

### MONDAY 17 - FRIDAY 21 FEBRUARY 2020

# WITTON COUNTRY PARK, BLACKBURN HALF TERM FALLE TERM FALLE TERM



## **GET OUT AND GET ACTIVE**

FOR ANY MORE INFORMATION PLEASE CALL: 01254 682037



### re:fresh

your health and wellbeing

#### Monday 17th February 2020

#### re:fresh Family Bike Hire & Scavenger Hunt at the Cycle Centre

From 12pm - 4pm, adults who qualify for re:fresh can hire a bike for £1 with every full paying child at £2.50. Pick up a scavenger hunt map for £1. Look out for cards in the park and fill in the sheet accordingly. Find the markers and receive a certificate and sticker once complete.

#### Monday - Friday, 12pm - 4pm.

#### **Tuesday 18th February 2020**

#### **Dr Bike with Cycle Roots**

Cycle Roots will be at the Cycle Centre offering FREE bike safety checks and advice and they will be able to carry out basic bike repairs.

100 free gifts from Cycling UK which includes lights, Park tool multi tool kits, snoods, beanie hats to give away. First come, first served.

#### Tuesday, 10am - 4pm.

#### Thursday 20th February 2020

#### **Use Your Gears Led Ride**

Our cycle instructor will show you how and when to use gears on a bike in the cycle centre before leading a ride around the park, putting theory into practice.

Suitable for all ages. First come, first served. £1 for re:fresh members.

Thursday, 10am - 11:30am.

#### Monday 17th February 2020

#### **Family Inclusive Cycle**

Free taster session on the outdoor track for adults and families.

Adapted bikes available.

Monday, 10am - 12pm.

#### Wednesday 19th February 2020

#### **Family Led Ride**

Low level free led ride around the park with families. Please note bikes are limited and will be allocated on a first come, first serve basis. We also have a limited number of Bike Buggies available to use during the session.

£1 for re:fresh members.

Wednesday, 10:45am - 11:45am.

#### Thursday 20th February 2020

#### Walk & Explore Winter Themed Toddler Trail and Crafts

Join Eric the Explorer on a walk through Witton Woods as he checks all the animals are surviving the coldest months of the year. Can you help him find any clues to show that Spring will soon be here? This is a FREE buggy friendly family walk ideal for children. It lasts about 40 minutes. The walk is mainly on woodland paths so wellies or boots are best! Visit the Activity Room in the Pavilion after

the walk for Winter themed craft activities!

Thursday, 1pm - 3pm.