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| MONDAYS | | |
| 4-7pm | Cooking Group | Plan a meal, shop for ingredients, Learn skills around preparing and cooking—Everyone will eat their finished product |
| 4-8pm | Gravity Trampolining | Trampoline session at Gravity Riverside Norwich. (5.30-7) |
| TUESDAY | | |
| 4-7pm | Fitness Club | Participate in fitness or sports activity, Bike active, Badminton, Yoga, Group Games, Swimming—Light evening meal included |
| WEDNESDAY | | |
| 4-7pm | Explore the Arts | Arts and crafts, covering different topics, making things, learning skills—light evening meal included |
| THURSDAY | | |
| 4-7pm | Music Group | Learn how to play a range of musical instruments, will record their own music, develop a band, take part in battle of the bands — Light evening meal included |
| FRIDAY | | |
| 4-7pm | Party Night | Disco, Games, socialise and relax with friends, Youth group feel — Light evening meal included |
| SATURDAY | | |
| 10-3pm | Sports & exercise group | Full day of various activities aimed at health and fitness. Swimming, Table tennis, badminton, bike active, football, group games — Pack Lunch required |
| 10-3pm | Gardening Project | Learning how to cultivate and grow a garden, learning about different plants, growing vegetables |
| SUNDAY | | |
| 10-3pm | Munsee hunting & Geocaching | Exploring and orienteering, taking part in Munsee hunting, geocaching and Pokémon hunting |
| MONDAY—FRIDAY | | |
| 4-7pm | Relaxation Group | Enjoy sensory room, play games, watch movies, this session is designed to be slow paced—Light evening meal included. |
| SATURDAY & SUNDAY | | |
| 9-5pm | Out and About Group | Designed to go on days activities such as Zoo, The Beach, Pleasurewood Hills, Great Yarmouth Sea front, Dinosaur Park etc. |

For More Information about any of these groups

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