



**ACTIVE COAST**

**SPRING  
PROGRAMME 2019**

**GET ACTIVE, BE HEALTHY AND  
ENJOY LIFE ON THE  
EAST YORKSHIRE COAST**

**JOIN IN  
FOR FREE**  
NO NEED TO BOOK  
JUST TURN UP  
UNLESS STATED

The iconic East Yorkshire coastline not only provides beauty, but a destination venue to be active.

Whether you want to hit the beach for some volleyball, be a coastal explorer, or enjoy one of our family fun days... it's all available through Active Coast this Spring.

**EXPLORE  
JOIN IN  
ENJOY**

#ActiveCoast





The Active Coast programme aims to provide opportunities to get active, be healthy and enjoy life on the East Yorkshire coast and is divided into the following three themes:

## EXPLORE

Out and about on the East Yorkshire coast



## JOIN IN

Take part in activities on the East Yorkshire coast



## ENJOY

Experience sport and cultural events on the East Yorkshire coast



Centred around the vibrant and active coastal towns of Bridlington, Hornsea and Withernsea the programme offers something for all ages.

So why not join us and celebrate East Yorkshire's active and vibrant beaches, promenades and open spaces! To find out more information about the Active Coast programme,

including events, activities and our partners visit our website or follow us on social media.

## SPRING OFFERS

Head to any of our main events and pick up a range of offers for our hubs on the coast.



## COASTAL EXPLORERS

Active and fun nature themed activities that explore the full East Yorkshire coast. Outdoor adventure fun for the family.

## ROCKPOOLING ADVENTURE

Monday, 8 April 10.30am - 1pm

Follow the tide out for a rockpooling adventure and finish with some beach art fun.

## WITHERNSEA BEACH CLEAN AND FOSSIL & FURLONGS

Monday, 15 April 9.30am - 12 noon

Clean up the beach and discover the fossil furlong trail.

## COVER THE COAST

A brand new programme for adults exploring the East Yorkshire Coast with a range of walks and outdoor coastal activities for adults.

## ROCKPOOLING

Friday, 5 April 10am - 12 noon

Join us at Flamborough, South Landing. Learn about the local area and its habitants.

## CLIFFS AND CAVES

Friday, 3 May 9 - 11.30am

Explore Flamborough headland and its spectacular landscape.

## FRICTION FIRELIGHTING

Friday, 7 June 10am - 4pm

Learn how to light a fire using traditional friction fire lighting techniques.



# HAVE A FIELD DAY

The perfect opportunity to get outdoors with family and friends. Come and join us this Spring at our Have A Field Days and celebrate all things active on the coast. So, bring a picnic and join in the fun!

## HORNSEA

Wednesday, 10 April 11am - 3pm  
Hornsea South Promenade,  
Graingers Field

.....

## BRIDLINGTON

Thursday, 11 April 11am - 3pm  
Limekiln Lane, Sewerby Cliff Top

.....

## WITHERNSEA

Monday, 15 April 1 - 4pm  
The Hut, Withernsea

.....

## HUMBER BRIDGE

Wednesday, 29 May 11am - 4pm  
Humber Bridge Country Park

## FEATURING:

- Climbing wall
- Extreme arena
- Sand, Stone and Woodland Workshops
- Football Cage
- Giant Inflatable Bootcamp and Freefall
- Slacklines
- Yorkshire Cricket
- Golf Foundation
- Nerf Zone
- Archery
- Face Painting
- Sumo Suits / Knock Your Block Off
- Cycling for all with Road Safety
- Photo Booth / Giant Deckchair
- Drumming Workshops
- Storytelling
- Yoga

Plus a range of sport, play and dance activities.



To check specific activities which may vary at each event, please visit:  
[ActiveCoast.org](http://ActiveCoast.org)



# EASTER HOLIDAYS

## SKYBALL BEACH VOLLEYBALL CLUB SEASON LAUNCH

Saturday, 6 April | 11am - 4pm  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 8+

## HUMBER BRIDGE STONE ART FAMILY WORKSHOP

Sunday, 7 April | 11am - 4pm  
Hessle Foreshore | Open to all

## COASTAL EXPLORERS ROCKPOOLING ADVENTURE

Monday, 8 April | 10.30am - 1.30pm  
Flamborough South Landing  
(Living Seas Centre) YO15 IAE  
Open to all | Booking Essential

## ALL RIDE OPEN DAY

Tuesday, 9 April | 11am - 3pm  
North Promenade, Bridlington  
(Victoria Terrace) YO15 2LX | 5+

## HAVE A FIELD DAY HORNSEA

Wednesday, 10 April | 11am - 3pm  
Hornsea Graingers Field and Hornsea Beach HUI8 IQB | Open to all

## HAVE A FIELD DAY BRIDLINGTON

Thursday, 11 April | 11am - 3pm  
Sewerby Cliff Top (Lime Kiln Lane)  
YO15 2LX | Open to all

## BEACH CRICKET

Friday, 12 April | 10am - 12 noon  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 6 - 16 years

## BEACH TENNIS

Friday, 12 April | 1 - 3pm  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 6 - 16 years

## OAA TEAM BUILDING INCLUDING SLACKLINES

Friday, 12 April | 1 - 3pm  
Sewerby Hall and Gardens  
YO15 IEA | Open to all  
General Admission Charges Apply

## COASTAL EXPLORERS, BEACH CLEAN AND FOSSIL & FURLONGS

Monday, 15 April | 9.30am - 12 noon  
Withernsea Beach / Promenade  
HUI9 2DN | Open to all

## HAVE A FIELD DAY WITHERNSEA

Monday, 15 April | 1 - 4pm  
Withernsea Memorial Gardens  
HUI9 2DN | Open to all

## BUSHCRAFT AND WILDLIFE WARRIOR

Monday, 15 April | 1 - 3pm  
Sewerby Hall and Gardens  
YO15 IEA | Open to all  
General Admission Charges Apply

## ALL RIDE OPEN DAY

Tuesday, 16 April | 11am - 3pm  
North Promenade, Bridlington  
(Victoria Terrace) YO15 2LX | 5+

## HAVE A BEACH DAY

Wednesday, 17 April | 11am - 3pm  
Bridlington South Beach (Foreshores)  
YO15 3LG | Open to all

## BEACH CRICKET

Thursday, 18 April | 10am - 12 noon  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 6 - 16 years

## BEACH TENNIS

Thursday, 18 April | 1 - 3pm  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 6 - 16 years

[f](#) [t](#) [YouTube](#) [#ActiveCoast](#)

## JOIN IN

Why not get involved with **parkrun** or **Walking for Health**? These take place all year round - see feature.

## HAVE A BEACH DAY

Wednesday, 17 April 11am - 3pm  
Bridlington South Beach  
(Foreshores Office)

This Sport, Play and Art themed beach day will include plenty of fun activities for all.

So bring your picnic and have fun on the beach!

## BEACH CRICKET AND TENNIS

Friday, 12 and Thursday, 18 April  
Friday, 31 May See timings in listings

Join us for fun skills, drills and games to help you learn and play the game.



# MAY HALF TERM

## SPRING FAMILY FUN DAY

Sunday, 26 May | 10am - 4pm  
Sewerby Hall and Gardens  
YO15 1EA | Open to all  
General admission charges apply

## ALL RIDE OPEN DAY

Tuesday, 28 May | 11am - 3pm  
North Promenade, Bridlington  
(Victoria Terrace) YO15 2LX | 5+

## SPORT AND PLAY DAY

Tuesday, 28 May | 1 - 4pm  
Hornsea Graingers Field HUI8 IQB  
Open to all

## HAVE A FIELD DAY

Wednesday, 29 May | 11am - 4pm  
Humber Bridge Country Park  
HUI3 0HB | Open to all

## SPORT AND PLAY DAY

Thursday, 30 May | 1 - 4pm  
Withernsea Memorial Gardens  
HUI9 2DN | Open to all

## BEACH CRICKET

Friday, 31 May | 10am - 12 noon  
Bridlington South Cliff Beach  
(Park & Ride) YO15 3QN | 6 - 16 years

## JOIN IN ONLINE

   #ActiveCoast

## BEACH TENNIS

Friday, 31 May | 1 - 3pm  
Bridlington South Cliff Beach (Park & Ride) YO15 3QN | 6 - 16 years

## FAMILY CLASSIC GAMES & PLAY ACTIVITIES

Friday, 31 May | 1 - 3pm  
Sewerby Hall and Gardens  
YO15 1EA | Open to all  
General Admission Charges Apply

## SKYBALL BEACH VOLLEYBALL TRAINING CAMP 4

Sunday, 2 June | 10am - 5pm  
Bridlington South Cliff Beach (Park & Ride) YO15 3QN | Open to all



## JOIN IN

Why not get involved with parkrun or Walking for Health? These take place all year round - see feature.



## SPRING FAMILY FUN DAY

**Sewerby Hall and Gardens** 10am - 4pm  
**Sunday, 26 May**

A day jam-packed with serious amounts of fun and games including giant inflatables, Punch and Judy shows, face painting and donkey rides. A variety of games and activities will be provided by the Active Coast Team. General admission charges apply.

Look out for other holiday sessions within the weekly listings.

# BRIDLINGTON KITE FESTIVAL

SAT 18 & SUN 19 MAY

Sewerby Cliff Top (Lime Kiln Lane)  
10am - 4pm

INTERNATIONAL KITE FLYING DISPLAY

STREET FOOD STALLS  
NERF & FOOTBALL ZONES  
FAIRGROUND RIDES  
GIANT INFLATABLES  
CLIMBING WALL  
FACE PAINTING



## TOUR DE YORKSHIRE IS BACK!

The world's top cyclists will be back in the East Riding on Saturday, 4 May to contest the Tour de Yorkshire, on route from Bridlington to Scarborough. At the start there will be an exciting programme of street theatre acts entertaining crowds.

To view the route and timings visit: [LeTourYorkshire.com](http://LeTourYorkshire.com)



# PARKRUN



## EVERY SATURDAY

Sewerby Hall and Gardens  
YO15 1EA 9am start

Humber Bridge Country Park  
HU13 0HB 9am start

Enjoy two stunning 5k courses for all abilities. Run, jog or walk and meet the fantastic team of volunteers.

Sign up for free at  
[www.parkrun.org.uk/register](http://www.parkrun.org.uk/register)

# SAND, STONE AND WOODLAND WORKSHOPS



## HUMBER BRIDGE STONE ART

Sunday, 7 April 11am - 4pm  
Hessle Foreshore

## HORNSEA HAVE A FIELD DAY

Wednesday, 10 April 11am - 3pm  
Hornsea Beach

## HAVE A FIELD DAY

Wednesday, 29 May 11am - 4pm  
Humber Bridge Country Park



# MILE MARKERS

Follow the trails in our coastal towns, explore the seafronts and keep fit with a fun walk.

## BRIDLINGTON

Enjoy two routes that stretch nearly three miles from the Park & Ride all the way to Sewerby Hall. Download a map from [ActiveCoast.org](http://ActiveCoast.org) and see if you can find all of our iconic markers along the way.

## HORNSEA

Enjoy this 1k route along Hornsea South promenade. Kids can grab a piece of paper and some crayons to collect rubbings of all five sea birds shown on the markers.

## WITHERNSEA

Enjoy finding the newly installed fossil and furlong markers. Learn about the history as you explore the route.



# ALL RIDE OPEN DAYS

Tuesdays 11am - 3pm  
9 and 16 April and 28 May

Join us for free at our All Ride Open Days this Spring. All Ride is an adapted cycling scheme. A wide range of adapted bikes for various disabilities... and standard bikes for family/carers too!

# WALKING FOR HEALTH

Join in with weekly walks, for anyone who has an interest in walking or wants to slowly introduce exercise. Enjoy getting active, meet new people and get a bit fitter.



## SEWERBY

Sewerby Hall and Gardens  
YO15 2QQ

One hour walk every Tuesday, 10.30am

Two hour longer progression walks every other Tuesday, 10am

## BRIDLINGTON

East Riding Leisure Bridlington  
YO15 2QQ

One hour walk every Thursday, 10am

## HORNSEA

Floral Hall Cafe, Hornsea  
HU18 1NQ

One hour walk every Wednesday, 11am

## WITHERNSEA

East Riding Leisure Withernsea  
YO15 2QA

One hour walk every Wednesday, 9.30am

Two hour longer progression walks every other Monday, 9am

For specific meeting points for each area please visit  [www.ActiveCoast.org](http://www.ActiveCoast.org)

# GO SPIKE BEACH VOLLEYBALL



## ROCK UP AND PLAY

The Beach Volleyball courts are installed from March to October and are free to use for all. Rock up and play with your own equipment or hire a ball at the Foreshores / Park & Ride office for a refundable deposit.

**COURT LOCATIONS**

Bridlington South and South Cliff Beaches

## SKYBALL BEACH VOLLEYBALL CLUB

**Season Launch** Saturday, 6 April (Open to all)  
**Training Camps** 28 April, 5 May and 2 June (Bookable)

Providing top class training sessions for all ages and abilities to help you learn and play the game. For further dates, bookings or to become a member visit [skyballclub.co.uk](http://skyballclub.co.uk)

# ACTIVE COAST PARTNERS

## Skyball

For all things Beach Volleyball visit [www.skyballclub.co.uk](http://www.skyballclub.co.uk)

## Yorkshire Wildlife Trust

Supporting the Coastal Explorer programme. To find out more visit [www.ywt.org.uk](http://www.ywt.org.uk)

## East Coast Beach Soccer

For more information visit [@beachsoccereastcoast](https://twitter.com/beachsoccereastcoast)

## Yorkshire Cricket Board

Find out how to get involved in Cricket within Yorkshire, visit [www.yorkshirecb.com](http://www.yorkshirecb.com)



Yorkshire Wildlife Trust

[www.activecoast.org](http://www.activecoast.org)

## Surfers Against Sewage

Keeping our beaches clean. For more information visit [www.sas.org.uk](http://www.sas.org.uk)



**ACTIVE COAST**



**NEED TO BOOK A PLACE?**

Call Sport, Play and Arts!

**SPORT, PLAY AND ARTS SERVICE**

☎ (01482) 395320

@ sportplayarts@eastriding.gov.uk

**FORESHORES OFFICE**

☎ (01262) 678255

@ forehores@eastriding.gov.uk

**JOIN IN ONLINE**

USE THE HASHTAG

**#ActiveCoast**

For further information about all Active Coast events, please visit:

[www.ActiveCoast.org](http://www.ActiveCoast.org)

This document can be made available in other languages or formats if required. To request another format, please contact us on Tel: (01482) 395320 or Email: sportplayarts@eastriding.gov.uk

**COMING THIS SUMMER!**

**LAND, SAND AND STONE FESTIVAL**

**COASTAL EXPLORERS**

**HAVE A BEACH DAYS**

**HAVE A FIELD DAYS**

**UKBT GRAND SLAM SERIES**

