

Movement Park

Our Attitude Determines Our Destination

June 2023 – Issue Number 49

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

URGENT **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 approx. 5 days before your next payment date is due 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 and payments 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

Sunday 4th June
Loading Bay Trip 10-12noon

Monday 5th – Sunday 11th
P4+ Parkour and
Skateboard Gradings

Monday 12th – Sunday 18th
P1-3 Ninja Sticker Week
(Skateboarding sticker)

Sunday 25th June
URBAN SPORTS FESTIVAL at
Victoria Park!

Monday 26th June – Friday
4th August
6 weeks of Summer Camp
1-3pm Monday-Friday
and our
Summer Timetable starts



ACRO GYMNASTICS

Did you know we have acro gymnastic sessions?

For those of you who may not have seen, we have added ACRO GYMNASTICS to Monday nights!

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

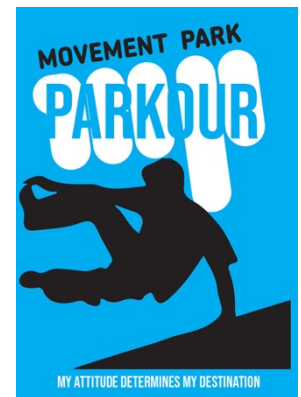
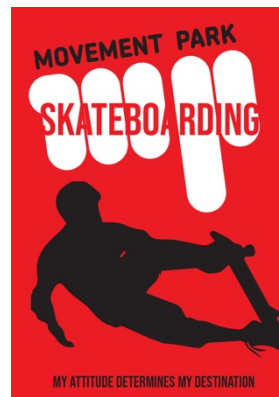
www.bookwhen.com/movementpark

YOGA

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

Wednesday's from 10.30am – 11.30am

Please remember to book your spaces online!



PAY TO PLAY

We have launched a new pay-to-play system for all classes which gives you the opportunity to experience everything Movement Park has to offer on an ad-hoc basis, perfect for anybody who would like to come and try Movement Park before signing up to our fantastic membership. Where possible, we will be releasing an amazing discount code for specified pay-to-play classes, so keep a close eye on Movement Park's social media pages to take advantage of these offer...

Further to this, if you have friends who haven't been to Movement Park yet, please let them know about Pay-to-play as is a great introduction to the Movement Park membership and there is no limit on how many different classes you can try!

LOADING BAY TRIP

Movement Park is super excited to announce that we have a Loading Bay trip day planned for this coming Sunday! Sunday 4th June from 10.00am - 12.00noon and we still have a few spaces available.

Activities available will include Skateboarding, BMXing, Roller-skating / Roller-blading & Parkour!

This trip is only available to Movement Park members that are 8+ years. If you are looking to attend you must head to www.bookwhen.com/movementpark to book your slot ASAP!

Please remember, all attendees MUST bring a helmet, skateboard, roller-skates / roller-blades & your own BMX if participating in these sports. Please wear a Movement Park t-shirt on the day!

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>

ROTTENROW!

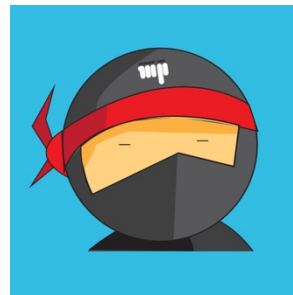
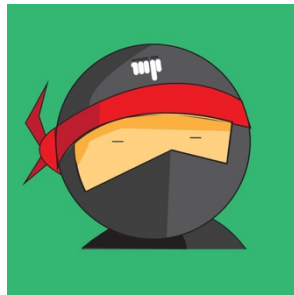
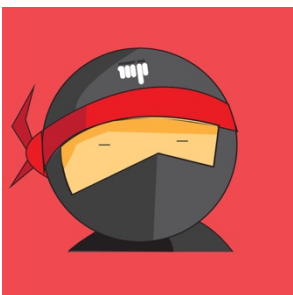
We had our first Parkour outdoor community event in May. We had a very good turn out and thank you to everyone who came. We made good use of the area used and it was good to see everyone training hard and trying new challenges...especially as it was very warm and sunny! Also it was great to see everyone getting along and training together and making new friends and training partners. With the reception that this event got, we can hopefully do other outdoor training days with the summer upon us.



BMX SESSIONS

Our first FREE 4-week block of sessions at Knightswood BMX track has come to an end. We have had children learning to cycle, gaining skills and confidence on the BMX track for the first time and more children continuing their development at our BMX Club! All of these sessions run on a Thursday night....why not get involved?

We had a great time watching everyone progress each week and are looking forward to the next FREE 4-week block starting on the 1st of June! That's not all though, we have BMX Freestyle on a Saturday at Movement Park! These sessions are available to book now, and we would love to see you there.



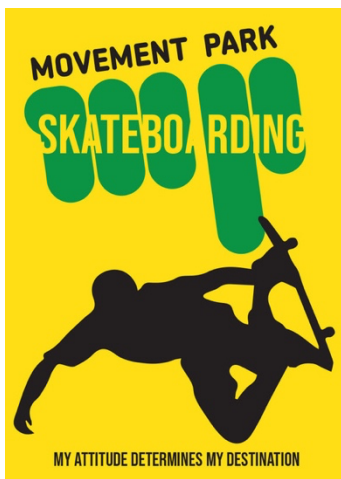
SUMMER CAMP

Summer Camp is almost here and booking are available online NOW! Summer Camp will run from Monday 26th June – Friday 4th August...giving you 6 weeks of summer fun!

Summer Camp is suitable for all children who are already at school in P1+. Camp runs from 10 – 3pm Monday to Friday, with a mixture of our activities throughout the week...including Parkour, Skateboarding, Ninja, Team Games, Obstacle Courses and more! If you have children in P1+ and are looking to keep them busy over summer...why not book into some of our summer camp days? Don't forget....Movement Park members get a discount for camp!

If you do book into some of our days, please remember to bring a packed lunch (don't forget we are a no nuts facility!), a water bottle, a helmet for skateboarding and a skateboard too (if you have one!) Please also bring sun cream and a cap in case we go outside!

Please book online at www.bookwhen.com/movementpark



TOTS → P1 in AUGUST

Are you a Movement Park member? Do you come to our tots sessions at the moment? Are you starting P1 at school this August?

Well....we are excited to say, that over the summer holidays (26th June onwards), you can come and try our P1+ sessions as part of your membership to get you all geared up, ready for moving in August, when you'll be joining these sessions full time! We hope that by doing this, it will make the transition a bit easier, as August can be a busy month for the new P1s at school!

URBAN SPORTS FESTIVAL

YES, its back for yet another year! Our Urban Sports Festival will be running on Sunday 25th June, from 1-4pm at Victoria Park!

Why not bring your family and friends down and show them what Movement Park is all about. We will have lots of stations for all the family to come and try all things Movement Park, from Ninja to Calisthenics to Parkour and even Skateboarding too. It really is a great day for all the family!

The event is free, however if you'd like to make a donation on the day, it is much appreciated ☺