

EXPLORE • JOIN IN • ENJOY

#ActiveCoast



ACTIVE COAST

SUMMER PROGRAMME AND MORE 2024

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

**ACTIVITIES
FREE
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 summer.

*Some activities will require booking



EAST RIDING
OF YORKSHIRE COUNCIL





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 beaches, promenades and open spaces! To find out more information about the Active Coast

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

ActiveCoast.org

#ActiveCoast

Most of our sessions are turn up on the day however some you will need to book in advance via the website. If you need to cancel your booking, please contact active.communities@eastriding.gov.uk or call us on [\(01482\) 395320](tel:01482395320)

ACTIVE COAST PARTNERS

Skyball

For all things beach volleyball
skyballclub.co.uk

Yorkshire Wildlife Trust

Supporting the Coastal Explorer programme
ywt.org.uk

East Coast Beach Soccer

beachsoccereastcoast

Yorkshire Cricket Board

Find out how to get involved
yorkshirecb.com

James Brunt

jamesbruntartist.co.uk

Surfers Against Sewage

Keeping our beaches clean
sas.org.uk

East Yorkshire SUP

eastyorkshiresup.com

Whitby Wellbeing

whitbywellbeing.com

East Riding Coast and Countryside

eastridingcoastandcountryside.co.uk/coast/coastal-activities

Thread and Press CIC

threadandpress.co.uk

Wildcats Crafts

craftywildcats@aol.com



BEACH VOLLEYBALL EVENTS AND ACTIVITIES



ACTIVE COAST SKYBALL BEACH VOLLEYBALL WORKSHOPS

Saturday, 17 to Sunday, 18 August

Three workshops per day:

Workshop one: 10.30 - 11.45am

Workshop two: 1 - 2.15pm

Workshop three: 2.30-3.45pm

Join Skyball as they offer various one hour long sessions throughout the weekend for the wider public to give beach volleyball a go.

With the guidance of experienced and qualified

coaches, you'll have the opportunity to learn the fundamentals of beach volleyball and also enjoy the playtime with your family or friends.

Bridlington South Cliff Beach, Park and Ride Car park, Belvedere Parade, Bridlington YO15 3QN

Age requirement: Suitable for ages 12+ with an accompanying adult. Pop up sessions - no need to book.

All sessions are free of charge.

YORKSHIRE SERIES 2-UKBT3

Saturday, 20 July 9am - 5pm

Richie's Cafe, Princess Mary Promenade, South Beach, Bridlington, YO15 3LG

NORTHERN OPEN-UKBT4

June 22 and 23 9am to 5pm

Bridlington South Cliff Beach, Park and Ride Car park, Belvedere Parade, Bridlington YO15 3QN

SAND AND STONE ART WORKSHOPS WITH JAMES BRUNT

Join the creative professional artist James Brunt for a series of Beach sand and stone art workshops at various locations along the East Yorkshire Coastline.

WITHERNSEA BEACH, PIER TOWERS

Saturday, 20 July 10am - 3.30pm

HORNSEA TRANSPENINE TRAIL MONUMENT

Saturday, 24 August 11am - 5pm



WITHERNSEA BEACH, PIER TOWERS

Sunday, 25 August 11am - 5pm

BRIDLINGTON NORTH BEACH

Monday, 26 August 11am - 5pm



**NO BOOKING REQUIRED,
TURN UP ON THE DAY!**

WEEK ONE SATURDAY, 20 JULY - SUNDAY, 28 JULY 2024

SAND AND STONE ART WITH JAMES BRUNT

Saturday, 20 July | 10am-3:30pm | Withernsea Beach, Pier Towers | No booking required, just turn up (families welcome)

PLASTIC FREE BEACH CLEAN AND LITTER PICK

Sunday, 21 July | 10am-2pm | Hornsea Hub, Hornsea | No booking required, just turn up (families welcome)

DISC GOLF

Sunday, 21 July | 1.30-2.30pm | Withernsea Memorial Gardens | No booking required, just turn up (families age 4+)

FAMILY FUN GAMES

Monday, 22 July | 12.30-2.30pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up

TAG RUGBY / AMERICAN FOOTBALL

Monday, 22 July | 3-5pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up

JUNIOR NETBALL WITH ENGLAND NETBALL

Monday, 22 July | 1-2.30pm | Age 6+ | Graingers Field, Hornsea | Booking essential [@ ActiveCoast.org](#)

ADULT NETBALL WITH ENGLAND NETBALL

Monday, 22 July | 6-7.30pm | Age 16+ | Graingers Field, Hornsea | Booking essential [@ ActiveCoast.org](#)

ADULT BEACH YOGA

Tuesday, 23 July | 7.30-8.30am | Age 16+ | Bridlington South Cliff Beach | No booking required, just turn up

TAG RUGBY / AMERICAN FOOTBALL

Tuesday, 23 July | 10am-12 noon | Age 6+ | Hornsea Graingers Field | No booking required, just turn up

FOOTBALL SKILLS N DRILLS

Tuesday, 23 July | 1-3pm | Age 6+ | Hornsea Graingers Field | No booking required, just turn up

FAMILY PADDLEBOARDING

Tuesday, 23 July | 12.30pm, 2.15pm, 4.30pm and 6pm | Age 8+ | Baswick Landing, Brandesburton | Booking opens six days before via [@ ActiveCoast.org](#)

BEACH SAUNA, BREATHWORK, WILD SWIM AND YOGA WITH WHITBY WELLBEING

Wednesday, 24 July | 8-10.30am | Age 16+ | Bridlington South Cliff Beach | Booking essential via [@ ActiveCoast.org](#)

COASTAL EXPLORERS: COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 24 July | 10am-12 noon | Age 5+ | Living Seas Centre, Flamborough | Booking essential via [@ ActiveCoast.org](#) (families all ages welcome)

COASTAL EXPLORERS: ROCKPOOL SAFARI WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 24 July | 1-3pm | Age 5+ | Living Seas Centre, Flamborough | Booking essential via [@ ActiveCoast.org](#) (families welcome)

ADULT BEACH YOGA

Wednesday, 24 July | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No booking required, just turn up

ADULT BEACH YOGA

Thursday, 25 July | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No booking required, just turn up

COASTAL EXPLORERS: BUSHCRAFT AND ROCKPOOLING (INCLUDING FORAGING AND PLANT ID) WITH REWILDING YOUTH

Thursday, 25 July | 10-12 noon | Age 5+ | Danes Dyke Nature Reserve, Flamborough | Booking essential via [@ ActiveCoast.org](#)

SEWERBY HAVE A FIELD DAY

Thursday, 25 July | 10am-3.30pm | Sewerby Hall and Gardens, Church Lane, Sewerby YO15 1ED | No need to book, just turn up. Entry fees apply at Sewerby (families welcome)

BEACH MULTI-SPORTS

Friday, 26 July | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up

ALL RIDE

Friday, 26 July | 11am-3pm | Bridlington North Promenade: Victoria Terrace | Turn up on the day or pre-book a time slot by calling (01482) 844422 with last booking slot 2pm (families welcome)

PARK RUN: HESSE

Saturday, 27 July | 9am | Hessle Country Park (use the carpark near black windmill) | Age 16+ | Turn up on the day (families welcome)

PARK RUN: SEWERBY HALL

Saturday, 27 July | 9am | Sewerby Hall and Gardens | Age 16+ | Register via their website [@ parkrun.org.uk](#)

WILDCATS WILD CRAFTS

Sunday, 28 July | 11am-1pm | Humber Bridge Country Park (windmill car park) | No booking required, just turn up (families welcome)

BEACH SPORTS / ACTIVITIES

BEACH CRICKET AND MULTI-SPORTS WITH YORKSHIRE CRICKET BOARD

Friday, 23 August | 10am-12 noon

Bridlington South Cliff Beach

BEACH MULTI-SPORTS:

Friday, 26 July | 1-3pm

Friday, 2 August | 1-3pm

Wednesday, 14 August | 10am-12 noon

Wednesday, 14 August | 1-3pm

Friday, 16 August | 1-3pm

Bridlington South Cliff Beach

BEACH BOOTCAMPS

Thursday, 1 August | 10am-12 noon

Thursday, 22 August | 1-3pm

Thursday, 29 August | 10am-12 noon

Bridlington South Cliff Beach

BEACH FOOTBALL

Tuesday, 30 July | 1-3pm

Friday, 23 August | 1-3pm

Friday, 30 August | 1-3pm

Bridlington South Cliff Beach

NO BOOKING REQUIRED, TURN UP ON THE DAY!

Must be accompanied by an adult. For ages 6+.

TAG RUGBY / AMERICAN FOOTBALL

Monday, 22 July | 10am-12 noon | Valley Gardens, Withernsea

Thursday, 1 August | 1-3pm | Bridlington South Cliff

Monday, 5 August | 1-3pm | Hornsea Graingers Field

Friday, 9 August | 1-3pm | Valley Gardens, Withernsea

Thursday, 22 August | 10am-12 noon | Bridlington South Cliff Beach

Thursday, 29 August | 1-3pm | Bridlington South Cliff Beach



FAMILY FUN DAY

Thursday, 25 July | 10.30am-3.30pm

Sewerby Hall and Gardens

Come and enjoy the Summer Family Fun Day. This exciting outdoor event will be filled with action-packed fun and activities including slacklines, sport, play, workshops, giant inflatables, face painting and much, much, more. Standard admission charges apply. Face painting is an additional £3 per person - cash only.

For more information on activities and events please visit [@ sewerbyhall.co.uk](#)



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

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

EVERY SATURDAY

9am starts at:
**Sewerby Hall and Gardens
YO15 1EA** or
**Humber Bridge Country Park
HUI3 0HB**
Ages 16+

WEEK TWO MONDAY, 29 JULY - SUNDAY, 4 AUGUST 2024

BEACH PILATES

Monday, 29 July | 8-9am | Age 16+ | Hornsea Beach, Morrow Avenue | No need to book, just turn up

FOOTBALL SKILLS N DRILLS

Monday, 29 July | 10am-12 noon | Age 6+ | Graingers Field, Hornsea | No booking required, just turn up

KIDS / FAMILY BOOTCAMP

Monday, 29 July | 1-3pm | Graingers Field, Hornsea Age 6+ | No booking required, just turn up

ADULT BEACH YOGA

Tuesday, 30 July | 7.30-8.30am | Bridlington South Cliff Beach | Age 16+ | No booking required, just turn up

FAMILY PADDLEBOARDING

Tuesday, 30 July | 11am, 12.45pm, 2.45pm and 4.30pm Age 8+ | Baswick Landing, Brandedburton | Booking opens six days before via [ActiveCoast.org](#)

BEACH FOOTBALL

Tuesday, 30 July | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up

COASTAL EXPLORERS: SEABIRD CITY GUIDED WALK WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 31 July | 10am-12 noon | Meet at North Landing Cafe, Flamborough | Booking required via [ActiveCoast.org](#) (families welcome)

COASTAL EXPLORERS: COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 31 July | 1-3pm | Living Seas Centre Booking required via [ActiveCoast.org](#) (families welcome)

KIDS / FAMILY BOOTCAMP

Wednesday, 31 July | 1-3pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up



ADULT BEACH YOGA

Wednesday, 31 July | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No booking required, just turn up

ADULT BEACH YOGA

Thursday, 1 August | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No booking required, just turn up

KIDS / FAMILY BEACH BOOTCAMP

Thursday, 1 August | 10am-12 noon | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up (families welcome)

TAG RUGBY / AMERICAN FOOTBALL

Thursday, 1 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up (families welcome)

BEACH MULTI-SPORTS

Friday, 2 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up

ALL RIDE

Friday, 2 August | 11am-3pm | Bridlington North Promenade: Victoria Terrace | Turn up on the day or pre-book a time slot by calling (01482) 844422 with last booking slot at 2pm (families welcome)

PARKRUN: HESSELE COUNTRY PARK

Saturday, 3 August | 9am | Age 16+ | Hessle Country Park Register via their website [parkrun.org.uk](#)

PARKRUN: SEWERBY HALL

Saturday, 3 August | 9am | Age 16+ | Sewerby Hall and Gardens | Register via their website [parkrun.org.uk](#)



COASTAL EXPLORERS

Active and fun nature themed activities. Join our friendly staff for weekly outdoor adventures and explore the East Yorkshire coast. Fun for all the family, so don't miss out!

COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Living Seas Centre, Flamborough
Families welcome

Wednesday, 24 July 10am-12 noon

Wednesday, 31 July 1-3pm

Wednesday, 7 August 10am-12 noon

ROCKPOOL SAFARI WITH YORKSHIRE WILDLIFE TRUST

Living Seas Centre, Flamborough
Families welcome

Wednesday, 24 July 1-3pm

Wednesday, 7 August 1-3pm

Wednesday, 21 August 12.30-2.30pm

COASTAL BUSHCRAFT AND ROCKPOOLING (INCLUDING FORAGING AND PLANT ID) WITH REWILDING YOUTH

Danes Dyke Nature Reserve, Flamborough
Families welcome, age 5+

Thursday, 25 July 10am-12 noon

SEABIRD CITY GUIDED WALK WITH YORKSHIRE WILDLIFE TRUST

North Landing Cafe, Flamborough
Families welcome

Wednesday 31 July 10am-12 noon

Limited places and booking essential via:

[ActiveCoast.org](#)

COASTAL BUSHCRAFT AND ROCKPOOLING (INCLUDING FORAGING AND PLANT ID) WITH REWILDING YOUTH

North Landing, Flamborough

Families welcome, age 5+

Monday, 5 August 10am-12 noon

FAMILY LAND ART AND NATURAL DREAMCATCHER CRAFTS

Hessle Country Park (second meadow)
Families welcome

Wednesday, 14 August 10am-12 noon

BUSHCRAFT, OUTDOOR ADVENTURE AND SURVIVAL SKILLS

Hessle Country Park (second meadow)
Families welcome

Wednesday, 14 August 1-3pm

FAMILY LAND ART AND NATURAL DREAMCATCHER CRAFTS

Hornsea Orchard (access via Tesco Car park)
Families welcome

Monday, 19 August 10.30am-12.30pm

FOSSIL HUNT, COASTAL BUSHCRAFT AND ROCK-POOLING (INCLUDING FORAGING AND PLANT ID) WITH REWILDING YOUTH

Mapleton Beach

Families welcome, age 6+

Monday, 19 August 10am-12 noon

WEEK THREE MONDAY, 5 AUGUST - SUNDAY, 11 AUGUST 2024

COASTAL EXPLORER: BUSHCRAFT AND ROCKPOOLING

Monday, 5 August | 10am-12 noon | Age 5+ | North Landing Car park, Flamborough | (including foraging and plant ID) with Rewilding Youth | Booking essential via [ActiveCoast.org](#)

WILDCATS WILD CRAFTS

Monday, 5 August | 11am-1pm | Hornsea Promenade, near Floral Hall, Hornsea | No booking required, just turn up (families welcome)

TAG RUGBY / AMERICAN FOOTBALL

Monday, 5 August | 1-3pm | Hornsea Graingers Field | Age 6+ | No booking required, just turn up

ADULT BEACH YOGA

Tuesday, 6 August | 7.30am-8.30am | Age 16+ | Bridlington South Cliff Beach | No booking required, just turn up

FOOTBALL SKILLS N DRILLS

Tuesday, 6 August | 10am-12 noon | Age 6+ | Graingers Field, Hornsea | Booking essential via [ActiveCoast.org](#)

FAMILY PADDLEBOARDING

Tuesday, 6 August | 12.30pm, 2.15pm, 4.30pm, 6pm | Age 8+ | Baswick Landing, Bransburton | Booking opens six days before via [ActiveCoast.org](#) (families welcome)

BEACH SAUNA, BREATHWORK, WILD SWIM AND YOGA WITH WHITBY WELLBEING

Wednesday, 7 August | 10am-12.30pm | Age 16+ | Hornsea Mermaids Beach, Hornsea | Booking essential via [ActiveCoast.org](#)

COASTAL EXPLORER: COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 7 August | 10am-12 noon | Living Seas Centre, Flamborough | Booking essential via [ActiveCoast.org](#)

COASTAL EXPLORER: ROCKPOOL SAFARI WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 7 August | 1-3pm | Living Seas Centre, Flamborough | Booking essential via [ActiveCoast.org](#)

SEWERBY

Sewerby Hall and Gardens YO15 1EA
One hour walk, 10.30am (every other Tuesday) and two hour walk, 10am (first and third Wednesday of the month)

HORNSEA

Hornsea Hub HU18 1PZ

One hour walk every Wednesday, 11am

FAMILY FUN GAMES

Wednesday, 7 August | 1-3pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up

ADULT BEACH YOGA

Wednesday, 7 August | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No need to book, just turn up

ADULT BEACH YOGA

Thursday, 8 August | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No booking required, just turn up

HAVE A FIELD DAY

Thursday, 8 August | 11-3pm | South Promenade, Graingers Field, Hornsea, HU18 1QB | No need to book, just turn up (families of all ages welcome)

DISC GOLF

Thursday, 8 August | 1-2pm | Age 4+ | Valley Gardens, Withernsea | No need to book, just turn up

ALL RIDE

Friday, 9 August | 11am-3pm | Bridlington North Promenade: Victoria Terrace | Turn up on the day or pre-book a time slot by calling (01482) 844422 with last booking slot is 2pm (families welcome)

TAG RUGBY / AMERICAN FOOTBALL

Friday, 9 August | 1-3pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up

BEACH BOOTCAMP

Friday, 9 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No booking required, just turn up

PARKRUN: HESSELE COUNTRY PARK

Saturday, 10 August | 9am | Age 16+ | Hesle Country Park Register via their website [parkrun.org.uk](#)

PARKRUN: SEWERBY HALL

Saturday, 10 August | 9am | Age 16+ | Sewerby Hall and Gardens | Register via their website [parkrun.org.uk](#)

WITHERNSEA

East Riding Leisure,
Withernsea
HU19 2QA

One hour walk every
Wednesday, 9.30am
Two hour longer progression
walks every other Monday, 9am



HAVE A FIELD DAY

Come and join us at our summer Have A Field Days, celebrating all things active on the coast. So, bring a picnic and join in the fun!

WITHERNSEA

Thursday, 15 August

11am-3pm

Memorial and Valley Gardens

**GREAT
FAMILY
DAYS**

This exciting outdoor event will be filled with action-packed fun and activities including slacklines, sport, play, workshops, giant inflatables, face painting and much, much, more.



***BOOKING ESSENTIAL
VIA ACTIVECOAST.ORG**

FAMILY NATURE CRAFTS

OUTDOOR CRAFTS WITH WILDCATS

Sunday, 28 July 11am-1pm

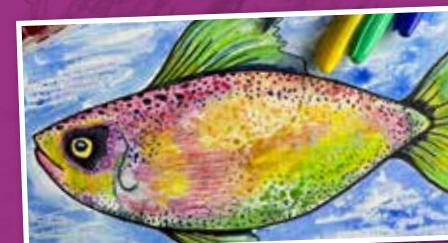
Hesle Country Park (car park near the black windmill) Families of all ages welcome, just turn up!

Monday, 5 August 11am-1pm

Hornsea Promenade, near Floral Hall, Hornsea Families of all ages welcome, just turn up!

Monday, 19 August 11am-1pm

Withernsea Valley Gardens Families of all ages welcome, just turn up!



MIXED MEDIA FISH WITH

THREAD AND PRESS * Families aged 5+

Friday, 16 August 10am-12 noon

Hornsea Beach, Transpennine Trail Monument

Friday, 16 August 1-3pm

Memorial Gardens, Hornsea

FAMILY DRAWING WORKSHOP WITH THREAD AND PRESS *

Friday, 23 August 10am-12 noon and 1-3pm

Humber Bridge Country Park (second meadow)

FAMILY LAND ART AND NATURAL

DREAMCATCHER CRAFTS * Families aged 5+

Wednesday, 14 August 10am-12 noon

Humber Bridge Country Park (second meadow)

Monday, 19 August 10.30am-12.30pm

Hornsea Orchard (access via Tesco car park)

WEEK FOUR MONDAY, 12 AUGUST - SUNDAY, 18 AUGUST 2024

ADULT NETBALL WITH ENGLAND NETBALL

Monday, 12 August | 10-11.30am | Hornsea Graingers Field
Age 16+ | Booking essential via [ActiveCoast.org](#)

JUNIOR NETBALL WITH ENGLAND NETBALL

Monday, 12 August | 1-2.30pm | Hornsea Graingers Field
Age 5+ | Booking essential via [ActiveCoast.org](#)

ADULT BEACH YOGA

Tuesday, 13 August | 7.30-8.30am | Bridlington South Cliff Beach | Age 16+ | No need to book, just turn up

FAMILY PADDLEBOARDING

Tuesday, 13 August | 11am, 12.45pm, 2.45pm and 4.30pm
Families age 8+ | Baswick Landing, Brandesburton
Booking opens six days before via [ActiveCoast.org](#)

FAMILY FUN GAMES

Tuesday, 13 August | 1-2.30pm | Age 6+ | Withernsea Valley Gardens | No need to book, just turn up

KIDS / FAMILY BOOTCAMP

Tuesday, 13 August | 3-4.30pm | Age 6+ | Valley Gardens, Withernsea | No booking required, just turn up

MULTI-SPORTS

Wednesday, 14 August | 10am-12 noon | Bridlington South Cliff Beach | No booking required, just turn up

FAMILY LAND ART AND NATURAL DREAMCATCHER CRAFTS

Wednesday, 14 August | 10am-12 noon | Hessle Country Park | Booking essential via [ActiveCoast.org](#)
(families of all ages welcome)

COASTAL EXPLORERS: BUSHCRAFT, OUTDOOR ADVENTURE AND SURVIVAL SKILLS

Wednesday, 14 August | 1-3pm | Age 6+ | Hessle Country Park | Booking essential via [ActiveCoast.org](#)
(families welcome)

MULTI-SPORTS

Wednesday, 14 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

ADULT BEACH YOGA

Wednesday, 14 August | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No booking required, just turn up

ADULT BEACH YOGA

Thursday, 15 August | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No booking required, just turn up

HAVE A FIELD DAY

Thursday, 15 August | 11am-3pm | Valley Gardens, Withernsea | No booking required, just turn up
(families of all ages welcome)

BEACH MULTI-SPORTS

Friday, 16 August | 1-3pm | Age 6+ | Bridlington North Promenade: Victoria Terrace | No need to book, just turn up

ALL RIDE

Friday, 16 August | 11am-3pm | Age 5+ | Bridlington North Promenade: Victoria Terrace | Turn up on the day or pre-book a time slot by calling [\(01482\) 844422](#) with last booking slot is 2pm (families welcome)

CRAFTS WITH THREAD AND PRESS:

MIXED MEDIA FISH

Friday, 16 August | 10am-12 noon | Age 5+ | Hornsea Beach, Transpennine Trail monument | Booking essential via [ActiveCoast.org](#) (families welcome)

CRAFTS WITH THREAD AND PRESS:

MIXED MEDIA FISH

Friday, 16 August | 1-3pm | Age 5+ | Memorial Gardens, Hornsea | Booking essential via [ActiveCoast.org](#)
(families welcome)

PARKRUN: HESSELE COUNTRY PARK

Saturday, 17 August | 9am | Age 16+ | Hesle Country Park
Register via their website [parkrun.org.uk](#)

PARKRUN: SEWERBY HALL

Saturday, 17 August | 9am | Age 16+ | Sewerby Hall and Gardens | Register via their website [parkrun.org.uk](#)

SKYBALL FAMILY BEACH VOLLEYBALL

Saturday, 17 August | 10am-4pm | Bridlington South Cliff Beach, Park and Ride | No need to book, just turn up
Individual workshop times and information can be found on page 2 of this booklet.

PLASTIC FREE BEACH CLEAN AND LITTER PICK

Sunday, 18 August | 10am-2pm | Hornsea Hub, Hornsea
No booking required, just turn up (families welcome)

SKYBALL FAMILY BEACH VOLLEYBALL

Sunday, 18 August | 10am-4pm | Bridlington South Cliff Beach, Park and Ride | No need to book, just turn up
Individual workshop times and information can be found on page 2 of this booklet.

FIND MORE INFORMATION ONLINE [ACTIVECOAST.ORG](#)

NEED TO
CANCEL?
Find our contact
details on the
back page!

BEACH YOGA AND WELLBEING EVERY WEEK

*NO BOOKING REQUIRED,
TURN UP ON THE DAY!

BEACH SAUNA, BREATHWORK, WILD SWIM AND YOGA WITH WHITBY WELLBEING

Booking essential via [ActiveCoast.org](#)

Wednesday, 24 July

Wednesday, 21 August

Bridlington South Cliff Beach 8-10.30am
No need to book, just turn up. Age 16+

Wednesday, 7 August

Hornsea Mermaids Beach, Hornsea 10am
12.30pm. No need to book, just turn up.
Age 16+

YORKSHIRE WALKING FESTIVAL WEEK: VINYASA YOGA FOR STRENGTH AND MOBILITY*

Tuesday, 17 September

Adults only (16+) 7.30-8.30am

The beach in front of Hornsea Morrow Avenue,
57 Esplanade, Hornsea HU18 1NQ

Thursday, 19 September

Adults only (16+) 10-11am

Bridlington South Cliff Beach, Bridlington

BEACH PILATES*

Monday, 29 July

Hornsea Beach, Morrow Avenue 8-9am
No need to book, just turn up. Age 16+

Thursday, 29 August

Withernsea Beach, Pier Towers 7-8pm
No need to book, just turn up. Age 16+

WEEK FIVE MONDAY, 19 AUGUST - SUNDAY, 25 AUGUST 2024

COASTAL EXPLORERS: FOSSIL HUNT, COASTAL BUSHCRAFT AND ROCK-POOLING (INCLUDING FORAGING/PLANT ID) WITH REWILDLING YOUTH

Monday, 19 August | 10am-12 noon | Age 6+
Mapleton Beach | Booking essential via [ActiveCoast.org](#)

WILDCATS WILD CRAFTS

Monday, 19 August | 11am-1pm | Valley Gardens, Withernsea
No need to book, just turn up (families welcome)

COASTAL EXPLORER: NATURAL DREAMCATCHER CRAFTS

Monday, 19 August | 1-3pm | Hornsea Orchard
Booking essential via [ActiveCoast.org](#) (families welcome)

MULTI-SPORTS

Monday, 19 August | 1-3pm | Age 6+ | Memorial Gardens, Withernsea | No need to book, just turn up

ADULT BEACH YOGA

Tuesday, 20 August | 7.30-8.30am | Age 16+ | Bridlington South Cliff Beach | No need to book, just turn up

SEND SENSORY SESSION

Tuesday, 20 August | 10.30-12 noon | Age 5+ | Grande Motte room, Hornsea Hub | Booking essential via [ActiveCoast.org](#)

FAMILY PADDLEBOARDING

Tuesday, 20 August | 12.30pm, 2.15pm, 4.30pm, 6pm
Families aged 8+ | Baswick Landing, Brandesburton
Booking opens six days before via [ActiveCoast.org](#)

BEACH SAUNA, BREATHWORK, WILD SWIM AND YOGA WITH WHITBY WELLBEING

Wednesday, 21 August | 8-10.30am | Age 16+ | Bridlington South Cliff Beach | Booking essential via [ActiveCoast.org](#)

COASTAL EXPLORERS: COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 21 August | 10am-12 noon | Living Seas Centre, Flamborough | Booking essential via [ActiveCoast.org](#) (families welcome)

COASTAL EXPLORERS: ROCKPOOL SAFARI WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 21 August | 12.30-2.30pm | Living Seas Centre, Flamborough | Booking essential via [ActiveCoast.org](#) (families welcome)

FAMILY KINBALL

Wednesday, 21 August | 9.30-11:30am and 1-3pm
Hornsea Hub Sports Hall | Booking essential via [ActiveCoast.org](#) (families aged 8+ welcome)

ADULT BEACH YOGA

Wednesday, 21 August | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No need to book, just turn up

ADULT BEACH YOGA

Thursday, 22 August | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No need to book, just turn up

TAG RUGBY / AMERICAN FOOTBALL

Thursday, 22 August | 10-12 noon | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

KIDS / FAMILY BEACH BOOTCAMP

Thursday, 22 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

FAMILY FUN GAMES

Thursday, 22 August | 1-3pm | Age 6+ | Memorial Gardens, Withernsea | No need to book, just turn up

DISC GOLF

Thursday, 22 August | 3-4pm | Families age 4+ | Memorial Gardens, Withernsea | No need to book, just turn up

BEACH CRICKET AND MULTI-SPORTS WITH YORKSHIRE CRICKET BOARD

Friday, 23 August | 10am-12 noon | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

CRAFTS WITH THREAD AND PRESS - FAMILY DRAWING WORKSHOP

Friday, 23 August | 10am-12 noon and 1-3pm | Age 5+ | Hessle Country Park | Booking essential via [ActiveCoast.org](#) (families welcome)

ALL RIDE

Friday, 23 August | 11am-3pm | Bridlington North Promenade: Victoria Terrace | Turn up on the day or pre-book a time slot by calling (01482) 844422 with last booking slot 2pm (families welcome)

BEACH FOOTBALL

Friday, 23 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

PARKRUN: HESSEL

Saturday, 24 August | 9am | Age 16+ | Hessle Country Park
Register via their website [parkrun.org.uk](#)

PARKRUN: SEWERBY HALL

Saturday, 24 August | 9am | Age 16+ | Sewerby Hall and Gardens | Register via their website [parkrun.org.uk](#)

SAND AND STONE ART WORKSHOPS WITH JAMES BRUNT

Saturday, 24 August | 11am-5pm | Hornsea Beach, Transpennine Trail Monument | No need to book, just turn up (families welcome)

SAND AND STONE ART WORKSHOPS WITH JAMES BRUNT

Sunday, 25 August | 11am-5pm | Withernsea Beach, Pier Towers | No need to book, just turn up (families welcome)

FAMILY PADDLEBOARDING

Join the Active Coast team and our partners East Yorkshire SUP as we go inland to offer Paddleboarding Watersports on the beautiful river Hull. Set at Baswick landing, this activity requires us to go inland a few miles from the Coast so that we can offer the best water conditions for a safe and effective paddleboarding session. Qualified and experienced instructors will be on hand to give you the opportunity to build your confidence and skills in paddleboarding on a much more quieter waterway.

Tuesday, 13 August

11am, 12.45pm, 2.45pm and 4.30pm

Tuesday, 20 August

12.30pm, 2.15pm, 4.30pm and 6pm

Tuesday, 27 August

11am, 12.45pm, 2.45pm and 4.30pm

BOOKING ESSENTIAL

Booking slots will open six days before each delivery date. Keep your eyes peeled on the Active Coast website for booking information:
[ActiveCoast.org](#)



WEEK SIX MONDAY, 26 AUGUST - SUNDAY, 1 SEPTEMBER 2024

SAND AND STONE ART WORKSHOPS WITH JAMES BRUNT

Monday, 26 August | 11am-5pm | Bridlington North Beach
No need to book, just turn up (families welcome)

ADULT BEACH YOGA

Tuesday, 27 August | 7.30-8.30am | Age 16+ | Bridlington South Cliff Beach | No need to book, just turn up

FAMILY PADDLEBOARDING

Tuesday, 27 August | 11am, 12:45pm, 2:45pm and 4:30pm
Families aged 8+ | Booking opens six days before via
ActiveCoast.org

FOOTBALL SKILLS N DRILLS

Tuesday, 27 August | 1-3pm | Age 6+ | Valley Gardens, Withernsea | No need to book, just turn up

FAMILY KINBALL

Wednesday, 28 August | 10am-12 noon and 1-3pm | Age 6+
East Riding Leisure Bridlington | Booking essential
ActiveCoast.org

KIDS / FAMILY BEACH BOOTCAMP

Wednesday, 28 August | 10am-12 noon | Age 6+ | Hornsea Beach Transpennine Trail Monument | No need to book, just turn up

COASTAL EXPLORER: COASTAL CRAFTS AND EXPLORATION WITH YORKSHIRE WILDLIFE TRUST

Wednesday, 28 August | 1-3pm | Age 5+ | Living Seas Centre, Flamborough | Booking is essential via
ActiveCoast.org (families welcome)

ADULT BEACH YOGA

Wednesday, 28 August | 7.30-8.30am | Age 16+
Withernsea Beach, Pier Towers | No need to book, just turn up

ADULT BEACH YOGA

Thursday, 29 August | 10-11am | Age 16+ | Hornsea Beach, Morrow Avenue | No need to book, just turn up

KIDS / FAMILY BEACH BOOTCAMP

Thursday, 29 August | 10am-12 noon | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

TAG RUGBY / AMERICAN FOOTBALL

Thursday, 29 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

BEACH PILATES

Thursday, 29 August | 7-8pm | Age 16+ | Withernsea Beach, Pier Towers | No need to book, just turn up

ALL RIDE

Friday, 30 August | 11am-3pm | Age 5+ | Bridlington North Promenade: Victoria Terrace | Participants can turn up on the day or pre-book a time slot by calling
[\(01482\) 844422](tel:(01482)844422) with last booking slot is 2pm (families welcome)

FAMILY FUN GAMES

Friday, 30 August | 1-3pm | Age 6+ | Hornsea Graingers Field | No need to book, just turn up

BEACH FOOTBALL

Friday, 30 August | 1-3pm | Age 6+ | Bridlington South Cliff Beach | No need to book, just turn up

PARKRUN: HESSE

Saturday, 31 August | 9am | Age 16+ | Hessle Country Park
Register via their website parkrun.org.uk

PARKRUN: SEWERBY

Saturday, 31 August | 9am | Age 16+ | Sewerby Hall and Gardens | Register via their website parkrun.org.uk

WHAT'S ON IN COAST AND COUNTRYSIDE?

The team in East Riding Coast and Countryside work tirelessly to ensure there are interesting and exciting events for residents all across our beautiful green spaces in East Yorkshire.

From bird box building to tree planting and dance workshops to yoga, there is something for everyone. You can find out what's on here: eastridingcoastandcountryside.co.uk/whats-on

WALKING THE RIDING

Discover over 250 interesting routes passing through the towns, nature reserves, coastal villages and rolling hills of East Yorkshire. You can search by difficulty, area, walk category and distance, to find the perfect walk in this wonderful county for you. To find your perfect walk, visit: eastridingcoastandcountryside.co.uk/countryside/walking-the-riding

YORKSHIRE WOLDS WAY

nationaltrail.co.uk/en_GB/trails/yorkshire-wolds-way

KING CHARLES III ENGLAND COAST PATH

nationaltrail.co.uk/en_GB/trails/england-coast-path-north-east



EAST RIDING COAST & COUNTRYSIDE

ALL RIDE ADAPTED CYCLING

Every Friday See weekly listings

Bridlington North Promenade,
Victoria Terrace 11am to 3pm (age 5+)

All Ride is a cycling scheme that provides free opportunities to cycle on a wide range of adapted bikes (standard bikes available).

Participants can either turn up on the day or pre-book a one hour time slot by calling [\(01482\) 844422](tel:(01482)844422). The last booking slot is 2pm.

All Ride is delivered in partnership with R-Evolution.



KIDS GO WILD SESSIONS

Explore and Discover your Local Nature Reserves with us...

- Butterfly Safari and Art Activities
- Wildlife Safari and Art Activities
- Woodland Discovery and Art Activities
- Pond Safari and Art Activities

For more information on local nature reserves in East Riding of Yorkshire, please visit:

eastridingcoastandcountryside.co.uk/naturereserves

For more information on this please visit:
visiteastyorkshire.co.uk/listing/active-beacons

ACTIVE BEACONS: PHOTOPOST PROJECT

Explore the East Yorkshire coasts iconic locations, whilst capturing its hidden gems on camera. A series of artistic wood turned photoposts lead the way, offering connected trails and way finding, with opportunities to support coastal monitoring of the landscape through the University of Hull's 'Active Learning' programme and free citizen-led science.

The 'Active Beacon' Photopost Project is a joint initiative between East Riding of Yorkshire Council (Active Coast) and The University of Hull (Energy and Environment Institute), which is linked to the global CoastSnap programme.

With strong links to the Blue Health agenda, the Photopost Project takes advantage of the region's blue spaces to improve active recreation, physical activity opportunities and mental wellbeing, through the development of connected and accessible infrastructure.

Taking inspiration from historic coastal landmarks, these sympathetic active beacons can be explored across a number of locations on the East Yorkshire coast, linked to the King Charles III Coastal Path and beyond, including trails at:

- Sewerby to Bempton
- Withernsea
- Hesle Foreshore.
- Hornsea
- Spurn Point

PHOTOPOSTS 'ACTIVE BEACONS'

The photoposts have been manufactured and designed by Galvin Brothers of Beverley, with each one holding information plaques and QR codes to direct users to further information on the wider project. Users are encouraged to take photos and upload to social media using the hashtag name listed on each beacon.

The locations for each of the 30 posts can be found by using the what3words app (downloadable from the App Store). What3words is an easy way to identify precise locations with every 3m square, given a unique combination of three words (this is called a what3words address). All what3words addresses are easy to say and share and as accurate as GPS coordinates.

Set out on a linear route to take in a cluster of posts, map your own circular route, or try and complete them all and cover the East Yorkshire coast - find the routes for each location below!



walkingeastyorkshirefestival.co.uk

Look out for a series of led walks as part of the Active Coast 'Explore' offer and within the Walking East Yorkshire Festival in September.



EAST RIDING ARCHIVES



What was here?
YOUR WINDOW ON THE PAST

FREE
APP



Ever wanted to explore the East Riding before your time?
The 'What Was Here' app, in partnership with East Riding Archives, allows people to follow interactive trails and maps from their device, which feature images and videos of locations from times gone by.

With a variety of trails and so much history to discover, it's a fun and educational way to get out and about and learn something new.

For more information, please visit: '[What Was Here?](http://eastridingarchives.co.uk/whatwashere)'
From East Riding Archives. East Yorkshire's heritage on the map.

eastridingarchives.co.uk/whatwashere



FREE Swimming Sessions with East Riding Leisure

EAST RIDING
LEISURE



Free sessions available this Summer for children who live in the East Riding.

Available 19 July - 1 September

ACTIVE COMMUNITIES

We want to **build, improve** and **deliver opportunities** for all ages to be **active** in the **place where they live**.



The Active Communities team supports, empowers and provides opportunities for residents, groups, schools and communities to be more physically, mentally and socially active.

Working within a place and needs based model we:

- Connect residents and community activity
- Build opportunities for clubs and groups
- Develop local health and activity networks
- Deliver activities to improve health and wellbeing and combat inactivity levels.

We provide support for all ages and abilities through a variety of programmes including:

- | | |
|------------------------|---------------------------|
| Community Build | Inspire |
| Active Coast | Healthier Schools |
| Positive Lifestyles | Walking for Health |
| Promoting Independence | School Sports Partnership |



SCAN THE QR CODE
TO FIND OUT MORE





**EXPLORE
JOIN IN
ENJOY**

#ActiveCoast



ACTIVE COMMUNITIES TEAM

📞 (01482) 395320

✉️ active.communities@eastriding.gov.uk

NEED TO CANCEL A SESSION?

Call or email the Active
Communities team.

This document can be made available in other
languages or formats if required. To request another
format, please contact us on **📞 (01482) 395320** or
✉️ active.communities@eastriding.gov.uk



#ActiveCoast

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

👉 ActiveCoast.org



EAST RIDING
OF YORKSHIRE COUNCIL