

ALL WEEK

Exercise to Music!

Monday – Friday, The Sands Centre, Carlisle

Circuits, spinning, zumba, pilates, bums & tums etc. Only £1 per class. Please wear suitable comfortable clothing and trainers. See www.thesandscentre.co.uk for the timetable of activities and book at reception.

FREE Gym

3.30pm – 6.00pm, Monday – Friday, Carlisle Youth Zone, Victoria Place, Carlisle

Free gym access during the week to all members from ages 16 to 21. If not a member, or over 16 years of age, you can sign up for the week on a free pass subject to an induction.

Photography Competition Display

Check out

www.carlisle.gov.uk/healthycity for venue details

Come along and view the product of Age UK and the CN Group photography competition titled "Never to old too..."

Please note that this is only a sample of activities running throughout Healthy City Week, please check out the following web address for a full programme of activities

www.carlisle.gov.uk/healthycity

When booking or turning up at sessions please quote **"healthy city"** to receive your discount or free session.

All activities listed are FREE unless otherwise stated.

Although all reasonable steps have been taken to ensure the safety of people participating in the events, individuals do so at their own risk.

Children must be accompanied by a responsible adult.

All event details are correct at time of going to press, but in unavoidable circumstances may be subject to change without notice.

Carlisle's parks and green spaces provide great opportunities for people of all ages and abilities to enjoy the outdoors, do exercise, relax, meet friends and get closer to nature – all of which are great for our health. For more information about the City's parks and green spaces, please look at www.carlisle.gov.uk or phone Carlisle City Council on **01228 817200**.



UK Healthy Cities
NETWORK

Healthy City Week, Carlisle

17–23 October 2011

www.carlisle.gov.uk/healthycity

"Your health... your city"



Monday 17 October

Chance's Park Walk

2.30pm – 3.30pm, Chance's Park, Morton, Carlisle

Take some gentle exercise, meet new people and enjoy the park on this short guided walk. Meet at Morton Community Centre, where refreshments will be available afterwards.

Fit to Grow in Currock

5pm – 6pm Tour of the 'Fit to Grow in Currock' Allotment Sites

Take a tour of the Fit to Grow Allotments. Find out how the site has been transformed from a jungle to productive vegetable plots. Meet at the corner of Holmes Avenue and Mount Pleasant Road.

Grow It, Cook It, Eat It - Cooking demo by John Crouch

6pm – 7pm, Hammond's Pond Cafe, Upperby

Join local celebrity chef John Crouch at the Hammond's Pond Cafe for a cookery demonstration of healthy dishes using lots of vegetables. You will get to taste everything!

Tuesday 18 October

Come & Try the Outdoor Gym!

11am – 12noon, Acredale Road Play Area, Belle Vue

Try the green gym equipment at Acredale Road Play Area (off B5307) under the guidance of a qualified instructor. There is free access to the outdoor gym equipment. Come along and have a go. Everyone is

welcome. The session is designed for all-comers: all abilities, young and old, parents and toddlers etc.

Skin Cancer Awareness

11.30am – 3pm, Carlisle City Centre

Meet members of the Environmental Health Team in the City Centre to learn about tanning safely, including how to use sun beds safely.

Chill Out!

4.30pm – 5.30pm, Purple Lotus, Treasury Court, Carlisle

Drop-in relaxation sessions for people aged 13 to 19 years old. Find out about the variety of activities 'Chillout' offers, (which includes dance, aerial Yoga, Zumba) and take part in a free Yoga session this week.

Wednesday 19 October

Free parents and tots swim session

12.30pm – 1pm, Morton Leisure Centre, Morton

Fun swim session for parents and tots.

Thursday 20 October

'Zumba'

12noon – 1.00pm, Carlisle City Centre with 'Curves'

People of all shapes, sizes and ages can try this exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness craze. Open to all and suitable for all fitness levels. Please wear comfortable clothing and trainers.

Nutrition Workshop

2pm – 3pm, The Sands Centre, Carlisle

A talk on "What constitutes a Healthy Diet

and why?" During the session everyone will have the opportunity to make one change to enhance their diet. This talk is aimed at anyone interested in food & health.

Free Family Swim

5pm – 6pm, Morton Leisure Centre, Morton

Swimming for all the family. Come along and have fun. Floats available.

Friday 21 October

Half-price Golf (All day)!

8am – 3pm Stony Holme & The Swifts

An opportunity to play golf for half price, only £7.50! Please book your half-price round of golf in advance quoting "Healthy City Week". **Stony Holme 01228 625511** or **The Swifts 01228 625530.**

'Zumba'

1pm – 2pm, Carlisle City Centre with 'Curves'

People of all shapes, sizes and ages can try this exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness craze. Open to all and suitable for all fitness levels. Please wear comfortable clothing and trainers.

SAFE Club

7pm – 9.30pm, Trinity Leisure Centre

If you are between 11-17 years old and enjoy physical activity and sport, come along to this free drop in event. Take part in swimming, basketball, football or use the gym. During this week safe clubs will have some information on how to keep cycle safe during the winter months. **Other safe clubs are on during the week. Check the website for further details.**

Saturday 22 October

Curiosities Festival 2011

1pm & 2pm, Tullie House Museum, Castle Street

Participate in the Curiosities Festival 2011. This year's theme is 'Celebrating Trees' as part of International Year of Forests. Join Jana Mulholland of 'MyChoga' for children's yoga and storytelling sessions on a woodland theme. Take part in 'The Tale of the Woodcutter' and discover which animals and birds make their homes amongst the trees. Places are free, but are limited – please book in advance by calling Tullie House Box Office on **01228 618700.**

Sunday 23 October

Free Track use

9am – 4pm, Sheepmount Athletic Track

Fancy some walking or running training? Come along and get free use of the athletic track.

