**Stay Active Whilst at Home!**

It can be tricky to stay fit, healthy and active whilst we are all at home. To make it easier, check out these websites that have some great ideas to help you stay active.

[The Daily Mile at Home](https://thedailymile.co.uk/at-home/)

[Marathon Kids Lockdown Activity Hub](https://www.kidsrunfree.co.uk/activity-hub/)

[Youth Sport Trust PE Home Learning](https://www.youthsporttrust.org/pe-home-learning)

[Accessible indoor activities](https://www.nhs.uk/change4life/activities/accessible-activities)

**FREE Gymnastics and Zumba classes**

Coaches from **Enable Leisure and Culture** will be leading virtual kids’ **gymnastics** and **Zumba** classes. They are completely **free** and available to anyone. They are all live streamed through **Zoom**. Please see the schedules below.





**30 Day Kids Sports Coordination Course**

Emma Wells Tennis are offering a 30 Day Zoom Sports Coordination Course starting on Monday 4th May. Please see details below.

To book on click here <https://forms.gle/qaRNW2yySgf2CUAQ7>

