

Activity	Date/ time	Venue	Further information
Free ice skating for Under 17's	Mondays, 9-11.30am throughout Notts Summer School holidays	Lammas Leisure Centre	Contact Lammas Leisure Centre for further information 01623 511177
Free swimming for Under 17's	Tuesdays, 2-3pm throughout Notts Summer School holidays	Lammas Leisure Centre	Contact Lammas Leisure Centre for further information 01623 511177
Free Swimming for Under 17's	Thursdays 1.30pm- 3pm throughout Notts Summer School holidays	Hucknall Leisure Centre	Contact Hucknall Leisure Centre for further information 01159 568750
Free Roller skating for Under 17's	Tuesdays, 3.30-4.30pm throughout Notts Summer School holidays	Hucknall Leisure Centre	Contact Hucknall Leisure Centre for further information 01159 568750
Free swimming for Under 17's	Fridays, 10am-11am throughout Notts Summer School holidays	Edgewood Leisure Centre, Hucknall	Contact Edgewood Leisure Centre for further details on 01159 568790
Free Roller Skate and bounce for Under 17's	Mondays, 1-3pm throughout Notts Summer School holidays	Festival Hall Leisure Centre, Kirkby	Contact Festival Hall Leisure Centre for further details on 01623 457101
Hucknall Junior parkrun	Every Sunday, 9am start	Titchfield Park, Hucknall	A 2k run suitable for all abilities aged 4-14 years with opportunity to socialise in the park café afterwards. Pre register at <a href="https://www.parkrun.org.uk/hucknall-juniors/">https://www.parkrun.org.uk/hucknall-juniors/</a>
Brierley Forest parkrun	Every Saturday, 9am	Brierley Forest Park, Huthwaite	A 5k route suitable for the whole family. Ideal for beginners and less competitive runners. Pre register at <a href="https://www.parkrun.org.uk/hucknall-juniors/">https://www.parkrun.org.uk/hucknall-juniors/</a>
Princess and Superhero themed trail	30 <sup>th</sup> July 2019, 11am – 2pm	Sutton Lawn	Free event. Follow the trail to find princess and superhero themed clues in the park. Route suitable for pushchairs. No need to book

Feel Good Families Foot pool	30 <sup>th</sup> July 2019, 2-3pm (other times may be available)	Leen Valley Golf Club, Hucknall	Footpool is played on an indoor, supersized pool table and exchanges cues for your feet and footballs. A fun alternative activity for all the family to get involved in. Please quote Feel Good Families when booking. £2 per person (usually £4) Contact Leen Valley Golf Club to book 0115 9642 037
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#### August

Toy story themed trail	6 <sup>th</sup> August 2019, 11am -2pm	Titchfield Park, Hucknall	Free event. Follow the trail to find toy themed clues in the park. Route suitable for pushchairs. No need to book
Feel Good Families Foot darts	6 <sup>th</sup> August 2019, 2-3pm	Leen Valley Golf Club, Hucknall	Footdarts is played on the outdoor activity court at the club. Suitable for all groups sizes and ages. Games played include round the clock and round the clock half volleys. A great fun activity for all the family. £2 per person (usually £4) Contact Leen Valley Golf Club to book 0115 9642 037
Toy Story Themed trail	7 <sup>th</sup> August 2019, 11am – 2pm	Brierley Forest Park, Huthwaite	Free event. Follow the trail to find toy themed clues in the park. Route

			suitable for pushchairs. No need to book
Mums and daughters Feel Good Football sessions	8, 15, 22, 29 <sup>th</sup> August, 10-11.30am	Mansfield Town Football Club	A 4 week block of fun sessions for mums and daughters to spend time together getting involved in football related fitness games and learning about healthy eating. £3 per family suitable for age 5 years and above. No football experience necessary. Delivered by a female instructor. Places must be booked in advance contact Dianne Holmes <a href="mailto:d.c.holmes@Ashfield.gov.uk">d.c.holmes@Ashfield.gov.uk</a> or 01623 457233
Outdoor Cinema event, Peter Rabbit	8 <sup>th</sup> August, 11am	Titchfield Park, Hucknall	Free event suitable for all the family. Bring your own chairs and picnic blankets. Contact <a href="mailto:events@ashfield.gov.uk">events@ashfield.gov.uk</a> for more information
Outdoor Cinema event, The Greatest Showman	8 <sup>th</sup> August, 2pm	Hucknall Market place	Free event suitable for all the family. Bring your own chairs and picnic blankets. Contact <a href="mailto:events@ashfield.gov.uk">events@ashfield.gov.uk</a> for more information
Feel Good Families Footgolf	13 <sup>th</sup> August 2019, confirm time when booking	Leen Valley Golf Club, Hucknall	Footgolf is a mixture of both golf and football. It is played on the golf course and simply exchanges golf clubs for footballs. Like golf the aim is to reach the holes in as little shots as possible. £2 per person. Contact Leen Valley Golf Club to book 0115 9642 037. Please mention Feel Good Families when you book

Princess and Superhero trail	14 <sup>th</sup> August 2019, 11am – 2pm	Kingsway Park, Kirkby in Ashfield	Free event. Follow the trail to find princess and superhero themed clues in the park. Route suitable for pushchairs. No need to book
Regency Ballroom Open day	17 <sup>th</sup> August 2019, Time TBC	Regency Ballroom, Sutton in Ashfield	More details to follow
Feel Good Families interactive golf driving range	20 <sup>th</sup> August 2019, 2-3pm	Leen Valley Golf Club, Hucknall	A fun interactive driving range great for families to spend time together. £2 per person. Contact Leen Valley Golf Club to book 0115 9642 037. Please mention Feel Good Families when you book
Active Autism Twilight Swim	24 <sup>th</sup> August 2019, 6.15-7.15pm	Hucknall Leisure Centre	Active Autism sessions aim to create an environment where people with autism and their families can be active in a fun safe environment. There is a variety of play equipment and sensory needs of the individuals are considered. Although these sessions are titled 'Active Autism' we welcome anyone with a disability or those who are mindful of the type of environment we are trying to create. £8.30 for a family of 5. Contact the leisure centre to book or email <a href="mailto:rebeccaphillips@everyoneactive.com">rebeccaphillips@everyoneactive.com</a>
Strictly Families Dance taster session	31 <sup>st</sup> August 2019, 2-3pm	Regency Ballroom, Sutton in Ashfield	A free, fun and informal dance session for families to take part in together, learning basic steps for different types of dance. Suitable for all ages. This will be a taster session and if popular, we will make this a weekly session for families. To book

			a place contact Dianne Holmes <a href="mailto:d.c.holmes@Ashfield.gov.uk">d.c.holmes@Ashfield.gov.uk</a> or telephone 01623 457233
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