

 Corby Health and Wellbeing Festival 2nd to 8th August Take time to take care of YOU  							
Partner/organisation	ACTIVITY And Description	Venue	Day/Date	Time	Name / contact number	Email	Booking Information
MONDAY							
Corby Health and Fitness	Boot Camp Our boot camp workout takes an interval approach to exercise. You will complete a series of higher-intensity interval training (HIIT), which is alternated with intervals of lighter activity using typical bootcamp equipment. Each activity can be completed at your pace so suits participants of varied abilities. You will have a fully qualified personal trainer(s) and a team of follow boot-campers spurring you on in the beautiful surroundings of West Glebe Park. Meet at West Glebe Pavilion.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021 to Friday 06/08/21	06:00 - 07:00am	Lodge Park Sports Centre. 01536 400033	lodgespark.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or book via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or book via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe and East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977		No booking required just download the Love Exploring App: https://loveexploring.co.uk/
Corby Health and Fitness	Plates for Beginners Have you ever wanted to try Pilates but nervous about attending your first class? Or have you just started and would like to find fellow Pilates beginners to share your journey with, then please come along. Pilates may sound intimidating, but it is a great way to strengthen your core muscles for better posture, improve balance and increase your flexibility.	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 02/08/2021	12:30pm - 1:15pm	Yvonne Price (Instructor), Contact 01536 464643	swimmingpool.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 464643.
Ann Carpenter	Tai Chi T'ai Chi is a practice that involves a series of subtle, gentle, slow flowing exercises, combining meditation, deep breathing & relaxation. Very low impact & places minimal stress on muscles & joints, suitable for everyone & all ages & fitness levels.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021	10:30 AM-11:30 AM	Ann Carpenter 07931193350	carpenterann356@aol.com	Booking essential email or phone
Safer Corby Team	Have a Go Fishing Open to all ages (children must be supervised). All equipment and bait provided.	Corby Boating Lake Cottingham Road	Monday 02/08/2021	10 AM-4 PM		cultureleisure.cbc@northnorthants.gov.uk	1 hour slots starting at 10 AM Maximum 6 people per hour
Groundwork Northamptonshire Corby MIND	Gardening & Peer Support Group Come along to one of our sessions and take an hour or so out to be yourself, meet new people and build positive relationships through a range of therapeutic activities such as gardening, art and crafts and supportive conversation. You will need to come dressed appropriately for the weather as we will be outside during the session. We have access to hot drink facilities but please bring a packed lunch and water bottle with you as we will eat lunch together as a group.	Corby MIND Garden, 18 Argyll Street, Corby, NN17 1RU	Monday 02/08/21	10:30 AM-1:30 PM	Polly Shackleton (07936) 941056	Polly.Shackleton@groundwork.org.uk	Booking advisable although drop ins are also welcome. Email or phone to book
Corby Woodlands Project	Forest School - Meet at the carpark entrance and bring a waterbottle. Outdoor activities to improve your understanding of nature and yourself!	Weldon Woodland Park	Monday 02/08/2021	10am -12pm	Gary Chisholm 07908 444870		5-12yr olds. Max 15
Volunteer Led	Great Oakley Surgery Walk - Parking available at Great Oakley Cricket Club. Meeting at the Great Oakley Surgery for a 45-60 minute walk. A beautiful and social walk around the area of Great Oakley. A walk open to all, but please be aware of walking across fields in the countryside, which may be unsuitable for people with limited mobility.	Great Oakley Surgery, 1 Barth Close, Great Oakley, Corby, NN18 8LU	Monday 02/08/2021	11am-12pm	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	no booking necessary https://www.walkingforhealth.org.uk/walk/index/corby-health-walks
Volunteer Led	East Carlton Park Monday Walk - A 1 hour walk around East Carlton Park. A picturesque countryside, offering beautiful views, where you can walk in a social and safe environment. Led by trained walk leaders, beginners or enthusiasts are all welcome with a longer and shorter walk available. The walk finishes with a social cup of tea at the park cafe.	East Carlton Countryside Park, Church Lane, East Carlton, LE16 8YF	Monday 02/08/2021	11am-12pm	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	no booking necessary https://www.walkingforhealth.org.uk/walk/index/corby-health-walks
Corby Sports and Play Development Team	Happening Football Club For 8-14years. Hit the pitch and beat the boredom. Come and play football with your friends.	Lodge Park Sports Centre, Sheland Way, Corby, NN17 2SG	Monday 02/08/2021	5.30-6.30pm	Tom Cleary 01536464675	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Sports and Play Development Team	SPLAT Holiday Club A fun exciting childcare option during every school holiday at Lodge Park Sports Centre. For children in Year 1+. Ages 5-14 Years. Healthy Eating project within scheme	Lodge Park Sports Centre, Sheland Way, Corby, NN17 2SG	Monday 02/08/2021	7.45am - 5.30pm	Lodge Park Sports Centre 01536 400033	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Volunteer Opportunity: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby, NN17 2UN	Monday 02/08/2021	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
TUESDAY							
Corby Health and Fitness	Boot Camp Our boot camp workout takes an interval approach to exercise. You will complete a series of higher-intensity interval training (HIIT), which is alternated with intervals of lighter activity using typical bootcamp equipment. Each activity can be completed at your pace so suits participants of varied abilities. You will have a fully qualified personal trainer(s) and a team of follow boot-campers spurring you on in the beautiful surroundings of West Glebe Park. Meet at West Glebe Pavilion.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021 to Friday 06/08/21	06:00 - 07:00am	Lodge Park Sports Centre. 01536 400033	lodgespark.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or book via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or book via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe and East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App: https://loveexploring.co.uk/
Corby Woodland Project Dr Peter Hill	Heritage Talk: Talk on the names of the areas and roads you will be travelling plus current and lost Heritage that you will be passing by on the Heritage Trails.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Tuesday 03/08/21	9.15am - 9.45am 1.15pm - 1.45pm	Gary Chisholm 07935 995850	gary.chisholm@northnorthants.gov.uk	Booking essential email or phone
Rockingham Forest Cycling Club	Guided Bike Tours - Corby Heritage Trail Start to explore the new Corby Heritage Trail which links the 5 main parks within the borough. Circular routes covering the town centre parks and a ride to Weldon Park. Bring your own bike (cycle helmets advised). Riders need to be competent and confident on roads. Children must be accompanied	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Tuesday 03/08/21 And Thursday 05/08/21	10 AM and 2 PM		cultureleisure.cbc@northnorthants.gov.uk	Booking essential. Maximum 15 riders per tour: 10 AM Town Centre Parks - Ironstone Trail (10.7km) 2 PM West Glebe to Weldon Park - Weldon Stone Trail (13km) All rides start from West Glebe
Corby Sports and Play Development Team	Walking Football: The standard football game but players must 'walk' instead of run! Walking Football is designed to help players get fit or maintain an active lifestyle, for all ages no matter what fitness level you are. It can also support players getting back into the sport who are in their later years.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Tuesday 03/08/21	11AM-12:30 PM	Tom Cleary 01536464675	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Sports and Play Development Team	SPLAT Holiday Club: A fun and exciting childcare option during every school holiday at Lodge Park Sports Centre. For children in Year 1+. Ages 5-14 Years. Healthy Eating project within scheme	Lodge Park Sports Centre, Sheland Way, Corby, NN17 2SG	Tuesday 03/08/21	7.45am - 5.30pm	Lodge Park Sports Centre 01536 400033	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Litter Pick: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby, NN17 2UN	Tuesday 03/08/21	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Volunteer for a Day: Volunteering is a hugely rewarding experience and through the Woodland Project we are inviting you to become a volunteer for a day! Help us on a number of different conservation activities and who knows you just might get the bug!	East Carlton Countryside Park, Church Lane, East Carlton, LE16 8YF	Tuesday 03/08/21	10am - 12pm	Gary Chisholm 07908 444870	gary.chisholm@northnorthants.gov.uk	Booking essential email or phone

Corby Woodlands Project	Forest School - Meet at the carpark entrance and bring a waterbottle. Outdoor activities to improve your understanding of nature and yourself!	Weldon Woodland Park	Monday 02/08/2021	10am -12pm	Gary Chisholm 07908 444870		5-12Yr olds. Max 15
B-Active	Family Jam: uniquely designed, to allow family bonding in a fun and carefree environment. Each session uses the power of dance to move your way to a healthier you and a healthier family. All adults must be accompanied by a child and all children must be accompanied by an adult. Children under 8 years, it is 1 adult for every 2 children.	Lodge Park Sports Centre, Shetland Way, Corby, NN17 2SG	Tuesday 03/08/2021	5pm-5.45pm	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
WEDNESDAY							
Corby Health and Fitness	Boot Camp Our boot camp workout takes an interval approach to exercise. You will complete a series of higher-intensity interval training (HIIT), which is alternated with intervals of lighter activity using typical bootcamp equipment. Each activity can be completed at your pace so suits participants of varied abilities. You will have a fully qualified personal trainer(s) and a team of follow boot-campers spurring you on in the beautiful surroundings of West Glebe Park. Meet at West Glebe Pavilion.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021 to Friday 06/08/21	06:00 - 07:00am	Lodge Park Sports Centre. 01536 400033	lodgespark.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe and East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App
Corby Sports and Play Development Team	National Play Day: B-Active, B-Inspired, B-Positive - A family friendly 12-4pm with lots of activities to take part in such as Archery, Water Slip 'n' Slide, Crazy Golf, Singball, Table Tennis, Circus skills, Spin Bikes, Crails, Bubbles, Dinosaur Hunt, and much more	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Wednesday 04/08/2021	12 noon-4 PM	Rachel Ritchie	rachel.ritchie@northnorthants.gov.uk	No booking required
Volunteer Led	East Carlton Park Wednesday Walk - A 1 hour walk around East Carlton Park. A picturesque countryside, offering beautiful views, where you can walk in a social and safe environment. Led by trained walk leaders, beginners or enthusiasts are all welcome with a longer and shorter walk available. The walk finishes with a social cup of tea at the park cafe.	East Carlton Countryside Park	Wednesday 04/08/2021	11.00am-12.00pm	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	no booking necessary https://www.walkingforhealth.org.uk/walk/index/corby-health-walks
Late Developers Photography Group	Wellbeing Photography: Come along and enjoy a photographic experience. There will be cameras to use, a slide show to see and a little photographic walk to go on. We will download the images and have a slide show of your work. All levels of interest and skill welcome.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Wednesday 04/08/2021	10 AM-11:30 AM		cultureleisure.cbc@northnorthants.gov.uk	Booking essential Maximum 12
Corby Sports and Play Development Team	Happenin' Kids Club: For 8-14 years. Fun filled action-packed activity sessions. Games, drama, sport and arts and craft. Come and play and make some memories with your friends.	Danesholme Community Centre, Danesholme Road, Corby NN18 9EJ	Wednesday 04/08/2021	7-8pm	Tom Cleary 01536464675	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Sports and Play Development Team	SPLAT Holiday Club: A fun and exciting childcare option during every school holiday at Lodge Park Sports Centre. For children in Year 1+, Ages 5-14 Years. Healthy Eating project within scheme	Lodge Park Sports Centre, Shetland Way, Corby, NN17 2SG	Wednesday 04/08/2021	7.45am - 5.30pm		sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Litter Pick: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby NN17 2UN	Wednesday 04/08/2021	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
Corby Woodlands Project	Forest School - Meet at the carpark entrance and bring a waterbottle. Outdoor activities to improve your understanding of nature and yourself!	Weldon Woodland Park	Monday 02/08/2021	10am -12pm	Gary Chisholm 07908 444870		5-12Yr olds. Max 15
THURSDAY							
Corby Health and Fitness	Boot Camp Our boot camp workout takes an interval approach to exercise. You will complete a series of higher-intensity interval training (HIIT), which is alternated with intervals of lighter activity using typical bootcamp equipment. Each activity can be completed at your pace so suits participants of varied abilities. You will have a fully qualified personal trainer(s) and a team of follow boot-campers spurring you on in the beautiful surroundings of West Glebe Park. Meet at West Glebe Pavilion.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021 to Friday 06/08/21	06:00 - 07:00am	Lodge Park Sports Centre. 01536 400033	lodgespark.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe and East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App
Corby Woodland Project	Heritage Talk: Talk on the names of the areas and roads you will be travelling plus current and lost Heritage that you will be passing by on the Heritage Trails.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Tuesday 03/08/21	9.15am - 9.45am 1.15pm - 1.45pm	Gary Chisholm 07935 995850	gary.chisholm@northnorthants.gov.uk	Booking essential email or phone
Rockingham Forest Cycling Club	Guided Bike Tours - Corby Heritage Trail Start to explore the new Corby Heritage Trail which links the 5 main parks within the borough. Circular routes covering the town centre parks and a ride to Weldon Park. Bring your own bike (cycle helmets advised). Riders need to be competent and confident on roads. Children must be accompanied	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Tuesday 03/08/21 And Thursday 05/08/21	9.15am 2 PM	Liz Hudson	cultureleisure.cbc@northnorthants.gov.uk	Booking essential. Maximum 15 riders per tour. 10 AM Town Centre Parks - Ironstone Trail (10.7km) 2 PM West Glebe to Weldon Park - Weldon Stone Trail (13km) All rides start from West Glebe
Ann Carpenter	Tai Chi T'ai Chi is a practice that involves a series of subtle, gentle, slow flowing exercises, combining meditation, deep breathing & relaxation. Very low impact & places minimal stress on muscles & joints, suitable for everyone & all ages & fitness levels.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Thursday 05/08/2021	10:30 AM-11:30 AM	Ann Carpenter 07931193350	carpenterann356@aol.com	Booking essential email or phone
Pure Motion Yoga	Yoga: Suitable for beginners and experienced yogis, each Pure Motion Yoga class begins with a short relaxation and positive reading to prepare your mindset. This is followed by gentle warm up exercises to prepare your body, and then a series of yoga postures in seated, kneeling (all fours) & standing positions. We come to a calming conclusion with a breathing exercise and longer relaxation with guided visualisation.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Thursday 05/08/2021	1:30 PM-3 PM	Jo Hepple 07624508700	puremotionyoga@gmail.com	Booking essential email or phone
Corby Sports and Play Development Team	NRG Inclusive Activity Club: For 18 years plus with a disability or limiting illness. Includes Archery, Bocaccia, Fencing, Kurling, Basketball, Table Tennis, Seated Volleyball and much more	Lodge Park Sports Centre, Shetland Way, Corby, NN17 2SG	Thursday 05/08/2021	5-6pm	Megan Buchanan 01536 464047	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Sports and Play Development Team	SPLAT Holiday Club: A fun and exciting childcare option during every school holiday at Lodge Park Sports Centre. For children in Year 1+, Ages 5-14 Years. Healthy Eating project within scheme	Lodge Park Sports Centre, Shetland Way, Corby, NN17 2SG	Thursday 05/08/2021	7.45am - 5.30pm		sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Parks and Open Spaces	Litter Pick: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby NN17 2UN	Thursday 05/08/2021	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Volunteer for a Day: Volunteering is a hugely rewarding experience and through the Woodland Project we are inviting you to become a volunteer for a day! Help us on a number of different conservation activities and who knows you just might get the bug!	East Carlton Countryside Park, Church Lane, East Carlton, LE16 8YF	Thursday 05/08/2021	10am - 12pm	Gary Chisholm 07908 444870	gary.chisholm@northnorthants.gov.uk	Booking essential email or phone
Volunteer led	Corby Boating Lake Lakeside Surgery Walk - A beautiful walk, meeting by Corby Boating Lake Car Park entrance. A 1 hour walk around Corby Boating Lake and the surrounding woodlands. This walk is aimed at building confidence and returning to health, walking with friends and being social along the way. Led by trained walk leaders, beginners or enthusiasts are all welcome.	Corby Boating Lake, Cottingham Road, Corby, NN17 1QG	Thursday 05/08/2021	11am-12pm	Tom Cleary 01536 464675	tom.cleary@northnorthants.gov.uk	no booking necessary https://www.walkingforhealth.org.uk/walk/index/corby-health-walks
FRIDAY							

Corby Health and Fitness	Boot Camp Our boot camp workout takes an interval approach to exercise. You will complete a series of higher-intensity interval training (HIIT), which is alternated with intervals of lighter activity using typical bootcamp equipment. Each activity can be completed at your pace so suits participants of varied abilities. You will have a fully qualified personal trainer(s) and a team of follow boot-campers spurring you on in the beautiful surroundings of West Glebe Park. Meet at West Glebe Pavilion.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Monday 02/08/2021 to Friday 06/08/21	06:00 - 07:00am	Lodge Park Sports Centre. 01536 400033	lodgpark.cbc@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe nd East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App
Corby Sports and Play Development Team	Happenin' - Creativity Club For 8-14 years. Imagine, Explore, Share, and Create. A variety of artsy activities to unleash the creativity in you!	Daneshome Community Centre, Daneshome Road, Corby NN18 9EJ	Friday 06/8/2021	6-7pm	Tom Cleary 01536464675	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Sports and Play Development Team	SPLAT Holiday Club: A fun and exciting childcare option during every school holiday at Lodge Park Sports Centre. For children in Year 1+, Ages 5-14 Years. Healthy Eating project within scheme	Lodge Park Sports Centre, Sheldand Way, Corby, NN17 2SG	Friday 06/8/2021	7.45am - 5.30pm	Lodge Park Sports Centre 01536 400033	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Litter Pick: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby NN17 2UN	Friday 06/8/2021	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
Corby Old Village Guided Walk	Heritage Walk through Corby Old Village, 1 mile Max distance. Time 1 1/2 hour Max. Tour of village looking at the lost heritage of the village sustained in the last 70 years due to industrialisation of this ancient village.	Starting at Corby Heritage Centre	Friday 06/8/2021	10.30am - 12pm	Billy Dalziel 07484 770 401	billy.dalziel@northnorthants.gov.uk	Booking essential email or phone. Max 20 persons.
SATURDAY							
Corby Park Run	Corby parkrun is a 5km run - it's you against the clock. We meet every Saturday and start the run at 9am. It is completely free to join in but please note that you must register with parkrun before you first come along where you will be issued with a barcode which needs to be printed off and brought along with you. We all run for our own enjoyment and everyone is welcome no matter your pace or experience. Mixed surface course. Weather appropriate clothing and footwear advised.	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Saturday 07/8/2021	9:00 AM		corby@parkrun.com	Please note that you must register with parkrun before you first come along
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe nd East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App
Corby Sports and Play Development Team	NRG Inclusive Activity Club: For 8-18 years with a disability of limiting illness. Activities include arts and crafts, music, dance, various sports, walks, games, disco's parachutes plus lots more.	Hazelwood Neighbourhood Centre, Gainsborough Road, Corby, NN18 0QF	Saturday 07/8/2021	1.30-3.30pm	Megan Buchanan 01536 464047	sportdevelopment.cbc@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Corby's Parks and Woodlands	Litter Pick: Come along and make a real difference to your local green space! Litter picking is an important part of keeping our parks and woodlands clean and we invite you to join us on our pick.	Boating Lake Log Cabin, Cottingham Road, Corby NN17 2UN	Saturday 07/8/2021	10am - 12pm	Rick Allanson 07578 338739	rebecca.jenkins@northnorthants.gov.uk	Booking essential email or phone
Corby Woodland Project Friends of Weldon Woodland Park	Conservation Activities: Come along and join this new group for a mix of conservation activities designed to protect Weldon Woodland Park for future generations.	Weldon Woodland Park Meet at the entrance from the Car Park	Saturday 07/8/2021	12pm - 2pm	Gary Chisholm 07908 444870	gary.chisholm@northnorthants.gov.uk	Booking essential email or phone
SUNDAY							
Race for Life	Corby, Cancer Research UK's Race for Life is back! Covid-19 put our research on pause. Join us in West Glebe Park on Sunday 8th August to help get us back on track. Together we will still beat cancer! Everyone can join in, including dogs! Suitable for all ages (children must be accompanied by an adult). All money raised will be used to fund research into the causes, prevention, diagnosis and treatment of all types of cancer. Sign up online at raceforlife.org or call 0300 123 0770	West Glebe Park Pavilion 100 Cottingham Rd Corby NN17 1SZ	Sunday 08/08/21	Staggered start times	West Glebe Park (01536) 204217		www.raceforlife.org Or phone 0300 1230770 5k or 10k Race for Life Adult (18+): £14.99 5k or 10k Race for Life Young Adult (16-17): £14.99 5k or 10k Race for Life Child (6-15yrs): £10.00
Corby Swimming Pool	Under 5's swim Free	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Swimming Pool	5 to 11 year old £1.00 swimming session	Corby East Midlands International Pool, Parklands Gateway, George Street, Corby, NN17 1QG	Monday 2/8/21 - Sunday 8/8/21	Leisure Swimming Sessions	Corby East Midlands International Pool 01536 464643 or bokk via www.corbyleisure.co.uk		Maximum session numbers
Corby Leisure and Woodlands	Dino Safari This is a quiz trail about Dinosaurs. Use the map to find the Dinosaurs in the parks at West Glebe nd East Carlton Countryside Park and then test your Dino knowledge in the quiz	West Glebe Park Pavilion 100 Cottingham Rd, Corby NN17 1SZ East Carlton Countryside Park Church Lane, East Carlton LE16 8YF	Available every day and at all times	Available at all times	West Glebe Park (01536) 204217 East Carlton Countryside Park (01536) 770977	cultureleisure.cbc@northnorthants.gov.uk	No booking required just download the Love Exploring App
Volunteer led	Corby Boating Lake Walk: A beautiful walk, meeting by Corby Boating Lake Car Park entrance. A 1 hour walk around Corby Boating Lake and the surrounding woodlands. This walk is aimed at building confidence and returning to health, walking with friends and being social along the way.	Corby Boating Lake, Cottingham Road, Corby, NN17 1QG	Sunday 08/08/2021	11am-12pm	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	no booking necessary https://www.walkingforhealth.org.uk/walk/index/corby-health-walks
B-Active	Family Circuits: A fun and interactive circuit class allowing families to exercise together. Learn and exercise together, overcome challenges together and become healthier together. All adults must be accompanied by a child. All children must be over 8 years of age and accompanied by an adult. Please call 01536400033 to book your family's space.	Lodge Park Sports Centre, Sheldand Way, Corby, NN17 2SG	Sunday 08/08/2021	10am-10.50am	Tom Cleary 01536464675	tom.cleary@northnorthants.gov.uk	Booking essential. Book by calling 01536 400033.
Learn2b	An individual path's out of the pandemic may be smooth or bumpy for many different reasons. While some others are welcoming changes, others in our communities may be dreading the reopening of society. Some may be lacking in motivation, remaining isolated and excluded. Learn2b is offering workshops to help ease some of these worries and are offering a number of online courses during the week including - the importance of sleep; creative collage and mindful mandalas etc	Online Courses	Monday 2/08/21 - Sunday 8/08/21	A variety of dates and times are available for the workshops to give you the flexibility to fit in with your August commitments.	01604 368023 (Answerphone available*)	learn2b@northnorthants.gov.uk	Booking essential. Book by link Or email to see full programme: www.northamptonshire.gov.uk/learn2b