

# ELEVATE FOUNDATION ACTIVITY CALENDAR 2024 APRIL - JUNE

## EASTER HOLIDAYS

APR  
02



### EQUINE SESSION

10am-12pm, Ages 10-16 years

A therapeutic session interacting, grooming, and connecting with horses.

Location: Beechen Lane, Clayhill, S043 7DD £5 plus Eventbrite Fee

APR  
03



### SURF THERAPY SESSION

10am-12pm, Ages 11-16 years

Session starts with mindfulness to relieve stress & calm the mind, followed by a surfing lesson.

Location: Sorted Surf School, BH5 1BN £5 plus Eventbrite Fee

APR  
04



### STRESS RELEASE KICKBOXING

11am-12pm, Ages 11-16 years

A fun 1 hour kickboxing session to help alleviate stress.

Location: Wesley Centre, 34A Christchurch Road, BH24 1DN  
£5 plus Eventbrite Fee

## MAY HALF TERM

MAY  
28



### EQUINE SESSION

10am-12pm, Ages 10-16 years

A therapeutic session interacting, grooming, and connecting with horses.

Location: Beechen Lane, Clayhill, S043 7DD £5 plus Eventbrite Fee

MAY  
29



### SURF THERAPY SESSION

10am-12pm, Ages 11-16 years

Session starts with mindfulness to relieve stress & calm the mind, followed by a surfing lesson.

Location: Sorted Surf School, BH5 1BN £5 plus Eventbrite Fee

TO BOOK OR FIND OUT MORE VISIT:  
[WWW.ELEVATEFOUNDATION.CO.UK](http://WWW.ELEVATEFOUNDATION.CO.UK)

