



Jogging & Running

Jog Walsall Couch to 5K

FREE programme to get you off the couch and running 5km in 12 weeks

Mondays: Willenhall Memorial Park
(meet at Pavillion) 1:30pm – 2:30pm

Monday: Walsall Arboretum
(meet at visitor centre) 5:30pm – 6:30pm

**In partnership with Kaleidoscope Wellbeing
£1.00 fee applies**

Wednesday: Bloxwich Active Living
Centre (meet inside centre) 10:00am –
11:00am

Wednesday: Bloxwich Active Living Centre
(meet inside centre) 7:00pm – 8:00pm

Thursday: Oak Park Active Living Centre
(meet inside centre) 10:00am – 11:00am

Thursday: St Michaels Church Hall
(meet outside hall) 7:00pm – 8:00pm

Friday: Walsall Arboretum
(meet at visitor centre) 1:00pm – 2:00pm

**For a full listing of all
Jog Walsall sessions visit:**

[https://groups.runtogether.co.uk/
jogwalsall](https://groups.runtogether.co.uk/jogwalsall)

Aldridge Running Club

Club Nights: Tuesdays 7.15pm and
Thursdays, 6.30pm

Contact: enquiriesarc@hotmail.co.uk
www.aldridgerunningclub.co.uk

Sneyd Striders

Club Nights: Tuesdays and Thursdays, 7pm

Contact: secretary@sneydstriders.org.uk
www.sneydstriders.org.uk

Walsall Arboretum parkrun

Free, Weekly, Timed, 5km
Every Saturday 9:00am in Walsall Arboretum

Register at: www.parkrun.org.uk/walsall
Facebook: [walsallarboetumparkrun](https://www.facebook.com/walsallarboetumparkrun)

Bloxwich junior parkrun

Free, Weekly, Timed, 2km, 4-14 year olds
Every Sunday 9:00am start in
King Georges Park, Bloxwich

Register at: [www.parkrun.org.uk/
bloxwich-juniors](http://www.parkrun.org.uk/bloxwich-juniors)

Facebook: [bloxwichjuniorparkrun](https://www.facebook.com/bloxwichjuniorparkrun)



For further information contact
Sport and Leisure: 01922 658080