

# The North Somerset Strollers



Walking the way to health



## NAILSEA

All walks are on Mondays at 11am unless otherwise stated

- 7 June - Scotch Horn Leisure Centre, Brockway
- 14 June - Scotch Horn Leisure Centre, Brockway
- 21 June – Scotch Horn Leisure Centre, Brockway
- 28 June – Salthouse Fields Car Park, Clevedon
- 5 July – Grove Sports Centre, St Mary's Grove
- 12 July – Grove Sports Centre, St Mary's Grove
- 19 July – Grove Sports Centre, St Mary's Grove
- 26 July – Winscombe
- 2 August – Scotch Horn Leisure Centre, Brockway
- 9 August – Scotch Horn Leisure Centre, Brockway
- 16 August - Scotch Horn Leisure Centre, Brockway
- 23 August – Scotch Horn Leisure Centre, Brockway
- 30 August – Bank Holiday – NO WALK

We are keen to encourage those individuals who are not currently exercising or are unable to do anything too physically challenging. Walks will be both 30 and 60 minutes.

**PLEASE WEAR SUITABLE CLOTHING & FOOTWEAR** We regret that no dogs are allowed

To discuss the walks programme in more detail please call Sport & Active Lifestyles on 01275 810 995

## Health Walks

