



Friends of Firs Farm ' Get Out & Get Active' ACTIVITY PROGRAMME

Sponsored by



11:00	11:30	12:00	12:30	1pm	13:45	14:00	14:30	15:00
Event Open								Event Close
Planting	11:30	12:00	12:30	PICNIC TIME	13:45	14:00		THANK YOU to all supporters of Friends of Firs Farm Events.
Guided Walk	11:30				13:45			
Pond Animal Life Stories			12:45	13:00 - 13:30 (Volunteers Break)			14:45	
Pond Dipping Sessions	11:30	12:45			13:30	14:15		
Games	Times to be confirmed				Times to be confirmed			
	Sack Race	Tug of War	Tug of War (Kids)		Tug of War	Tug of War (Kids)	Sack Race	
	Egg n spoon	(Adults)			(Adults)		Egg n spoon	
Mini Hockey	Throughout the morning				Throughout the afternoon			
Zumba	Details on the day				Details on the day			
Woodland /Nature Trails	Throughout the morning							
Simply Strngth	Throughout the morning				Throughout the afternoon			
Dance	Don't miss The Dance studio at 12:30 ONLY							
Dr Bike	Bring you bikes along to Dr Bike for a health check				Throughout the day			
Pony Rides	Throughout the morning				Throughout the afternoon			
Table Tennis	Throughout the day - Bats available from Tennis courts				Throughout the day - Bats available from Tennis			
Tennis	<u>11-12pm</u> Free use of tennis equipt for ALL Mini-Tennis nets for 5-9year olds.		<u>12 - 1pm</u> Kids aged 5-11 Parents welcome on court		<u>1.30-2.30</u> Sessions for 11-16 year olds All times and activities are subject to availability			

Please make sure you leave nothing behind, keeping Firs Farm litter free for wildlife



Thanks to the generosity of Kenson Highways & Civils we have toilet provision on site for this event