

**Healthy New Town Launch
13 May 2017: Programme of Events**

**All day
events are
10am-4pm**

Enjoy the beach atmosphere	All day	Market Square Beach
Plant and grow your own food	All day	Bottom of Sheep St
Use our table tennis table	All day	Wesley Square
Bike MOTs and bike tagging	All day	Pioneer Square
	11am-3pm	Bottom of Sheep St
Pedal your way to a free smoothie	10am-12.30	Methodist Church Hall
Fun cycle ride- all ages	10.30am	Top of Sheep St
Fun Run for kids	10.30am	Top of Sheep St
Toddle to the library for story time	11am-12	Garth Park- library
Coach table tennis session	11am-12	Wesley Square
Activator Games for kids	11am-12	Garth Park
Zorb Football	1-3pm	Garth Park
Watch or join in with a Zumba Gold dance session	2pm	Methodist Church
Sandcastle building competition	3pm	Market Sq Beach
Music and Dance performances	All day	Various town centre locations

Timings to be confirmed

taster health walks	Bottom Sheep St
tai chi sessions	Various town centre locations
ballroom dance session	Methodist Church
cookery demos	Bottom of Sheep St
seated dance session	Methodist Church
Outdoor fitness equipment	Sheep St
Cookery workshop for kids	Bottom of Sheep St