

Saturday 29 July

Activity	Time	Venue	Age
Freedom Step Plus Class	10am - 10.45pm	Studio, FGLC	16+ yrs
Combat Class	10am - 11am	Studio 1, BLC	16+ yrs
Family Rounders Day and BBQ	12pm - 4pm	Beacon Park	All ages
Getin2it Family Indoor Archery	1pm - 3pm	Sports Hall, BLC	12+ yrs
Getin2it Skatepark Tuition	1pm - 5pm	Skatepark, Beacon Park	All ages

Sunday 30 July

Activity	Time	Venue	Age
Body Pump	10.40am - 11.40am	Studio 1, BLC	16+ yrs
Cycle Rides for All	11am start	BLC	All ages (under 16s to be accompanied by an adult)
Burntwood Taster			
Aerobics Class	11am - 11.45am	Studio, FGLC	14+ yrs

For full details of the free sessions visit
www.activelichfield.co.uk/holidayfun

FGLC - Friary Grange Leisure Centre

01543 228229

BLC - Burntwood Leisure Centre

01543 672439

Beacon Park - 01543 308867

Getin2it - 01543 308835



Buy 1 Get 1 FREE DiscGolf & FootGolf

Monday 23 to Friday 27 July from 9am to 6pm

The two games need to be bought together - perfect if you're playing with a friend. Just head to Beacon Park's Ranger Station and tell them you want to take advantage of the offer.



Beacon Park
A Lichfield Historic Park

Festival of Sport

Free taster sessions 23 to 29 July 2018

Lichfield District Council, in partnership with Freedom Leisure, is kick starting the summer holidays with a week of free classes and activities at Burntwood and Friary Grange leisure centres and at local parks and venues.

Try out
a new
activity this
summer!

Free tasters for all ages, including keep fit classes, dance, boxing, trampolining, multi sports, parkour, rounders, walking football and netball, and much more.



www.activelichfield.co.uk/holidayfun

Lichfield
district council
www.lichfielddc.gov.uk

Monday 23 July

Activity	Time	Venue	Age
Zumba	11.45am - 12.30pm	Studio 1, BLC	14+ yrs
Aqua Family Aerobics	1pm - 1.45pm	Swimming Pool, BLC	10+ years and able to swim
Getin2it Outdoor Archery	2pm - 3pm	Chase Terrace Park MUGA	Families (6+yrs)
Getin2it Freestyle Gymnastics	5pm - 6pm	Sports Hall, BLC	9 - 13 yrs

Tuesday 24 July

Activity	Time	Venue	Age
Free Court Hire	9am - 5pm	FGLC	All ages
Top to Toe Toning Class	10.15am - 11am	Studio 1, BLC	14+ yrs
Walking Football	1pm - 2pm	BLC	50+ yrs
Getin2it Football Session	2pm - 3pm	Chase Terrace 9 - 15 yrs Park, MUGA	
Spin Class	4pm - 4.30pm	Studio 2, BLC	14 - 18 yrs
Getin2it Multi Sports	5.30pm - 7pm	MUGA, BLC	10 - 13 yrs

Wednesday 25 July

Activity	Time	Venue	Age
Free football pitch hire	9am - 5pm	FGLC	Under 18s
Tap & Ballet	1.30pm - 2.30pm	Studio 1, BLC	4 - 10 yrs
Getin2it Attitude Juniorz (dance)	3.45pm - 4.45pm	Studio 1, BLC	9 - 13 yrs
Getin2it Multi Sports	4pm - 5pm 5pm - 6pm	Life Church, Lichfield Life Church, Lichfield	7 - 11 yrs 12 - 16 yrs
Getin2it Attitude Seniorz (dance)	4.45pm - 5.45pm	Studio 1, BLC	14 - 19 yrs
Getin2it Parkour	5pm - 6pm	Parkour Court, Cherry Close	7 - 11 yrs
Getin2it Parkour	6pm - 7pm	Parkour Court, Cherry Close	12 - 16 yrs
Outdoor Boot Camp	7pm - 7.45pm	BLC	14+ yrs
Women's Walking Football	6pm - 7pm	3G Pitch, BLC	50+ yrs

Thursday 26 July

Activity	Time	Venue	Age
Aqua Aerobic Class	9am - 9.45pm	Pool, FGLC	14+ yrs
Walking Netball	10.30am - 11.30am	Courts, Beacon Park	50+ yrs
Getin2it Multi Sports	1pm - 2.30pm	Basketball Court, Beacon Park	9 - 15 yrs
Family Yoga	2pm - 2.45pm	Studio 1, BLC	All ages
Getin2it Multi Sports	4.30pm - 5.30pm	Open House, Cherry Close	7 - 11 yrs
Getin2it Inspire Disability Multi Sports Club	5.30pm - 7pm	King Edward VI Sports Centre	5 - 18 yrs
Getin2it Boxing	8pm - 9pm	Sports Hall, BLC	10 - 19 yrs

**Friday 27 July**

Activity	Time	Venue	Age
Pound Class	9.30am - 10.15am	Studio, FGLC	14+ yrs
Walking Football	1pm - 2pm	3G Pitch, FGLC	50+ yrs
Getin2it Trampoline	3.45pm - 4.45pm	Sports Hall, BLC	9 - 13 yrs
Getin2it Illusion Juniorz (dance)	4.30pm - 5.30pm	Dance Studio, FGLC	9 - 13 yrs
Getin2it Trampoline	4.45pm - 5.45pm	Sports Hall, BLC	14 - 19 yrs
Getin2it Illusion Seniorz (dance)	5.30pm - 6.30pm	Dance Studio, FGLC	14 - 19 yrs
Getin2it Multi Sports with Burton Albion	5.30pm - 7pm	3G Pitch, BLC	14 - 25 yrs
Workout of the Day	6pm start	Studio, BLC	14+ yrs all levels welcome
Getin2it Trampoline	7.45pm - 8.45pm	Sports Hall, BLC	14 - 25 yrs



50p

swims for under 16s

Under 16s can swim for just 50p at Friary Grange Leisure Centre and Burntwood Leisure Centre during public swimming times from 23 to 27 July 2018. To qualify children need to be accompanied by a full paying adult.

There's no need to book