

Meet your park rangers



Contact us

Mary Stevens Park activity centre, 01384 813963
Mary Stevens Park, Stanley Road, Stourbridge, DY8 2AB

Nicola Cranshaw, park ranger
07584 581289 • nicola.cranshaw@dudley.gov.uk

Cathy Mayall, senior park ranger
07557 323173 • catherine.mayall@dudley.gov.uk

Further information

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

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



Free activities at Mary Stevens Park

January to spring 2012

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

And they're all free!



About our sessions

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

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.
- **Healthy walks** are regular weekly walks of between 45 to 60 minutes. Suitable for all ages and abilities.
- **Green fit** sessions include a 30-minute walk and a 30-minute park gym equipment session.
- **After school** club delivers a range of physical activity and games for children aged five to 11.

Monday

9.30am to 11am

Healthy walk

1pm to 2pm

Supported ability walk

4pm to 4.45pm

Gym circuits

Tuesday

9.30am to 10.30am

Green fit

9.30am to 10.30

Beginner's saunter

3.30pm to 4.30pm

After school club

Wednesday

9.30am to 10.30am

Beginners running

3.30pm to 4.30pm

After school club

Thursday

9.30am to 10.30am

Green fit

11am to noon

Nordic walking

3.30pm to 4.30pm

After school club

Friday

9.30am to 10.30am

Circuits

Saturday

9.30am to 10.30am

Nordic walking

11am to noon

Family orienteering

2.30pm to 3.30pm

Family fun and fitness

Sunday

9am to 9.45am

Abs and arms

9.30am to 11am

Monthly health walk

(last Sunday of every month)

9.30am to 10.30am

Monthly running club

(first Sunday of every month)

2.30pm to 3.30pm

Family fun session balls

in your court

