

Winton Recreation Ground

Summer Programme



Park Life - Family Fun

Tuesdays 10am - 12pm

A summer series of nature and sports based activities for the whole family. From bug hunting to craft making to playing volleyball and football, come and see what we are up to - each week will be different!

27th July

3rd, 10th, 17th & 24th August

Free – just drop in to the park



Fitness Sessions

Tuesdays 10am-11am

A different, fun activity each week

Wk 1: Legs Bums & Tums,

Wk 2: Bootcamp,

Wk 3: Body Conditioning,

Wk 4: Cardio Core & Stretch,

Wk 5: Legs Bums & Tums

Bring a mat and a bottle of water

3rd, 10th, 17th, 24th & 31st August

£5 | Book via [Eventbrite](#)



Winton Wildlife Walk

Friday 13th August | 9.30 - 10.30am

Be amazed at the diversity of your local park. We'll be led by a local wildlife expert and will discover the wonderful creatures that have made Winton Rec their home.

Free event, please email

josh@parksfoundation.org.uk to book your spot.



Yoga with Merry

NEW TIME: sunrise Mondays 7am - 7.45am

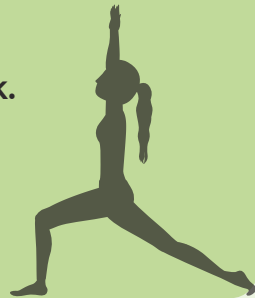
Energise your body and calm your mind with a gentle 45 minute flow. Both dynamic and relaxing you will leave feeling lighter and brighter.

Meet in front of Winton Cafe, please bring a mat and a drink.

26th July

2nd, 9th, 16th & 23rd August

£3.50 Book via [Eventbrite](#)



GreenFingers

Saturday 31st July | 14th, 28th Aug 9.30am

Sharing knowledge and friendship through community gardening. Free event.



Meet at Winton Rec community garden (old bowling green). To book email melinda@parksfoundation.org.uk

Nature Creatives Age 12-16

Wednesday 11th & 25th August 2-3.30pm

Join Anna & Melinda for nature based creative activities in the park. Bring your phone!

FREE, booking essential via [Eventbrite](#) or email queries to melinda@parksfoundation.org.uk



Book via Eventbrite: bit.ly/Eventbrite-ParksFoundation

www.parksfoundation.org.uk/pilot-parks

Facebook.com/The Parks Foundation E: melinda@parksfoundation.org.uk

BCP
Council



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Buggy Bootcamp - Monday 26th July | 2nd, 9th, 16th, 23rd August - 9.30 - 10.30am. Make friends while you get fit, no need for a babysitter. Work outs are designed with rehab in mind. £6.

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



Carers Cafe @ Winton Park Cafe - Tuesday 3rd, 10th, 17th, 24th, 31st August - 10.30am - 12pm. Have a natter, share information and ideas with other carers. Free event. 10% discount on cafe purchases. Drop in session.



Pram Parents @ Winton Park Cafe - Tuesdays 1.30-3.30pm Free - drop in Informal meet up for new parents, 10% discount on cafe purchases



Winton Woolies Knitting @ Winton Park Cafe - Tuesday 3rd, 10th, 17th, 24th, 31st August - 12.30 - 2.30 pm. Free event. 10% discount on cafe purchases. Drop in session.



Summer Football Sessions - Wednesday 28th July, 4th, 11th, 18th, 25th August - 4:00- 5pm. Football training for 7 - 13 year olds.

We've teamed up with Poole Town FC's Kids Initiative and their coaching partners Champion sports group to provide a summer of football fun. Free Event, booking through [Eventbrite](https://www.eventbrite.com).



Mum & Baby Yoga - Thursday 5th, 12th, 19th, 22nd & 26th August 11am-12pm on the old bowling green. £6. Book through tutor Hannah Kearley hannah_floatinglotus@outlook.com | 07392 004205



PramaLIFE Greenfingers - Thursday 5th, 12th, 19th, 22nd & 26th August 10.30am - 12pm. £2. To book email: tess.champion@prama.uk



Creative Writing @ Winton Park Cafe - Thursday 29th July | 12th, 15th & 26th August 11am-12pm. A fun introduction to creative writing with Jake. Notebooks and pens supplied. Free event. Drop in session.



Winton Park Cafe board games - Friday 30th July | 13th & 27th Aug. 10.30am - 12pm. Free event. 10% discount on cafe purchases. Drop in

