

IT'S ALL FREE!

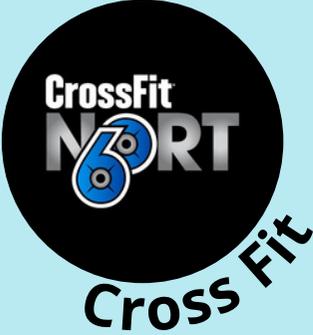


South Mainland Community Fun Day!

SATURDAY 10TH SEPTEMBER



A free day of fun activities for South Mainland residents of all ages!



**Plus the return of PICNIC & PLAY IN THE PARK!
Bring your lunch!**



Programme Itinerary



South Mainland Pool

Free Public Swimming
9.30am - 2pm

Sandwich Youth & Community Centre [SYCC]

Book Bug
10.15 - 10.45

HIIT Cardio
11.00 - 11.45

Laser Tag
12noon - 2.00

Sandwich Under 5s
2.30 - 4.30pm

Snooker Room Open
12noon - 4pm

SRT Mobile Sensory Unit
10am - 1pm

Upstairs in SYCC

Sportswear Recycling Scheme - Kit For All
Meeting Room, 9.30am-4pm

Sandwich School Social Area

Please note that some activities have maximum numbers and may become full

Tales of Wit & Wisdom
2-2.40pm

Sandwich Games Hall

Badminton
12 - 1pm

Archery
1.15pm - 2.45pm

Cross Fit
3.00-3.25
3.30 - 3.55

The Great Outdoors!

Duck Race!
Hoswick Burn 10-11

Picnic & Play/Bike Skills
School Pitch, 11am-2pm

NHS Walk
Meet at Pool, 3pm

Come and Try an eBike!
School Car Park, 10am-3pm

Public Swimming 9.30am - 2pm

Lane swimming, toys and floats will be on offer. Under 8s must be accompanied by an adult. All sessions must be booked - call 01595 807719

Book Bug 10.15-10.45am

Shetland Library invite you to come along to the Sandwick Youth & Community Centre and join in a 30 minute story session with fun songs and rhymes suitable for babies and young children.

HIIT Cardio 11.00-11.45am

Join Boddam Burn and try this 30-minute, high intensity interval workout. Improve endurance, increase power & burn calories! High energy moves and music! Suitable for all fitness levels.

Laser Tag 12noon - 2pm

Come and join in the fun in this 6m x 6m enclosed maze! Battle it out individually or in teams with your laser guns!

Sandwick Under 5s 2.30 - 4.30pm

Sandwick Under 5s will be hosting an open afternoon at the Sandwick Youth & Community Centre. Drop in for lots of play fun and a cuppa!

Sensory Unit 10am - 1pm

Come and see SRT's new mobile sensory unit - state of the art equipment designed to stimulate the senses through interactive fun. Ideal for babies, young children and those with ASN.

Kit For All 9.30am-3pm

Our Sportswear Recycling Scheme will have a pop up stall in the SYCC Meeting Room where you can come along and pick up sportswear you might need or make donations.

Tales of Wit & Wisdom 2.00-2.40pm

Join professional story teller Jan Bee Brown in the school social area. Sit back, relax & listen to her gripping Tales of Wit and Wisdom. Family (age 5+) and dementia friendly.

Badminton 12noon-1pm

Sandwick Badminton Club are offering a Come & Try Session for the whole family. Racquets and shuttles available for use on the day.

Archery 1.15pm-2.45pm

South Mainland Archery Club will be delivering 20 minute taster sessions in the Games Hall for anyone age 9 and over. Come and try your skills with a bow and arrow!

Cross Fit 3-3.25pm or 3.30-3.55pm

Cross Fit 60°Nort is a strength/conditioning workout for everybody at all fitness levels. Come and join in this 25-minute family-friendly workout!

Duck Race! 10-11am

Come along to the Hoswick Burn and race your ducks!! Muster at the Road Bridge for 10am to collect your duck and number. Prize for the winner!

Picnic & Play 11am-2pm

Picnic & Play returns to the School Pitch! Don't miss the Play Van, mobile Library van, soft play, tennis, Bike Skills Obstacle Course and LOTS MORE! Tea/coffee provided by SJHS Parent Council.

NHS Walk 3-4pm

Give your mind and body a boost and join the Soothend Walkers on an easy route led by Paths for All Walk Leaders. Walk time between 20 to 40 minutes depending on abilities.

Try an eBike! 10am-3pm

Come and try an electric assist cycle! No need to pre-book, just visit Anna's stall in the school car park. You'll get a quick induction lesson and short try-out ride.
AGE 18+ ONLY