

GO KINGSTON 2010 EVENT PROGRAMME

(some activities/times are subject to change)

THANK YOU TO ALL OF THE
CLUBS AND ORGANISATIONS
THAT HAVE MADE THIS
EVENT POSSIBLE

TIMED TASTER SESSIONS AND WORKSHOPS—See reverse for Activity Map. Numbers () relate to location

11.00am	Axe Capoeira (4 yrs+, 20mins) (15) Healthy Walk (adults, 30mins) (9)	1.30pm	Art Workshop (as earlier) Tae Kwon Do (as earlier)
11.30am	Art Workshop (6-16 yrs, 30mins) (3) Nordic Walking (all ages, 30mins) (10)	1.45pm	Songwriting Workshop * (13-19 yrs, 45 mins, Studio 2)(40)
12noon	Judo (6-15 yrs, 20mins) (17) Cook & Eat Demo (20-30 mins) (9) Singing Workshop (14yrs+, 30-45 mins Studio 1) (39) Story Time (young children, 15 mins) (4)	2.00pm	Cook and Eat Demo (as earlier) Judo (as earlier) Nordic Walking (as earlier) Singing Workshop (as earlier) Tennis (all ages, to 4.00pm) (36) Story Time (as earlier)
12.30pm	Art Workshop (as earlier) Axe Capoeira (as earlier) Tae Kwon Do (4 yrs+, 20 mins) (19)	2.30pm	Art Workshop (as earlier) Axe Capoeira (as earlier) Tae Kwon Do (as earlier)
1.00pm	Belly Dancing (All ages, 20 mins) (20)	3.00pm	Bowls Match (spectators only) (44)

ARENA DISPLAYS

11.00—11.20am	Tora Kai Judo Club
11.40am-12 noon	Korean Dance Troupe Mokhwa
12.05—12.20pm	Axe Capoeira
1.00—1.20pm	Everyone's Aerobics
1.45—2.00pm	Kinetic Tae Kwon Do
2.05—2.20pm	Axe Capoeira
2.30—2.50pm	Tolworth Gymnastics Club
3.00—3.20	Everyone's Aerobics

GOT A CAMERA?

Don't forget to register it at the Registration Point (1) and get a sticker.

Volunteers wanted for London 2012

Sign up at the Good Sports Stall (27)

STAGE EVENTS

12.30—12.45pm	Belly Dancing
1.30—1.45pm	Rachel Rabin
3.30—3.45pm	Rachel Rabin + songwriters performance *
3.45—4.00pm	GLO (live music) Round off the day with a dance and celebrations .

* Songwriting Workshop 1.45pm - For all you budding song writers aged between 13 & 19 years we have a special opportunity for you to not only write a song with Kingston's own Rachel Rabin but perform your song LIVE on the stage at 3.30pm. Watch Rachel's performance at 1.30pm and register for her workshop at the Registration Point (1) after her performance—DON'T MISS THIS OPPORTUNITY!

TUG - OF - WAR 12 noon - 1.00pm. Long Arena

Men's, women's, mixed and children's teams all welcome to have a go. Limited places. Please register your place at the Registration Point (1) from 11.30am

ALL DAY TASTER SESSIONS - These sessions will run continuously throughout the day and are for all age groups unless otherwise stated.(Numbers in brackets relate to location on activity map)

► **INSPIRE**—multi sports for people with a disability or special need(35) ► Circus Skills(12) ► Golf Chipping (5) Capoeira (15) ► Hockey skills (ladies only 16+) (14) ► Gym Tasters (bookable in main building, 13 yrs+) (37) ► Music workshops (2) ► Family Bike Treasure Hunt, Dr Bike (bring your own bike) (8) ► Orienteering (11) ► Volleyball (16) ► Target Shooting (18) ► PARKOUR 8yrs+ (42) ► Darts Academy (43) ► Handball (13) ► Football Speed Cage (6) ► Badge Making, make your own Space Monster & Top Trumps (4)

FOR THE YOUNGSTERS... FitKid (33) ► Happyfeet FC (34) ►

NHS KINGSTON (9)

Healthy Eating
BMI Checks
Change4Life
Fit as a Fiddle
Physical activity advice
Grow Your Own with
Free Seed Giveaway

INFORMATION STANDS

Human Race (26) ► Good Sports (27) ► Spartans(23)
Kingston College (28) ► Get Active London Web Portal
(Cafe Area 12—2pm) (38) ► Kingston Trampoline
Academy (29) ► MENCAP (31) ► Kingston Aikido (22)
Massage Therapist (25) ► Action against Hunger, Run
and Challenge event (30) ► Kingston Trampoline
Academy (29) ► Cancer UK (32) ► No Tanx (24)
Climate Change & Sustainable Travel (7)

**OPEN WEEKEND
CHALLENGE (41)**
with British Cycling
Age Group: 12 years +
Can you beat an Olympic
Athlete in our Cycle
Challenge?
Prize for the winner

DISCLAIMER

Event organisers accept no responsibility for any damage, loss, injury or compensation to any person howsoever caused as a result of this event.

