



Movement Park

Our Attitude Determines Our Destination

May 2023 – Issue Number 48

OUR VISION: A cohesive community where physical activity, wellbeing and social engagement is a vital part of everyday life.

MEMBERSHIP SYSTEM SWITCH!

Firstly, thank you very much for those of you who have already made the switch from the old membership system on LoveAdmin to a new membership on BookWhen. We hope that you found the process simple, and from now on will make things a lot easier!

For those of you who are yet to switch, please ensure:

1. You make the switch a few days before your next payment date through LoveAdmin
2. Once you have made the switch, please make sure you email Billy (billy.mclafferty@movementpark.org.uk) to let us know it's been done so we can cancel your old membership on LoveAdmin!

A few things to remember:

- When you are signing up for the new membership on BookWhen, you do need to book into a session at the same time.
- If you are looking for more than one membership, you will need to select 'additional person 1 / 2 / 3' for each booking.

UPCOMING EVENTS @

Movement Park

Monday 1st May

Movement Park P1+ Calisthenics session start

Monday 8th May

Mini Camp 1-3pm

Saturday 13th May

Rottenrow Jam

Sunday 14th May

Loading Bay Trip

25th / 26th / 29th May

Mini Camps 1-3pm

Monday 5 – Sunday 11th June

Parkour and Skateboard Gradings



ACRO GYMNASTICS

What a fantastic start we have had to our new programme, which went live on 17th April.

For those of you who may not have seen, we have added lots of new things including ACRO GYMNASTICS!

We have sessions available for those P1-3 and P4+ also! Why not book yourself in for next Mondays session?!

www.bookwhen.com/movementpark

CALISTHENICS

Calisthenics is going from strength to strength with adult sessions on a Tuesday and Sunday, a select squad session on a Thursday too.

From this, we are now introducing a P1+ session on a Monday too! If this is of interest to you, please do get yourselves booked in, as there are lots of opportunities for all ages and stages!

YOGA

We have a ladies only yoga session starting at Movement Park on:

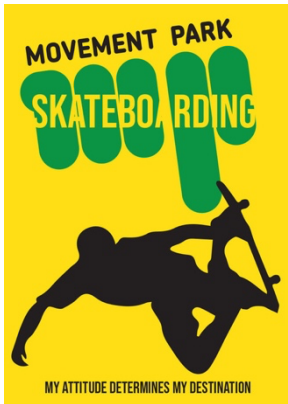
Wednesday 3rd May 2023 from 10.30am – 11.30am

Please remember to book your spaces online!



LOADING BAY TRIPS

We are excited to announce that we have 2 trips planned for The Loading Bay from 10-12noon on Sunday 14th May and then also Sunday 4th June. These trips are for those Movement Park Members who are 8years +, and are for all those interested in Skateboarding, BMXing, Rollerskating / Rollerblading and also Parkour too! If you are looking to attend, please head to www.bookwhen.com/movementpark to book your space. Please note, if you are attending both dates, a discount will be added. All attendees need to bring a helmet / skateboard / roller skates / BMX and wear a Movement Park t-shirt on the day.



ROTTENROW JAM

Calling all Parkour Squad and S2+ members. Many of you may have had conversations with Paddy R:E the Rottenrow Jam. It will be running on Saturday 13th May from 11-3pm. If you are thinking of attending, please let Paddy know, so we can come and say hello on the day! Where possible, please wear a Movement Park t-shirt so we can spot you!!

Parents, please note, this is not a Movement Park staffed event, and therefore you will need to take responsibility for your son / daughter throughout.

MOVEMENT PARK SURVEY

Our members and participants are crucial to the success of Movement Park, so it's really important to us to know what you think. If you can spare a few minutes to fill out the survey below that'd be much appreciated.

<https://www.surveymonkey.co.uk/r/5ZBBDWK>

MOVEMENT PARK CAMPS!

Thank you to all of you who camp to our Movement Park Easter Camps. We hope you had a great time, and are looking for more fun and excitement when school is closed! We are excited to announce that we will be running mini camps on the following days:

Monday 8th May = 1-3pm

Thursday 25th May = 1-3pm

Friday 26th May = 1-3pm

Monday 29th May = 1-3pm

These dates are available to all members and non-members, and are bookable online NOW at www.bookwhen.com/movementpark

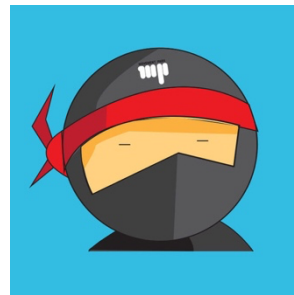
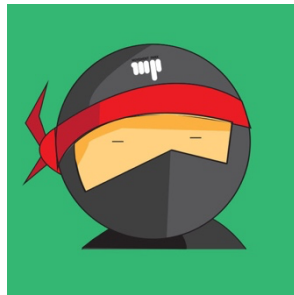
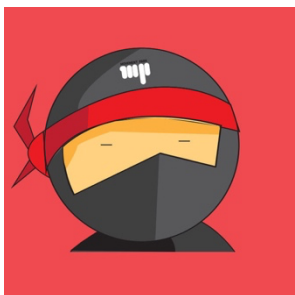
Further to this, we will also be releasing our summer camp bookings on our online booking system at the end of May / Beginning of June. Summer camp will be running for 6 weeks, from Monday 26th June until Friday 4th August! We hope to see lots of you attending!

SKATEBOARD CHANGES

As of Monday 1st May 2023, we have made changes to our skateboarding classes to ensure everyone is working at the right ages and stage, and progressing the way they should be.

P1-3 = 4pm Wednesday and 2pm Saturday **P4+** = 5pm Wednesday and 3pm Saturday

P3-4 SQUAD = 6pm Wednesday and 4pm Saturday **P5+ SQUAD** = 7pm Wed and 5pm Saturday



PROGRAMME

We have slightly updated our programme. Below is our new programme as of 1st May 2023. Hope to see you soon!



MOVEMENT PARK

BIRTHDAY PARTIES
SUNDAYS
11-12.30PM

STARTING 17TH APRIL 2023

BLOCKS BOOKING: BMX

MON

TUE

WED

THU

FRI

SAT

SUN

PARKOUR TOTS 10.30-11.20AM	GYM TOTS 10.30-11.20AM	YOGA ADULT -WOMAN ONLY 10.30-11.30AM	WHEELIE TOTS 10.30-11.20AM	NINJA TOTS 10.30-11.20AM		
					BMX FREESTYLE 8YRS+ 1-1.45PM	
ACRO GYMNASTICS P1-3 4-4.45PM	PARKOUR P1-2 4-4.45PM	SKATEBOARDING P1-3 4-4.45PM	PARKOUR P1-2 4-4.45PM	NINJA P1-2 4-4.45PM	ROLLERBLADING/ SKATING P1+ 1-1.45PM	PARKOUR FAMILY P1+ 1-1.45PM
ACRO GYMNASTICS P4+ 5-5.45PM	PARKOUR P3-4 5-5.45PM	SKATEBOARDING P4+ 5-5.45PM	PARKOUR P3-4 5-5.45PM	NINJA P3-4 5-5.45PM	SKATEBOARDING P1-3 2-2.45PM	PARKOUR P3-4 2- 2.45PM
BREAK DANCING P1+ 6-6.45PM	PARKOUR P5-6 6-6.45PM	SKATEBOARDING P3-4 SQUAD SELECT 6-6.45PM	PARKOUR P5-6 6-6.45PM	NINJA P5+ 6-6.45PM	SKATEBOARDING P4+ 3-3.45PM	PARKOUR P5-S1 3 - 3.45PM
KIDS CALISTHENICS P1+ 6-6.45PM	PARKOUR P7-S1 7-7.45PM	SKATEBOARDING P5+ SQUAD SELECT 7-8PM	PARKOUR P7-S1 7-7.45PM		SKATEBOARDING P3-4 SQUAD SELECT 4-4.45PM	PARKOUR SELECT SQUAD 4-5PM
PARKOUR P5-S1 7-7.45PM	CALISTHENICS S2+/ADULTS 8-9PM		PARKOUR / CALISTHENICS SELECT SQUAD 8-9PM		SKATEBOARDING P5+ SQUAD SELECT 5-6PM	PARKOUR S2+/ ADULTS 5-6PM
PARKOUR S2+/ ADULTS 8-9PM			LEARN TO RIDE - FAMILY* P1+ 5-6PM			CALISTHENIC S2+/ ADULTS 5-6PM
			BMX INTRODUCTION* 8YRS+ 6-7PM			
			BMX CLUB* 8YRS+ 7-8PM			