to 4.30pm

After school club

Friday

9.30am to 10.30am

Green fit

Saturday

9.30am to 10.30am

Nordic walking

11am to noon

Under 8s fun and fitness play

2.30pm to 3.30pm

Ball games

Sunday

10am to 11am

Walk to Wimbledon ramble

2.30pm to 3.30pm

Multi sports and ball games

About our sessions: Sessions are subject to change but our rangers will always run activities at the times shown in this programme.

