

Keep active this summer

Join the Active for Life team at some of our free events in Brighton & Hove.

At your library...

Come along and have a go at some fun family activities. You might meet Piers the Meerkat too!



Wed 8 Aug	Coldean Library	10.30am-12.30pm
Wed 15 Aug	Whitehawk Library	10.30am-12.30pm
Wed 22 Aug	Portslade Library	10.30am-12.30pm
Wed 29 Aug	Jubilee Library	10.30am-12.30pm



Wild Goose family activity

Download the Wild Goose game to find seafront landmarks and answer questions.

Join the Healthy Lifestyles team to learn how to use the app and walk the 3.4 mile route between Hove Lagoon and Yellowave Beach Sports.

Tues 7 Aug – Start at 11am outside Yellowave

Thurs 30 Aug – Start at 11am on the steps to the promenade at Hove Lagoon

To get started, download Mobile Adventures from the app store and scan this QR code during the school holidays.



Free dance taster session

Meet teachers and dancers from the Young Dancers Collective to try out your moves before term starts.

Wed 5 Sept 5pm-6pm
The Studio, Whippingham Road, BN2 3PF

Thurs 6 Sept 5.15pm-6.30pm
Dance Station, North Street, Portslade, BN41 1DH



Active in your community

Community festivals

Join us at an event near you for advice on being more active.

Crew Club Fun Day

Sat 14 July, 11am-4pm

Coolham Drive, Whitehawk

Turner Festival

Sat 21 July, 12.30am-4.30pm

Turner Park

Community Carnival Picnic Day

Wed 1 Aug, 11am-3pm

The Roundabout Children's Centre and Whitehawk Library

Wellbeing event for 12+

Come along to try yoga and learn mindfulness.

Mon 13 Aug, 11am-3pm

Manor Gym. £2 – bring a friend for free. Includes lunch.

Free swimming

All children aged 16 and under can swim for free all day during the summer holidays and at weekends at the Prince Regent, King Alfred and St Luke's swimming pool.

Find out more at www.brighton-hove.gov.uk/free-swimming or call 0845 803 5519.

For more information contact the Healthy Lifestyles Team

Call 01273 294589

Email healthylifestyles@brighton-hove.gov.uk

www.brighton-hove.gov.uk/activeforlife



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Your healthy lifestyle



Brighton & Hove
City Council