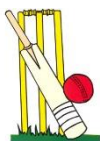




Get on the Move

With **Spenborough Co-operative Trust**
 Chance for **families** to exercise **together**
FUN/FITNESS/FAMILIES
 All ages & abilities welcome.



| Day | Date | Time | Venue | Activity |
|-----------|-----------|---------------|-------------------------|--------------------------|
| Saturday | 12th May | 9.30 -10.30am | Littletown School | Running Walking Greenway |
| Monday | 14th May | 5.30-6.30pm | Spen Valley High School | Cricket |
| Saturday | 19th May | 9.30-10.30am | Heckmondwike Primary | Hockey |
| Wednesday | 23rd May | 5.30-6.30pm | Roberttown School | Circuits |
| Monday | 4th June | 5.30-6.30pm | Spen Valley High School | Tennis |
| Saturday | 9th June | 9.30-10.30am | Heckmondwike Primary | Football |
| Wednesday | 13th June | 5.30-6.30pm | Roberttown School | Striking/Fielding |
| Saturday | 16th June | 9.30-10.30am | Littletown School | Running Walking Greenway |
| Monday | 18th June | 5.30-6.30pm | Hightown School | Fit 4 Force Juniors |
| Tuesday | 19th June | 5.30-6.30pm | Hightown School | Tag Rugby |
| Saturday | 23rd June | 9.30-10.30am | Headlands School | Running Walking Greenway |
| Saturday | 30th June | 9.30-10.30am | John Curwen Academy | Basketball |

Feel free to attend as many of the sessions above as you wish, more the merrier at each session at each school.

(All children must be accompanied by an adult – an adult must join in as these sessions are fun family sessions)

Sessions are Free of Charge as they are funded by 'The Big Lottery Fund'

Please bring a bottle of water and dress for the weather on the day as these sessions will be outside



ALL EQUAL – ALL DIFFERENT – ALL UNIQUE