

Have a go Redditch!

Arrow Valley Country Park
Thursday 10th August, 12 - 4pm

Do you have a bike you need to repair?
Love sports & creativity?
Want to enjoy a day out for all the family?

Have a Go! is a one-day festival for Redditch people at Arrow Valley Country Park.

Yoga • Tennis • Tricking • Self Defence
Mini Athletics • Meditation • Dance & Drama
Rounders • Info Stations

Bring your bike along!

Spike Bikes will be offering
FREE bike MOTs, basic repairs
& maintenance demos.

Don't forget to bring a picnic!

FREE EVENT!



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Activities

Spike Bikes

Redditch Tennis Club

Redditch Tennis Club's Head Coach will show you how to play tennis & give you the best tips for bringing out your inner Federer.

Mindful Meditation

Life busy? Need to take a breath? Then say no more! Join the Ahead of Wellbeing team for mindful meditation throughout the day.

Mini Athletics

Burn off your little ones energy by joining in with Mini Athletics.

Yoga

What's meditation without a bit of yoga? Join Breathe Life for a yoga session in the park, for all ages.

Dance & Drama

Join Starting Well volunteer Eve for dance & drama activities.

No need to be good at dance or drama. Just have a go!

Tricking

Combines flips & twists from martial arts & gymnastics & dance moves & styles from breakdancing. Redditch's own

Dan from Swipes Tricking Academy will run sessions getting you into this activity that is gaining in popularity.

Open Rounders

Join Alison & the team for an afternoon of rounders. Hit the ball, run, & make sure you make it to the next post! For all ages.

Self Defence

Join Pete & have a go at Pad work!

Info Stations

Stop by & have a chat with Redditch Library, Reimagine Redditch & Starting Well Partnership to find out what groups & support are available locally!



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