

## Solihull on the Move Summer Programme 2024

Session	Dates & Times	Location & Meeting Place	Contact
<b>Family Park Sessions</b> (Olympic-theme)	Tuesday 23 <sup>rd</sup> July & 6 <sup>th</sup> Aug, 11am-1pm	Shirley Park, B90 3AL - Meet at Table Tennis Tables.	Solihull Active 0121 704 8207 <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a>
	Tuesday 30 <sup>th</sup> July & 13 <sup>th</sup> Aug, 11am-1pm	Tudor Grange Park, B91 3DN - Meet at Table Tennis Tables.	
	Thursday 25 <sup>th</sup> July & 8 <sup>th</sup> Aug, 12:30-2:30pm	Babbs Mill, B37 6LN - Meet at Table Tennis Tables.	
	Thursday 1 <sup>st</sup> Aug & 15 <sup>th</sup> Aug, 12:30-2:30pm	Lavendar Hall Park, CV7 7BN - Meet at Table Tennis Tables.	
<b>Family Bike Rides</b>  (Bikes available to borrow to suit ages 8+ yrs)	Wednesday 24 <sup>th</sup> July, 5-6pm Thursday 5 <sup>th</sup> Sept, 4:30-5:30pm	Shirley Park, B90 3AL - Meet at Tennis Courts.	* Limited places book via: <a href="https://solihullonthemove.co.uk/get-moving/cycling-in-solihull/">https://solihullonthemove.co.uk/get-moving/cycling-in-solihull/</a>  (Some learn to ride sessions are also available for children & adults, see website for details)  Solihull Active - 0121 704 8207 <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a>
	Wednesday 31 <sup>st</sup> July, 5-6pm Thursday 12 <sup>th</sup> Sept, 4:30-5:30pm	Tudor Grange, B91 3DN - Meet at Cycle Track.	
	Wednesday 7 <sup>th</sup> Aug, 5-6pm Thursday 19 <sup>th</sup> Sept, 4:30-5:30pm	Elmdon Park, B92 9EJ - Meet next to the Church car park.	
	Wednesday 14 <sup>th</sup> Aug, 5-6pm Thursday 26 <sup>th</sup> Sept, 4:30-5:30pm	Babbs Mill Park - Meet at Pavilions Club, B37 6BX.	
	Enjoy a variety of free cycling activities for all the family (11am-2pm). Sat 27 <sup>th</sup> July at Shirley Park, Tues 30 <sup>th</sup> July at Tudor Grange Park, Sat 10 <sup>th</sup> August at Babbs Mill & Sat 24 <sup>th</sup> August at Elmdon Park. More info <a href="#">here</a> .		
<b>Inclusive Family Multisport and Games</b>	Tuesdays 6-7pm on 23 <sup>rd</sup> , 30 <sup>th</sup> July and 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Aug Thursdays 6-7pm on 25 <sup>th</sup> July and 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Aug	Elmdon Park, B92 9EY - Meet at Football Pitch.	Solihull Moors Foundation Call Joe for more information on 0121 705 6770
<b>Fundamental Movement &amp; Games</b> (18 months - 7 Years)	Wednesdays 1:45-2:30pm on 24 <sup>th</sup> , 31 <sup>st</sup> July, 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Aug and 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Sept	Shirley Park, B90 3AL - Meet at Tennis Courts.	* Tiny Tots PE Call Jess to book on 07870 168794
	Thursdays 1:45-2:30pm on 25 <sup>th</sup> July, 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Aug and 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Sept	Meriden Park, B37 5TB - Meet at Tennis Courts.	



<b>Table Tennis</b>	Saturdays 9:30-10:30am on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug	Table Tennis Tables at Tudor Grange Park, B91 3DN.	PM Coaching Call Matt for more information on 0121 796 1330
	Wednesdays 10:30-11:30am on 31 <sup>st</sup> July and 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> Aug	Table Tennis Tables at Northbrook Park, B90 3LX.	
	Saturdays 11am-12pm on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug	Table Tennis Tables at Shirley Park, B90 3AL.	
<b>Walk Solihull Events</b> (Orienteering & Sensory Walks)	Saturday 3 <sup>rd</sup> Aug, 1-3pm	Elmdon Park, B92 9EJ – Meet at Church Car Park.	Solihull Active 0121 704 8207 <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a>
	Saturday 14 <sup>th</sup> Sept, 1-3pm	Babbs Mill, B37 6LN – Meet by the basketball court.	
<b>Walking Tennis</b> (Adults only)	Saturdays 9-10am on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug	Tennis Courts at Shirley Park, B90 3AL.	PM Coaching Call Matt for more information on 0121 796 1330
<b>Pickleball</b> (Adults only)	Saturdays 10-11am on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug		
<b>Walking Tennis</b> (Adults only)	Saturdays 1-2pm on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug	Tennis Courts at Malvern Park, B91 3EA.	
<b>Touch Tennis</b> (Adults only)	Saturdays 2-3pm on 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug		
<b>Tai Chi</b> (Adults only)	Wednesdays 11am-12pm on 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Sept and 2 <sup>nd</sup> , 9 <sup>th</sup> Oct	Elmdon Park, B92 9EJ - Meet at the map by church car park.	Longfeng Martial & Cultural Arts Call Alex if you want to pre-book on 07909 837088 or e-mail <a href="mailto:longfengmca@gmail.com">longfengmca@gmail.com</a>
	Thursdays 10-11am on 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Sept and 3 <sup>rd</sup> , 10 <sup>th</sup> Oct	Lavender Hall Park, CV7 7BN - Meet on the green space next to the car park.	
<b>Gentle Exercise</b> (Women-only)	Thursdays 10-11am on 8 <sup>th</sup> , 15 <sup>th</sup> Aug, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Sept and 3 <sup>rd</sup> , 10 <sup>th</sup> October	Meet inside at St Margarets Church Hall, B92 7JS.	* Move it or Lose It - Call Manisha to book on 07999 388657.

Most of these activities are no booking required you can just turn up on the day and join in, unless bookings\* are mentioned in the contact details section above.

