

Alexandra Park Summer Programme



Park Life - Family Fun

Thursdays 2pm - 4pm

July 29th August 5th, 12th, 19th, 26th

A summer series of nature and sports based activities for the whole family. From bug hunting to craft making to playing volleyball and spikeball, come and see what we are up to -

each week will be different!

Free drop in event - meet in front of the cafe



Moth Discovery

Friday 6th Aug, 9pm - 12am

Saturday 7th Aug, 9.30am - 11am

Join our moth specialists and discover the variety and beauty of these night-time creatures.

The next morning we will compare our findings with a moth trap from a different habitat - how well did Alexandra Park fare? All will be revealed!

Free drop in event - at the front of cafe



Buggy Bootcamp

Mondays 11am-12pm - For parents/carers & children in prams

Make friends while you get fit, no need for a babysitter! Work outs are designed with rehab in mind. Meet in front of the cafe and enjoy a cuppa/lunch in the cafe afterwards.

Mondays 26th July | 2nd, 9th, 16th, 23rd August

£6. To book: www.bookwhen.com/eternallyfit Email: lucy@eternallyfit.co.uk



Dog Training - Paws on Board

Saturdays 9.15am-10pm - New Pups on the Block (up to 6 months)

Saturdays 10.15am-11am - Adorable Adolescents (age 6 months +)

Meet in front of the Alexandra Park Cafe

To book contact Vicky Mansfield | email vicky@pawsonboard.co.uk or tel: 07800 859732



GreenFingers All ages welcome

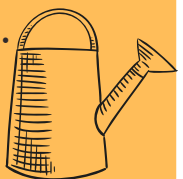
Saturday August 7th & 21st 9.30am (First & third Saturdays)

Thursday August 12th & 26th 2pm (Second & fourth Thursdays)

Everyone's welcome from beginners to the more experienced, sharing knowledge and friendship whilst gardening.

Each session approx. 1 to 2 hours. Please bring your own gloves if you have them. Tools and refreshments provided. Meet in front of the cafe.

Free event, email melinda@parksfoundation.org.uk to book



www.parksfoundation.org.uk/pilot-parks

[Facebook.com/The Parks Foundation](https://www.facebook.com/TheParksFoundation)

E: melinda@parksfoundation.org.uk | T: T: 07881 503917

