

WEAVERS WHEEL LAUNCH

PROGRAMME OF ACTIVITIES FROM RE:FRESH

Saturday 30 June 2018 10am - 3pm

Witton Country Park, Blackburn

Inclusive Cycle

A chance for all abilities to have the opportunity ride a bike around the track.

10am - 11.30am

Wheelyfit

A one hour guided walk & buggy workout. For mums with babies upto 12 months old. From the Cycle Centre.

10am - 11am

Walking Workout

A low level walk incorporating basic strengthening exercises. Suitable for adults. From the Cycle Centre.

10.30am - 11.30am

Balance Bike Obstacle Course

Focussing on spatial awareness as well as dynamic balance to improve bike skills on the track.. Suitable for 2 - 4 year olds.

12pm - 1.30pm

Balance Bike 100m Sprints

A chance for more confident balance bike riders to race against other riders on the track. Suitable for 2 - 4 year olds.

12pm - 1.30pm

Health Walk

Easy paced one mile walk, perfect for anyone just starting on their physical activity journey. From the Cycle Centre.

12.30pm - 1pm & 1.30pm - 2pm

Tai Chi and Try a Mile

Walk a mile around the track with a tai chi session at the end. Plenty of opportunities to rest if needed.

2pm - 3pm

Pop up Pump Track

Test your skills and ride a BMX around our pop up pump track. Suitable for anyone who can ride a bike.

All day

Xplorer Dinosaur Trail

Family friendly fun navigation challenge that gives children a sense of adventure as they explore the park.

Maps available from the Cycle Centre

Cycle Hire

FREE cycle hire available from the Cycle Centre.

Adult required to complete hire form.

10am - 2pm

Blackburn with Darwen

**WELLBEING
SERVICE**

re:fresh
your health and wellbeing