

Fit & Healthy on Ramsgate Beach!

10am-5pm 21 May 2011



10am - 1pm Sea Garden Work-Out!
Stretch & don't pull a muscle with this green gym clean up of this East cliff Community Garden! - Gloves & tools provided

12 - 1 pm ZUMBA Join in the Latin flavour Zumba dance session with Jeni Dexter (45mins, 16yrs+)

1 - 5pm Free Fun Day of Activities
For Adults and Children

- **Volleyball & Beach Football** with Thanet Sports Matters
- **1-4pm Flag Races & Throwing the Ring** with Thanet Lifeguards & TLF
- **2-4pm Skip on the beach** with Skip2bfit
- **'Tug of War' & beach games** with Groundwork's Stars & Strips
- **Badge making** with Thanet Coast Project
- **Trampolining** at Sands Kiddies Corner
- **4pm Tai Chi** (1hr, 6yrs+) with Barry Phelan

Health info' & advice from the NHS Health Bus & Mobile Gateway.
'Sign in' : Book on an activity at the Thanet Coast Marquee (beside Cafe to the beach)



'Footprints in the Sands' partners - Thanet Coast Project; Thanet Council Sports Team; Kent County Council Children's Centres - Thanet; Millmead Children's Centre Partnership Ltd; Orbit South Housing Association; Kent Extended Schools Services - Thanet; East Kent Mencap; NHS Eastern and Coastal Kent and East Kent & Natural England run with support from the Big Lottery Fund. Other Partners on this event include Groundwork, Thanet Lifeguards, TLF, Ruth Cutler, Pie Factory & Ramsgate Main Sands Kiddies Corner.

www.thanetcoast.org.uk



LOTTERY FUNDED