

## Meet your park rangers

Hi, we're your park rangers. Based at the new activity centres we help people to get active and can be recognised by our bright red healthy towns t-shirts.



## Contact us

**Thomas Weaver** - senior park ranger

07584 581285 [thomas.weaver@dudley.gov.uk](mailto:thomas.weaver@dudley.gov.uk)

**Silver Jubilee Park - Activity Centre**

Silver Jubilee Park, Mason Street, Coseley, West Midlands WV14 9SZ

## Further information

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

For more information ask your park ranger or visit

[www.dudleyhealthytowns.co.uk](http://www.dudleyhealthytowns.co.uk)



# Free activities at Silver Jubilee Park

Autumn 2011 to spring 2012

Our healthy towns park rangers are delivering a range of fun sessions at Silver Jubilee 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.
- **60+ gentle exercise** is a gentle exercise session for the over 60s.
- **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.
- **Lap walking** is designed for all levels of fitness, ages and abilities. Walk the circular route at your own pace and monitor your progress as you build up your distance.

### Monday

9am to 10am

Toning time

11am to noon

Toddlers tumble

1.30pm to 2.30pm

Healthy walk

3.30pm to 4.30pm

After school club

### Tuesday

9.30am to 11am

Introduction to exercise

3.30pm to 4.30pm

After school club

### Wednesday

9am to 9.45am

Lap walking

10.30am to 11.30am

Buggy walk

3.30pm to 4.30pm

After school club

### Thursday

10am to 11.30am

Nordic walking

### Friday

9am to 10am

60+ gentle exercise

1.30pm to 2.30pm

Green fit

3pm to 4pm

Lap walking

### Saturday

10am to 11am

Family fun and fitness

2pm to 3pm

Family football

### Sunday

9.30am to 10.30am

Toning time

2pm to 3pm

Family fun and fitness

