

Upcoming activities and events

FEBRUARY

TUESDAY 14TH

- ★ **NATURE PACK ACTIVITY** – get to know the nature and wildlife at ARP by taking part in this fun activity! **Meet Hannah (Activities Co-ordinator) in the Bowl at 2pm.** All ages welcome.
- ★ **DR BIKE** – Bring your bike along for a **FREE** maintenance check by an expert mechanic. **1.30-4.30pm, the Bowl.** Everyone welcome.

MARCH

DOG EVENT – free expert advice and giveaways for dog owners, including dog handling training and microchipping. **Sat 4th, 10am-3pm, the Bowl.**

PLANTING – Community planting session, particularly focussing on attracting bees to the TRA hives. **Date TBC, please check park noticeboards for more info.**

Alexandra Road Park

For more information contact Hannah Bennett, Activities Co-ordinator, on 020 7974 3480

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www.alexandraroadpark.org

WEEKLY AND MONTHLY ACTIVITIES, THROUGHOUT THE YEAR!

- ★ **BOOTCAMP** A fitness boot camp class consisting of exercise, interval and strength training. Multi use court, Every Sat at 10am. Free.
- ★ **ABS, BUMS AND THIGHS** A calorie burning, muscle toning class. Taking place in the TRA Hall for winter. Every Weds at 11am. Free.
- ★ **ARSENAL COMMUNITY KICKS** Football sessions at the Rowley Way football pitches every Tuesday. 8-13yr olds (4.30-6pm) and 14-19yr olds (6-7.30pm). Free.



LOTTERY FUNDED



The South Hampstead And Kilburn

Community Partnership

