

Something for nothing?

Get active and learn something new — it's free

- Horse riding
- Sailing
- Boules
- Walking
- River fly monitoring
- Bowls
- Longbow archery
- Dancing
- and lots more...

To avoid poor health scientists recommend that adults do 150 minutes of activity each week (more for kids). There's lots of ways to get more active but how do you know what's right for you?

We've put together a programme of free taster sessions and open days in the Malmesbury area so that you can try some of them out. There's no pressure to join — just come along and have a go.

There's lots for adults and kids including free school holiday activities and sessions for young people with disabilities.

Visit our website for details



An olympic Legacy for Malmesbury

legacymalmesbury.org.uk