

This physical activity guide has been produced by Leicester-Shire and Rutland Sport (LRS) to provide information about the activities available during Active Family Week. Whilst every effort has been made to verify activities, LRS cannot be held responsible for the accuracy of data and any rescheduled or cancelled events. Participants / parents or guardians are advised that it is their responsibility to check credentials and health and safety requirements for each activity. Children / Young People must be accompanied and supervised at all times by a parent / guardian who will be included in all activities. To find out more please phone the contacts listed in the guide.

OADBY AND WIGSTON



Date	Activity	Location	Time	Cost
2nd June	Family Dance Class	Untied Reformed Church, Oadby	6.30 - 7.30pm	£2 per adult, FREE for children
2nd June	Family Circus Skills (Under 16's must be accompanied by an adult)	All Saints Primary School, Wigston	6.30 - 7.30pm	£1.50 per person
2nd June	Family Fun Day (Bring a picnic and activities available for all the family)	Willow Park, Wigston	11am - 2pm	FREE

For more information on activities in Oadby & Wigston, contact: Active Together Oadby & Wigston
Tel: 0116 2572686 • Email: active.together@oadby-wigston.gov.uk

RUTLAND



Date	Activity	Location	Time	Cost
2nd June	Family Fun in the Park	Cutts Close, Oakham	6 - 8.30pm	FREE
4th June	Family Walk + Film	Oakham Museum	3pm	FREE Walk, discount on film tickets
TBC	Family Rides	TBC	TBC	TBC

For more information on activities in Rutland, contact: Active Rutland
Tel 01572 722557 • Email activerecreation@rutland.gov.uk

LEICESTER CITY



Date	Activity	Location	Time	Cost
Activity details are to be confirmed				
For more information on activities in Leicester City, contact: 3x30 Pledge Tel: 0116 2527350 • Email: jo.hicks@leicester.gov.uk				

BIG WALK



Date	Activity	Location	Time	Cost
4th June	Family Walk	Abbey Park, Leicester (Meet at the Bandstand)	10am registration 10.30am start (walk will last no more than an hour)	FREE (car parking charges apply)

For more information contact Leicester-Shire & Rutland Sport:
Tel: 01509 564888 • Email: lrsport@lboro.ac.uk

LEICESTER-SHIRE & RUTLAND'S ACTIVE FAMILY WEEK



LEICESTER-SHIRE & RUTLAND SPORT & PHYSICAL ACTIVITY
www.lrsport.org.uk



To celebrate National Family Week, numerous events and activities are taking place all across Leicestershire, Leicester and Rutland for **families to be active together**. From **watersports, walking and fun days to cycling, golf and dance**, there is something for all families to enjoy!

JOIN THE FUN! 30th May - 5th June 2011

www.lrsport.org.uk/familyweek



Supporting

30 May - 5 June 2011
nationalfamilyweek.co.uk

Active Rutland

BLABY



Date	Activity	Location	Time	Cost
31st May	Family Fun Day (Boogie Bods, Yogabugs, Toddler Town, Messy Play, Sand & Water Play, Junior Athletics, Parachutes and many more activities)	The Pavilion, Huncote	11am - 2pm	FREE

For more information on activities in Blaby, contact:
Active Together Blaby
Tel: 0116 2727703 • Email: leisure@blaby.gov.uk

CHARNWOOD



Date	Activity	Location	Time	Cost
30th May	Picnic in the Park	Queens Park, Loughborough	12 - 4.30pm	FREE
30th May	Annual Open Day	Loughborough Leisure Centre	10am - 4pm	FREE
1st June	FAB Family Bootcamp (Booking Required)	Beacon Hill Country Park, (meet at lower car park)	1.30 - 2.30pm	£1 per adult (car parking charges apply - £1.50)
2nd June	Orienteering (Booking Required)	The Outwoods, Woodhouse Lane, Loughborough (meet at car park)	10am - 12pm	£1 per adult
3rd June	Picnic in the Park	Halstead Road Park, Mountsorrel	1 - 4pm	FREE

For more information on activities in Charnwood, or to book, contact:
Active Together Charnwood
Tel: 01509 632534 • Email: active.together@charnwood.gov.uk

HARBOROUGH



Date	Activity	Location	Time	Cost
5th June	Family Picnic Ride (Under 16's must be accompanied by an adult) (Booking Required)	Meet at Little Bowden Park (by the Bell Inn), Northampton Road (Cycle ride will be along Brampton Valley to Waterloo Farm for the picnic and children's treasure hunt)	11am (Distance 4 miles)	FREE

For more information on activities in Harborough, or to book, contact:
Active Together Harborough
Tel: 01858 821284 • Email: activetogether@harborough.gov.uk

HINCKLEY AND BOSWORTH



Date	Activity	Location	Time	Cost
3rd June	Survivor - you are stranded on a desert island you need to build a raft to get back to safety (Each child must be accompanied by an adult) (Booking Required)	The Wharf, Hinckley	10am - 12.30pm	£2 per person
3rd June	Water Sports (canoeing, kayaking and bell boating) (Each child must be accompanied by an adult) (Booking Required)	The Wharf, Hinckley	1.30 - 4pm	£2 per person

For more information on activities in Hinckley & Bosworth contact:
Active Together Hinckley & Bosworth
Tel: 01455 255875 • Email: active.together@hinckley-bosworth.gov.uk

MELTON



Date	Activity	Location	Time	Cost
31st May	Wriggly Readers in the Park (Walk, bear-obics story and rhyme time. Bring your bear and refreshments)	Meet at Melton Library (Walk will be around Wilton Park)	10am	FREE

For more information on activities in Melton contact:
Active Together Melton
Tel: 01664 502389 • Email: sports@melton.gov.uk

NORTH WEST LEICESTERSHIRE



Date	Activity	Location	Time	Cost
4th June	Led Family Cycle Ride (Booking Required)	National Forest Cycle Centre, Moira	10am	FREE
4th & 5th June	Crazy Golf	Hermitage Recreation Ground, Whitwick	9am - 5pm	£1 per session

For more information on activities in North West Leicestershire, or to book, contact:
Active Together North West Leicestershire
Tel: 01530 454606 • Email: activetogether@nwleicestershire.gov.uk