

Be Active Truro festival

15 - 19 August 2011

Festival guide, business and activity listing

beactivetruro
a community participating



'Be Active Truro' supported by **totallytruro**

It's summer and time to get active!

Welcome to the first 'Be Active Truro' festival. With the warmer weather upon us, now is the best time to take the plunge and try out a sport you've always fancied having a go at.

Truro will become the hub for sport over this five day festival which is all about finding a sport to suit you and making it a part of everyday life. This festival gives you that chance to try something new.

So, if you work in the city and fancy a quick lunchtime session fencing, are looking to choose a new hobby for the family, or simply after some inspiration, this multi-sport event has the best of what sport has to offer this August 15 - 19.

On the following pages you will find the full event listing for 'Be Active Truro' with a directory of all the sports and activity related businesses in Truro, and further information on the partners of this event. For more information visit www.enjoytruro.co.uk

'Be Active Truro' is brought to you in partnership with; Cornwall Sports Partnership, Totally Truro Business Improvement District, Truro City Council and Event Cornwall.

totallytruro
Business Improvement District

Neil Scott
Totally Truro
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For further news about this event and other events in Truro visit www.enjoytruro.co.uk

Your personal guide to the city of Truro.



Totally Truro is a dedicated not-for-profit company responsible for delivering Cornwall's first Business Improvement District (BID). A BID is a mechanism that secures business funding for a whole host of additional services and initiatives in Truro.

With thanks to the partners, Cornwall Sports Partnership, Event Cornwall, Totally Truro and Truro City Council, and all the sports groups and businesses who got involved!



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Business Improvement District

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Cornwall Sports Partnership

'Be Active Truro' is part of a wider initiative called Get Active Cornwall to encourage people of all ages to complete five 30 minute sessions of physical activity per week. The 'Be Active Truro' festival is a chance for the Cornwall Sports Partnership to find out what activities you want to do...

So look out for the CSP reps who will be asking people attending the festival, that exact question 'What activities do you want to do?'

Cornwall Sports Partnership is funded by Sport England to increase and sustain participation in community sport and physical activity. Working alongside our partners we ensure there is a co-ordinated approach to sport and physical activity for everyone in Cornwall, from young to old, and to help fulfil their sporting ambitions whether this is for fun and enjoyment, health or achievement.

For information on the Cornwall Sports Partnership visit www.cornwallsportspartnership.co.uk and for the Get Active Cornwall programme visit www.getactivecornwall.co.uk

Tel: 01872 323344

Email: info@cornwallsportspartnership.co.uk



Directory of sports businesses and gyms in Truro

A map, on the reverse, shows the locations of these businesses. Complete details of these businesses are at www.enjoytruro.co.uk (* not on website)

- 1 **Animal** Surf wear and equipment
King Street 01872 274792
- 2 **Boardwalk** Surf wear and equipment
Lemon Quay 01872 479222
- 3 **Clive Mitchell Cycles** Cycles and equipment
Calenick Street 01872 276930
- 4 **Cotswold Outdoor** Walking, all terrain, camping equipment and clothing
Lemon Quay 01872 222032
- 5 **Curves** Gym/fitness studio for women
St Clements Street 01872 321217
- 6 **Frixon** Surf & skate wear
Back Quay 01872 225355
- 7 **Gul** Surf wear and equipment
Pydar Street 01872 320118
- 8 **Henri Lloyd** Sailing and lifestyle clothing
Lemon Street 01872 263 855
- 9 **Jason Thomas Performance Arts** Dance Studio
Mallets Ope, Victoria Square 01872 262358
- 10 **Langdon Marine Chandlers** Independent boat shop
New Bridge Street 01872 272668
- 11 **Marks & Spencer** Sports clothing
Lemon Quay 01872 271511
- 12 **Millets** Walking, all terrain, camping equipment and clothing
Pydar Street 01872 240973
- 13 **Morgan's Gym *** Greenbottom 01872 561111
- 14 **Motivation Fitness** Gym and studios
Roberts Ope, Boscawen Street 01872 273057
- 15 **Mountain Warehouse** Walking, all terrain, camping equipment and clothing
Victoria Square 0207 8084606
- 16 **Penrose Outdoors** Walking, all terrain, camping equipment and clothing
Morlaix Ave 01872 270213
- 17 **Quiksilver Boardriders Club** Surf wear and equipment
River Street 01872 223224
- 18 **Shape Studios** Whole Body Vibration Plate Therapy
St Mary's Street Mews 01872 858838
- 19 **Sports Direct** Sportswear and equipment
Pydar Street 0844 3325394
- 20 **SJ's Skatestore** Skateboards, equipment and clothing
St Mary's Street 01872 223533
- 21 **Stringers Gym *** Gym
Newham Ind Estate 01872 272627
- 22 **The Gym *** Gym
Lemon Chapel Hill, William Street 01872 240032
- 23 **The Vor Shop** Surf clothing
Cathedral Lane 01209 211123
- 24 **Tony Pryce Sports Wipeout** Sportswear, equipment and surf wear
Lemon Quay 01872 273110
- 25 **TR1 Fitness** Gym
Calenick Street 01872 272272
- 26 **Truro Leisure Centre *** Gym and swimming pool
Truro College, Glasney Road 01872 261628
- 27 **West Country Watersports** Surf wear and equipment
Fairmante Street 01872 275342
- 28 **Whirlwind Sports** Surf wear and equipment
Lemon Quay 01872 277763

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Festival events

Monday 15 Active Day

29 Lemon Quay

The Sports Market will be on Lemon Quay all day, with an abundance of information on local clubs, college courses, healthy lifestyle and sports fashion.
10:00 - 16:00: Come and Try taster sessions with Cornwall Sports Partnership coaches. Hockey, athletics, basketball, Frisbee, netball and badminton.
12:00 - 14:00: Cornwall Netball will be demonstrating on the Quay. bring your trainers and join in!
12:00 - 13:00: Retro Aerobics. Get motivated with Motivation Fitness' high energy aerobics – retro style!

30 Boscawen Park

10:00 - 16:00: Come and Try sessions with Cornwall Sports Partnership coaches. Hockey, tag rugby, kwik cricket, rounders, tennis, Frisbee and volleyball.

31 Truro Running Club

18.30 - 19.30: A weekly walk/run session for over 18s £1 per session. Meet at Truro Rugby Club.

14 Motivation Fitness

17:15 - 18:15: Cornwall dance and drama workshop.

Tuesday 16 Active Day

29 Lemon Quay

The Sports Market will be on all day, to offer an abundance of information on local clubs, college sports courses, a healthy lifestyle and sports fashion.
10:00 - 16:00: Come and Try sessions with the Cornwall Sports Partnership coaches. Hockey, athletics, basketball, Frisbee, netball and badminton.
12:00 - 14:00: Byrne Black Belt Academy of Martial Arts will be demonstrating their skills which offer an exciting blend of kickboxing, sport karate, Thai boxing and Kung Fu in a fun and non-combative educational programme.

30 Boscawen Park

10:00 - 16:00: Come and Try sessions with the CSP coaches. Try tri golf, tag rugby, kwik cricket, rounders, tennis, Frisbee and volleyball.
18.30 - 19.30: A weekly walk/run session for over 18s of all abilities £1 per session. Meet at Boscawen Park.

32 Truro Cricket Club

18.30 - 20:00: Try Easy Cricket - the new game that can be played by anyone, anywhere!

14 Motivation Fitness

08:00 - 09:00: Start your day with Yoga.

Wednesday 17 Healthy Lifestyle Day

29 Lemon Quay

The Healthy Lifestyle market will be on Lemon Quay throughout the day alongside the weekly Truro Farmers Market with advice and information on nutrition, healthy workplace initiatives, BMI checks, getting back into fitness programmes and much more.
10:00 - 17:00: Show off your groovy moves! Have a go on the Dance Mat and burn calories at the same time. Come along and have a go!
12:00 - 14:00: See Truro Fencing Club in action as they duel on the quay! Truro Fencing Club is one of the UK's leading fencing clubs. Catering for fencers, of all ages and abilities, from 5-85+ and from absolute beginners to GB internationals.

30 Boscawen Park

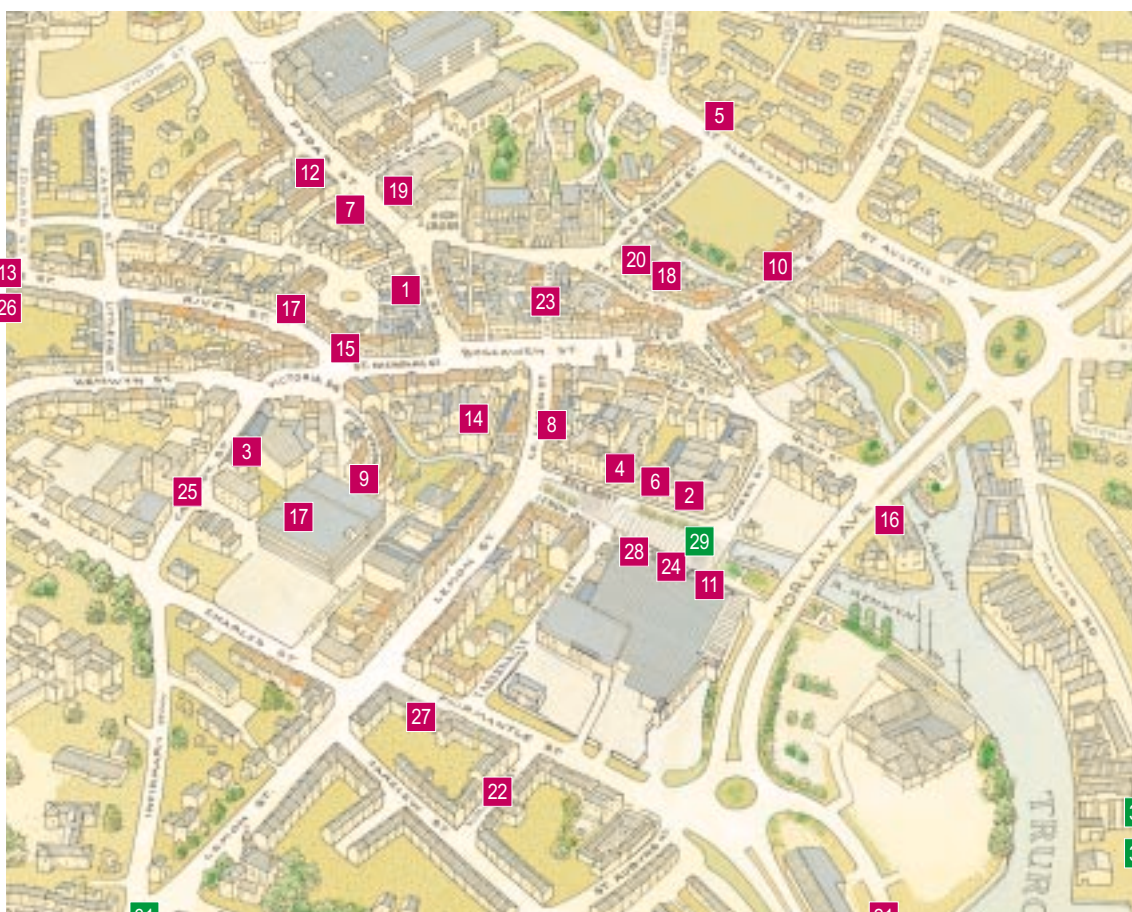
10:00 - 16:00: Come and Try sessions with the CSP coaches. Hockey, tag rugby, kwik cricket, rounders, tennis, Frisbee and volleyball.
18.30 - 19.30: A weekly walk/run session for over 18s of all abilities £1 per session. Meet at Boscawen Park.

31 Truro Rugby Club

18.15 - 20:00: Touch Rugby training. Over 18s of any ability welcome. Boots and appropriate clothing required. £2 per person.

14 Motivation Fitness

13:15 - 14:00: Try out a lunchtime Pilate's session.
17:15 - 18:15: Step and Tone



Thursday 18 Wheels Day

29 Lemon Quay

Clive Mitchell Cycles, Truro's premier cycle retailer will be on the Quay throughout the day giving demonstrations on their latest range of bikes and other products. They will also be joined by local cycling groups to offer information on joining in.
10:00 - 16:00: Come and Try free taster sessions with the CSP coaches. Have a go at golf and cycling.
12:00 - 13:00: If pastimes such as playing tennis or Sunday league football have never quite wetted your sporting appetite how about trying something a bit more exciting? Well now's your chance, come along for a free taster session on wheelchair basketball and see how well you can steer those wheels!
12:00 - 14:00: West Coast Cheerleading, Cornwall's all star cheerleading club will be performing. A great opportunity if you fancy having a go.

30 Boscawen Park

10:00 - 16:00: Come and Try free taster sessions with the Cornwall Sports Partnership coaches. Have a go at tri golf, tag rugby, kwik cricket, rounders, tennis, Frisbee and volleyball.

14 Motivation Fitness

12:00 - 13:00: Zumba with Anne Marie
17:15 - 18:15: Bikini Workout
20:00 - 21:00: Samba with Emma Skilton

Friday 19 Sports Day

29 Lemon Quay

10:00 - 16:00: Come and Try sessions with CSP coaches. Golf, hockey, athletics, basketball, Frisbee, netball and badminton.
12:00 - 14:00: It's the last day of the festival so it's time for Sports Day! The very words conjure up memories of eggs and spoons and tripping over your three legged partner. Well that's exactly what will be recreated on Lemon Quay! Teams of four people from local businesses will be battling it out to win the 'Be Active Truro' trophy and certificate to display proudly in the office! If you would like to enter a team of four call Becky on 01872 888089 or email becky@eventcornwall.co.uk

30 Boscawen Park

10:00 - 16:00: Come and Try free taster sessions with the Cornwall Sports Partnership coaches. Have a go at tri golf, tag rugby, kwik cricket, rounders, tennis, frisbee and volleyball.

14 Motivation Fitness

13:15 - 14:00: Stretch & Tone
18:00 - 19:00: Rave Aerobics

Get into the habit. Be active.

For further news about this event and other events in Truro visit www.enjoytruro.co.uk
 All events for this festival are FREE, unless shown otherwise, and no advance booking is required.



For further information on Cornwall Sports Partnership and the Get Active Cornwall programme visit www.getactivecornwall.co.uk

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