

Active Southend-on-Thames

Get active and have fun with
FREE activities on the beach
and in the sea this summer!



TO BOOK YOUR FREE PLACE/S:
savs-southend.org/active-southend-on-thames-brings-free-and-subsidised-activities-to-our-waters-this-summer/

Yoga4all – Free sessions

Details: Adult East Beach yoga sessions. **Schedule (All Sessions happen on a Wednesday, starting at 9.30am and finishing at approx 10.15am).** **Location:** East Beach, Shoeburyness. **Price:** Free.

Kids Yoga

Details: East Beach yoga sessions for children. These sessions run alongside the adult sessions so if you'd like to bring your children with you, they can take part in their very own yoga session. **Schedule (All Sessions happen on a Wednesday, starting at 9.30am and finishing at approx 10.15am):** **Location:** East Beach, Shoeburyness. **Price:** Free.

Book online in advance. Check availability of dates. Please bring your own mat. If you don't have a mat, please contact the organiser; they have a small number of spare mats that can be used at the sessions.

Blue Therapy Active – Free sessions

Kayaking sessions (ages 13+): Starting on Saturday, July 27th, and last two hours. Schedule: 27th July (4pm-6pm), 3rd August (11am – 1pm), 10th August (4pm – 6pm), 17th August (11am – 1pm), 24th August (4pm – 6pm) and 31st August (11am – 1pm).

Guided cold water dips (ages 8+) Starting on Sunday 28th July and lasting 1 hour. **Schedule:** 28th July (5pm – 6pm), 4th August (1pm – 2pm), 11th August (5pm – 6pm), 18th August (12pm – 1pm), 25th August (5pm – 6pm) and 1st September (12pm – 1pm).

Cold water therapy workshops (ages 8+) Starting on Sunday 18th August with sessions lasting 1 hour. **Schedule:** 18th August (10.30am – 11.30am), 25th August (3.30pm – 4.30pm) and 1st September (10.30am – 11.30am).

Sea safety workshops (ages 8+). Starting on Sunday 4th August and lasting 1 hour. **Schedule:** 4th August (10.30am – 11.30am), 11th August (3.30pm – 4.30pm) and 18th August (10.30am – 11.30am).

Location: All activities will take place on the beach opposite The Camelia Hotel, 178 Eastern Esplanade, Southend-On-Sea, SS1 3AA

Everyone Health – Free sessions

Details: A weekly health walk led by fully trained walk leaders to help you get more active and make new friends. Each walk lasts between 1 hour to 1 hour 30 minutes and will help you to sit less and move more.

Schedule (All sessions happen on a Friday, starting at 10.30am and finishing at approx 12pm). Location: Southend Pier. **Booking:** To book the pier walks, you will have to fill in [Everyone Health's self-referral form](#) which signs you up for their service. After you've filled out the form, you need to specify that you'd like to take part in the Active Southend-on-Thames pier walk. You can also register by calling 0333 005 0095.

Price: Free. The cost of the pier entry will also be covered by the provider.

Gone for a swim – Free sessions

Details: 6 x Estuary-based swimming/water safety sessions for children and parents to be aware of beach and sea safety and how to be safe in our water locally and more widely around our coastlines. Sessions will be delivered at the beach in two parts over 60 minutes with part 1 covering beach-based safety and part 2 involving practical sea-based sessions. During the sea-based session, the instructor will cover "Float to Live", treading water, calling for help and getting to safety.

Schedule:

- Saturday 20th July from 10.30am to 11.30am
- Sunday 21st July from 11.30am to 12.30pm
- Thursday 1st August from 10am to 11am
- Sunday 4th August from 11.30am to 12.30pm
- Tuesday 20th August from 12pm to 1pm
- Friday 23rd August from 2pm to 3pm

Location: Shoebury Common (SS3). More details can be found by emailing the provider. **Booking:** If you'd like to book these sessions, please email Jo at jogoodgoneforaswim@gmail.com and mention the Active Southend-on-Thames sessions. **Price:** Free.