



adiZONE

FUN DAY

SATURDAY 9TH APRIL 10:45AM - 4PM
ADIZONE, VERULANUM PARK, ST ALBANS

Why not come along and join us on the adiZone Fun Day to see what it has to offer and more.

A great day for all the family to be had on Saturday 9th April playing host to a wide range of activities for you to come along, enjoy and get involved in.

More information about activities can be found on the website:
www.stalbans.gov.uk/adizone
Or contact the Culture and Community Development Team on:
01727 819390



St Albans
City & District Council

Time	Activity	Where at the adizone
10:45am – 12pm	Nordic Walking session	Meet at Westminster Lodge
11am – 11:30am	Pilates taster session	Freestyle area
11:30am – 12pm	Tai Chi taster session	Freestyle area
12pm – 12:15pm	Judo Demonstration Marshalswick Judo Club	Freestyle area
12:15pm – 12:45pm	Judo taster session Marshalswick Judo Club	Freestyle area
12pm – 12:55pm	Football session with St Albans Youth FC	Grass area
1pm – 1:15pm	Street Dance performance by Sandringham School	Freestyle area
1:15pm – 1:30pm	Hip Hop Dance performance by <i>Tuxedo</i> from Sandringham School	Freestyle area
2pm – 3pm	Zumba taster session	Freestyle and grass area
3:15pm - 4pm	Cardio Tennis	Freestyle area
Activities happening throughout the day		
12pm - 4pm	Try out the outdoor gym with instructors on hand to help	Outdoor Gym
12pm – 4pm	Play in the Parks	Grass area
12pm – 4pm	Mobile Skate Park	Grass area
12pm – 4pm	Circus Skills	Grass area
12pm – 4pm	Balloon Modelling fun	Grass area
12pm – 4pm	Parkour	Grass area
12pm – 4pm	Arts and craft activities	Grass area

Programme is correct at time of print and may be subject to change.



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For more details telephone: 01727 819390
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