

## Regular Activities at Hinchingsbrooke Country Park 2017

Several groups use the park for a variety of activities all year round. See the tables below to find out what's on, more information and contact details.

Day	AM	PM	Evening
<b>Monday</b>		PEDALS (adapted bikes): 1.30-2.30pm (term time)	
<b>Tuesday</b>			
<b>Wednesday</b>			Canoe Club: 6.30pm until dark (summer only)
<b>Thursday</b>			
<b>Friday</b>	Nordic Walk: 10am (fortnightly)		BRJ Run and Tri open water sessions: 6pm-8pm (summer months)
<b>Saturday</b>	Parkrun: 9am Huntingdon Canoe Club: 9.30am Go Ride: 10am-11am (1 <sup>st</sup> and 3 <sup>rd</sup> weekends)		
<b>Sunday</b>	Gearo's Soccer School: 10am-11am (tots) and 11.15am-12.15pm (academy) Wet Leos: 10.30am-1.30pm (fortnightly April – October) Carrie Bates Dog Training: 11am-12pm	Huntingdon Beekeepers' Association open hives: 2pm-3pm (April – September)	

**Note:** These groups organise activities within the park that are not controlled or led by Huntingdonshire District Council staff or volunteers, except for the [Health Walks](#) and [PEDALS](#) sessions. This information is purely for interest and cannot be taken as an endorsement of their activities. Information correct at time of writing. Please let us know if any of the details change and we will do our best to amend them.

Group/Contact	Information	When?	Cost?	Contact Details	Website/Social Media
Gearo's Soccer School and Football Academy  Matt Gearing	Led by a qualified coach, these sessions are all about fun and ball control. Just turn up and join in but phone or check Facebook first if you haven't been before in case the session has been cancelled.	Sunday 10am-11am (soccer tots, age 2-5) 11.15am-12.15pm (football academy, age 6-11)	£4 per session	<a href="tel:07766158277">07766 158277</a>	<a href="#">Facebook</a>
BRJ Run and Tri	<p>Based in Huntingdon, BRJ Run and Tri is a friendly club of around 200, catering for runners and triathletes f all standards.</p> <p>Members range from age 7 to over 70, fast to slow and beginners to experienced. Many join us on club activities to find new routes, make friends, get fitter and for the sheer enjoyment of running, swimming or cycling.</p> <ul style="list-style-type: none"> <li>• Regular training sessions for running, cycling and swimming</li> <li>• Summer open water swimming at Hinchbrooke Country Park lake</li> <li>• Junior section for 7-16 year olds, focusing on developing skills in an enjoyable environment</li> <li>• January beginners' running course</li> <li>• Active social schedule – barbecues, Christmas parties, quiz nights</li> </ul>	Friday Open water swimming 6pm-8pm (summer months) Frostbite League races (October – March)	See website for details		<a href="#">Website</a> <a href="#">Facebook</a> <a href="#">Twitter</a>
Nordic Walking Oliver Gynn	Suitable for all ages and abilities. Free tuition and loan of poles. Lots of health and social benefits as well as enjoying the countryside and fresh air.	Friday 10am (fortnightly)	Free	<a href="tel:07947835522">07947 835522</a> <a href="mailto:info@nordicwellbeing.co.uk">info@nordicwellbeing.co.uk</a>	<a href="#">Website</a>

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<p>Health Walks One Leisure Active Lifestyles Team (HDC)</p>	<p>Walking is a free and easy way to get fit and stay healthy.</p> <p>The Walking for Health initiative is a national programme. It aims to get more people walking in their own communities, especially those who take little exercise or live in areas of poor health.</p> <p>The walks give people in the community the chance to join in organised health walks with trained leaders and volunteers.</p>	<p>See the <a href="#">brochure</a> for details</p>	<p>Free</p>	<p>01480 387047 <a href="mailto:activelifestyles@huntingdonshire.gov.uk">activelifestyles@huntingdonshire.gov.uk</a></p>	<p><a href="#">Website</a></p>
<p>Wet Leos</p>	<p>Hinchingsbrooke Working Leonbergers are a group of people who get together to train their Leonberger dogs.</p> <p>From April to September they train the dogs in aspects of water rescue, from rescuing people from the water to towing a boat. This takes place on the southern side of the main lake.</p> <p>From October to May they work on the main field just down from the cafe teaching the dogs to pull carts, which is one of the things they were originally used for. You may see them around the park as well on winter Sundays.</p> <p>Spectators are welcome but please keep your dogs on a lead when nearby.</p>	<p>See the <a href="#">website</a> for details</p>		<p><a href="mailto:topaz@wet-leos.co.uk">topaz@wet-leos.co.uk</a></p>	<p><a href="#">Website</a></p>
<p>Huntingdon Parkrun</p>	<p>Huntingdon Parkrun is a weekly, free, 5km timed run, jog or walk, offering the local community the opportunity to</p>	<p>Saturday 9am</p>	<p>Free</p>	<p><a href="mailto:huntingdonoffice@parkrun.com">huntingdonoffice@parkrun.com</a></p>	<p><a href="#">Website</a> <a href="#">Facebook</a></p>

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	<p>exercise alongside each other. It is open to all ages and abilities.</p> <p>Please register on the Parkrun website before your first Parkrun and print out your barcode. Swap Parkrun stories and chat to other runners over a cup of tea and cake afterwards and become part of this running community.</p>				
<p>Carrie Bates Dog Training/Agility</p>	<p>Dog training classes and one-to-one training and behaviour work. Positive reward-based training, building your relationship with your dog and using this bond for effective communication to get what you really want from your relationship. Six week course.</p> <p>Also look out for agility sessions open to the public so you come and have a go.</p>	<p>Sunday 11am-12pm for six weeks, starting dates vary</p>	<p>£15 per class. Pay upfront and get one class free</p>	<p><a href="tel:07828249548">07828 249548</a>  <a href="mailto:carriebatesdogtraining@gmail.com">carriebatesdogtraining@gmail.com</a></p>	<p><a href="#">Website</a>  <a href="#">Facebook</a></p>
<p>PEDALS (adapted bikes)  One Leisure Active Lifestyles Team (HDC)</p>	<p>A range of adapted bikes suitable for those with disabilities and their families (aged 8+). Bikes include one for two people, tricycles, one that is hand-pedalled and one that can take a wheelchair on the front.</p> <p>The sessions cover a range of games and challenges using the bikes and a chance to cycle around the park.</p> <p>Cycles, helmets, and high visibility jackets are all available to hire free of charge.</p>	<p>Monday 1.30pm-2.30pm</p>	<p>Free</p>	<p><a href="tel:01480387098">01480 387098</a>  <a href="mailto:activelifestyles@huntingdonshire.gov.uk">activelifestyles@huntingdonshire.gov.uk</a></p>	<p><a href="#">Website</a></p>

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Huntingdon Beekeepers' Association (HBA)	HBA open the hives and chat to visitors about the honey bees. They also run beginners' beekeeping courses, usually in April (£55 per person).	Sunday 2pm (April – September)	Free		<a href="#">Website</a>