

FREE outdoor activities. Every week. Everyone.

In Southend at Shoebury Park and Chalkwell Park.
More than 30 FREE sessions are on offer from the end of
July through the Summer and into September 2018.

All sessions are FREE and equipment is provided, so grab
your mates and family members and just show up.

FREE Give Aways.

FREE fun for children, young people and families.

www.ActiveSouthend.com

#ParkLives



ParkLives Southend 2018

Timetable of Sessions

Activity	Date	Time	Location
WEEK ONE – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Tues 17th July	4pm – 6pm	Meet on the grass area by the skate park
Street Basketball Suitable for males and females aged 10+	Wed 18th July	5pm until 7pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 19th July	6pm until 7:15pm	Meet on the grass area by the skate park
WEEK TWO – CHALKWELL PARK – CHALKWELL AVENUE			
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 24th July	11am until 12noon	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
Street Basketball Suitable for males and females aged 10+	Wed 25th July	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 26th July	10am until 11:15am	Meet by the skate park
WEEK THREE – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 31st July	11am until 12noon	Meet on the grass area by the skate park
Street Basketball Suitable for males and females aged 10+	Wed 1st August	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 2nd August	10am until 11:15am	Meet on the grass area by the skate park
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Thurs 2nd August	4:30pm until 6:30pm	Meet on the grass area by the skate park
Team Rubicon Scooter Sessions Session 1: age 10 and under, novices and beginners Session 2: open trick and coaching session for those with more experience, age 10+	Fri 3rd August	Session 1: 10am until 12pm Session 2: 1pm until 3pm	Meet on the grass area by the skate park
WEEK FOUR – CHALKWELL PARK – CHALKWELL AVENUE			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Mon 6th August	1pm until 3pm	Meet instructor by the skate park
Street Basketball Suitable for males and females aged 10+	Wed 8th August	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 9th August	10am until 11:15am	Meet on the Basketball Courts
Team Rubicon Scooter Sessions Session 1: age 10 and under, novices and beginners Session 2: open trick and coaching session for those with more experience, age 10+	Fri 10th August	Session 1: 10am until 12pm Session 2: 1pm until 3pm	Meet by the skate park
WEEK FIVE – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Mon 13th August	1pm until 3pm	Meet on the grass area by the skate park



Activity	Date	Time	Location
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 14th August	11am until 12 noon	Meet on the grass area by the skate park
Street Basketball Suitable for males and females aged 10+	Wed 15th August	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 16th August	10am until 11:15am	Meet on the grass area by the skate park
WEEK SIX – CHALKWELL PARK – CHALKWELL AVENUE			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Mon 20th August	1pm until 3pm	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 21st August	11am until 12 noon	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
Street Basketball Suitable for males and females aged 10+	Wed 22nd August	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 23rd August	10am until 11:15am	Meet by the skate park
WEEK SEVEN – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Mon 27th August	1pm until 3pm	Meet on the grass area by the skate park
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 28th August	11am until 12noon	Meet on the grass area by the skate park
Street Basketball Suitable for males and females aged 10+	Wed 29th August	1pm until 3pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 30th August	10am until 11:15am	Meet on the grass area by the skate park
WEEK EIGHT – CHALKWELL PARK – CHALKWELL AVENUE			
Bootcamp – fun and fitness Suitable for males and females aged 8 to 16	Tues 4th September	11am until 12noon	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
Street Basketball Suitable for males and females aged 10+	Wed 5th September	5pm until 7pm	Meet on the Basketball Courts
Parkour for All Suitable for males and females aged 8+	Thurs 6th September	6pm until 7:15pm	Meet by the skate park
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Fri 7th September	4pm until 6pm	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
WEEK NINE – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Thurs 13th September	4pm until 6pm	Meet on the grass area by the skate park
WEEK TEN – CHALKWELL PARK – CHALKWELL AVENUE			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Thurs 20th September	4pm until 6pm	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)
WEEK ELEVEN – SHOEBURY PARK – NESS ROAD / ELM ROAD SOUTHEND			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Thurs 27th September	4pm until 6pm	Meet on the grass area by the skate park
WEEK TWELVE – CHALKWELL PARK – CHALKWELL AVENUE			
Dodgeball and Rounders Suitable for males and females of all ages. Families welcome.	Thurs 4th October	4pm until 6pm	Meet on the grass area near the main car park (located off Chalkwell Avenue, opposite Imperial Avenue)

More information about the FREE activities

Parkour for All – young people age 8+

Come along with your mates, brother, sister or cousin and sign-up together for FREE Parkour sessions over the Summer.

We welcome all abilities to these sessions, whether you're a first timer or have tried Parkour before, come and get stuck into non-competitive, enjoyable, physical training, based on Parkour for all abilities. You'll learn to use the park safely and effectively, to challenge yourself, overcome obstacles, increase your strength and fitness and become more confident in your own abilities. These sessions will run rain or shine and will provide real-life opportunities to grow and develop. Sessions are run by our Parkour UK Level 2 Certified Coach, Brad Moss, one of the earliest Parkour practitioners in the South East of England.

Only 16 places available per session – participants can book their space by visiting www.southendparkour.com or by contacting Kirsty Horseman on 01702 212057 or email kirstyhorseman@southend.gov.uk

Street Basketball – young people age 10+

Jump to it and join our relaxed Street Basketball sessions! If you have some fancy footwork to show-off then grab your mates and join some of the UK's hottest freestylers! These Street Basketball sessions are led by experienced coaches, so whatever your ability, please come along. Coaches will teach the basics through to more advanced skills and techniques as well as the opportunity to play a freestyle basketball game with other young people at these sessions.

Only 24 spaces available per session.

Advance booking is advised to secure a place on any of the above sessions, or you can take your chance and show up and play on the day.

To book your space, or for more information please contact Kirsty Horseman on 01702 212057 or email kirstyhorseman@southend.gov.uk

Dodgeball and Rounders – children, young people and families

Come and enjoy rounders and dodgeball suitable for all ages and abilities! These sessions are fun, safe and enjoyable for all the family. These sessions will give you and your family the opportunity to try a range of different sports in a relaxed and informal environment with a qualified coach. Sessions will give parents and carers the opportunity to meet other adults, whilst children and young people can enjoy themselves with the choice of activities available.

More than 20 places available.

Bootcamp Fun and Fitness – young people age 8 to 16

Brownes Boot Camp sessions are challenging, exciting, motivating and above all great fun! Sessions feature great team building activities such as tug-of-war, as well as other activities to help you achieve your personal goals. All abilities are welcome. Come along to a session to find out more and get stuck in – Brownes Boot Camp is with you all the way!

Only 15 spaces available per session.

Team Rubicon Scooter Sessions – age 10 and under and 10+

Session 1: Novice and beginners:

Team Rubicon will work with young people age 10 and under on how to use a park safely and help them develop key skills such as balance and control – lots of fun to be had at these sessions!

Session 2: Open trick and coaching session for those with more experience, age 10+

For those with more experience, Team Rubicon will work with young people on more advanced skills from tricks like 'tail whips', '180's', '360's' and maybe even some 'flairs' for the super brave!

Equipment is available if you do not have your own scooter and protective gear.

Only 20 places available per session.

