

Every month at the park!

Café

Open the 1st and 3rd Sunday every month (run by The Friends of Rushcliffe Country Park)



Parkrun



Saturday morning at 9am (Visit www.parkrun.org.uk/rushcliffe)

Junior Parkrun



Sunday at 9am (Visit www.parkrun.org.uk/rushcliffe-juniors)

Tai Chi



Tuesday — Beginners: 12.45pm – 1.45pm. Intermediates: 2pm – 4pm. £3 per session

Linger by the Lake

The 1st and 3rd Wednesday of each month (Relax with coffee and company by the lake)

Volunteers

Meet every Wednesday at 9.30am to help around the park
ASK A RANGER FOR DETAILS ON HOW YOU CAN VOLUNTEER!

Wildlife Watch

Meets every 2nd Saturday of the month
Nature based activities, fun and games for 8-13 year olds!



Orienteering

Summer—Tuesday evening 6.30pm- 8.00pm with activities for all levels of experience

Fitness classes



Monday — Buggy fit 10.30am
An exercise class for new mums and little ones

Look out for school holiday activities.....

