**CULTURE AND LEISURE** 

# WHAT'S ON

26 JULY TO 3 SEPTEMBER 2023





















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**Divided Selves** 

Work On Walls

Dippy and Friends

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Marvelous Mosaic Stickers

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CREATIVE WALLS

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Coventry Biennial: ... like a short cut through the brambles

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Slippery Soap Creatures

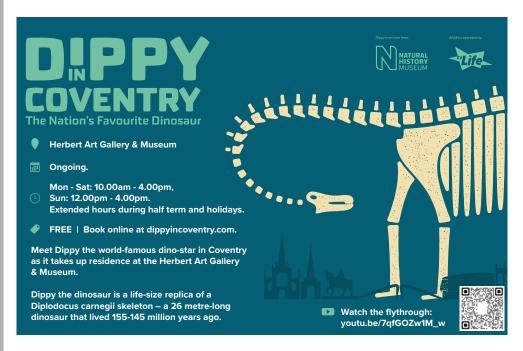
Cardboard Collagraphs

Collaborative Art Works

Printing Wallpaper

21 to 27 Aug

# **EXHIBITIONS**





Jamal Penjweny, Irag is Flying, No. 3, 2006-2009. © The Artist. Photo © Herbert Art Gallery & Museum.

- Herbert Art Gallery & Museum
- until 24 September 2023.
- 10.00am 4.00pm.
- FREE | Drop in.
- Watch the flythrough: youtu.be/IE8tSZd\_gr4





Legacies, Memories, Belonging

Divided Selves explores notions of belonging and living together at a time when the idea of nation is under stress, threatened by challenges ranging from populism to armed conflict.

Held at a time where the politics of identity have been weaponised for political gain, and divisiveness is rewarded in likes, followers and votes, it presents the work of artists exploring how we:

- Make peace with difficult histories and traumatic pasts without being paralysed by
- Listen to and amplify voices that are often ignored or suppressed
- Work as citizens of a state, and members of a community, to shape a common future







### Work on Walls:

The Herbert in a new perspective

- Herbert Art Gallery & Museum
- iii until 3 September 2023.
- (h) 10.00am 4.00pm.
- FREE | Drop in.

For Work on Walls, the Herbert has invited contemporary artists to create work inspired by our collections. The artists we have commissioned come from varied backgrounds; each with their own unique style and design.

The inspiration for the artworks comes from the rich and diverse collections of the Herbert, decades in the making and will bring an exciting new perspective to familiar objects.



Photography © Dinosaur Experience

### **Dippy and Friends**

- Herbert Art Gallery & Museum
- 5th August
- 10.00am 3.30pm.
- FREE | Available to Dippy Ticket Holders. Booking online advised with walk ins available.
- 5-12 years, but all are welcome.

Meet Dippy's dinosaur friends in a live experience this summer. With interactive shows and encounters. this fun filled event is guaranteed to be ROARsome!



Ductile Deformation (Detail) © The Artist, Seungwon Jung

#### **Coventry Biennial 2023:**

- ... like a short cut through the brambles
- from October 2023.

Across Coventry Biennial 2023 artists and their many collaborators interrogate humankind's relationship to the world around us. The exhibition might suggest danger or risk but is also emblematic of freedom, navigation and a close engagement with the natural world.

Buried, flowing, growing. Rising, extracted, discarded.

Full details on Coventry Biennial 2023 can be found at: www.coventrybiennial.com.

# **ONGOING**



#### Family Friendly Art Talks

- Ongoing | 29 July, 26 August.
- (1) 11.00am, 12.00pm, 1.00pm and 2.00pm.
- FREE | Drop in. please ask at the Welcome Desk to find out which gallery this month's talk will be taking place in.
- 2 3+, but all are welcome.

Each month we will be exploring a different gallery space or series of artworks. We will be bringing artworks to life through animated talks, using childfriendly language, to encourage children to share their views, questions and interpretations about the artworks they are introduced to.



#### Saturday Storytelling

- Occurs last Saturday of every month. 29 July, 26 August.
- 11.30am, 12.30pm and 2.30pm.
- FREE | Drop in please ask at the Welcome Desk to find out which gallery this month's talk will be taking place in.
- 3+, but all are welcome.

Each month in the gallery spaces we will be reading a 15-minute story about a different global artist. The storytelling will give a perspective on the artist's experiences and will support children with their own interpretations of artworks.

# **ALL ARE WELCOME**



- 29 July 3 September.
- ( 10.00am 4.30pm.
- FREE, included with museum admission\* \*Go CV card holders have FREE admission access.
- All are welcome.

Relax in our family zone with simple paper crafts that were especially designed for you to discover the wonderful world of Science, Technology, Engineering and Maths (STEM).



#### Tinker | Make | Play

- 29 and 31 July  $\mid$  3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28 and 31 August  $\mid$  2 September.
- 10.30am 12.30pm and 1.30pm 3.30pm.
- FREE, included in admission. Pre-book online | Ask reception on day. \*Go CV card holders have FREE admission access.
- All are welcome.

Ever wondered what engineering is all about? Then join our Tinker | Make | Play sessions to get your engineering knowledge started in a fun, playful way. Tinker about by taking everyday items apart and make what comes to your mind using real tools.

# 0-5 YEARS



#### Mini Explorer Trail and Mini Explorer Play Boxes

- Everyday.
- (1) 10.00am 4.30pm.
- FREE, included in admission\*. Request and collect from the reception desk upon arrival at the museum. First come, first served basis. \*Go CV card holders have FREE admission access.
- 0-5 years, but all are welcome.

Explore the museum in a playful way with your young children and ask at reception about our new Play Boxes and Explorer trails to take with you as you discover the gallery spaces.



Photography © Joseph Bailey - fivesixphotography

#### **Biofeedback Orchestra:** MiMo x CFON

20 August.

- 12.00pm 3.00pm.
- FREE | Drop in.
- All are welcome.

Return of the popular CFON plant based performance by John Biddulph.



Photography © Joseph Bailey - fivesixphotography

#### **Test Transmission:** MiMo x CFON

iii 13 August.

( 12.00pm - 3.00pm.

FREE | Drop in.

All are welcome.

Tune into a radio based performance by MiMo member steck dose.



Photography © Joseph Bailey - fivesixphotography

#### Elektro-Magnetika: MiMo x CFON

27 August.

- ( 12.00pm 3.00pm.
- FREE | Drop in.
- All are welcome.

Tape based performance by Rick Holt and Ian Campbell.



# **Herbert Art Gallery & Museum**

#### **Early Years Exhibition** Wonders on Walls

- 22 July 3 September.
- Monday to Saturday: 10.00am 3.45pm. Sunday: 12.00pm - 3.45pm.
- FREE | Drop in.
- 0-4 years, but all are welcome.

The Herbert's popular early years exhibition for families returns this summer with Wonders on Walls. Our voungest visitors will encounter specially designed art works in a sensory play space, designed specifically for under 5s.



#### **Binaural Baby Beats:** MiMo x CFON

6 August.

inspired by

- (1) 12.00pm 3.00pm.
- FREE | Drop in.

Join us for an afternoon of baby friendly beats and melodies provided by MiMo



#### Mini Museum Engineers Play

- Every Wednesday | 2, 9, 16, 23, 30 August.
- 10.30am 12.00pm and 1.00pm 2.30pm.
- FREE, included in admission\*. Drop in | Ask reception on day. \*Go CV card holders have FREE admission access.
- 1-5 years, but all are welcome.

Mini Museum Engineers play sessions give your little ones opportunities to explore an open-ended play environment using unique resources that encourage early engineering skills, problem-solving, imagination and of course, fun!



# **Acceleration Courses**

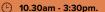
- Centre AT7, The Alan Higgs Centre and Xcel Leisure Centre.
- The Alan Higgs Centre: 24 28 July. Centre AT7: 7. 9 - 11 August. Xcel Leisure Centre: 21 - 25 August.
- Between 9.30am 11.30am.
- £20 for 4 days at Centre AT7, £25 for 5 days at The Alan Higgs Centre and Xcel Leisure Centre.
- Duckling, Stage 1, 2, 3, 4A and 4B

Aguarius Swim School Accelerated Swimming Lessons are perfect for topping up your swimming during the summer break! Available for both current or new customers. For more information, visit: cvlife.co.uk/swimming-lessons/accelerated-lessons.

# 3+ YEARS

#### **Creative Walls**







3+, but all are welcome.

€ £2.50 per child, under 3s FREE | Drop-in throughout the day.

This summer join us for a rich and diverse exploration of craft, inspired by the installations in our Work on Walls exhibition. Reimagine the Coventry urban scene, by taking in our famous landmarks and learning about the culture of Coventry from our collections. Channel your inner street artist, by learning new skills to make positive statements and new architectural forms.



#### **Styles of Street Art**

#### Street Poster Art

31 July and 1 August.

Channel your inner street artist by creating your own graphical poster by using paper, pencil and stencil drawings and ink brushing techniques. After completing your design, brush India ink over the drawing to make it waterproof. Take your creation home and display, or even explore techniques of flyposting and 'paste up' on a wall or fence in your garden using instructions provided.

#### **Splendid Sticker Art**

2 and 3 August.

Sticker art is a form of street art, where a picture or a message is displayed using stickers. Make your own piece of sticker art using sticker sheets, coloured pens, stencils and scissors to draw a bold picture or message that you want to display. Take your finished sticker home and use it to customise your space.

#### Marvelous Mosaic Stickers

# 4 and 5 August.

Be inspired by the Work on Walls exhibition and take up the style of a street artist. Create a mosaic style tag of your own using paper and coloured card to add your own tag/picture onto pre-cut sticky back plastic squares. We will provide examples for inspiration of some of the works displayed in Work on Walls.

#### **Coventry Street Scenes**

#### Pop Up Street Scenes

7 and 8 August.

Construct your own pop-up art scene/ exhibition space. Use coloured paper, cards, cereal boxes and felt-tips to create a Coventry skyline and buildings. Bring an element of interactivity by creating pop-up paper objects and sliding people mechanisms in your piece.

#### **Brilliant Building Takeover**

9 and 10 August.

Inspired by works of Bristol based street artist Andy Council construct a 3D miniature building using boxes and collage and decorate using the style of street art. Adorn your building using cut out images of Coventry, including doors, windows and well-loved landmarks like the Cathedral, Lady Godiva, etc. Take home and display vour 3D collage.

#### **Window Displays**

iii 11 and 12 August.

Create your own colourful window display, inspired by Window Artists in our Work on Walls exhibition. Layer coloured A3 tissue paper to reimagine a Coventry scene backdrop then use black paper to impose bold shapes and imagery. Display the finished scene in your windows at home to allow the natural light to shine through and illuminate the colourful creations you have made.



# **WEEK 3 Chalk Creations** & Street Sculptures

#### **Picturesque Pastel Scrolls**



# 14 and 15 August.

Inspired by Phill Blake's Street art in Work on Walls, we will be creating Japanese influenced scrolls. Delve into your favourite nature-scape and draw flowers and birds in their natural habitats. Bring your artwork to life, using fun and versatile techniques with dry pastel, crepe paper and India ink. Finally, embellish with a signature seal and display your wonderful masterpiece using red string to hang on your bedroom door.

#### **Majestic Monster Sculptures**



Let your imagination run wild and make fun and quirky monsters, inspired by the work of Scribbleffiti in Work on Walls exhibition. Use wooden clothespins as a base, then build up your majestic monster using an array of layers of fabric, yarn, colourful pipe cleaners, googley eyes, mini pom poms, felt tips and other resources. Will you make a dynamic. sleepy, or sneaky character? Or perhaps something else?

#### Slippery Soap Creatures

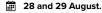


Slip away into the world of soap creatures. have a go at soap carving to create marvellous abstract sculpture art. Make your creation extra special by gift wrapping in cloth and ribbon, then take it home.

#### WEEK 5

# **Positive Statements** & Bold Outlines

#### Collaborative Art Works



Embrace collaborative drawing and shared spaces as a family. We will cover the tables with large rolls of paper, leaving the canvas open for bringing together different expressions. Using bold markers, each person in your group will draw images and thoughts of your own imaginings onto the paper, which will then be coloured in using mess free paint sticks/jumbo colour markers.

#### WEEK 4

#### **Street Patterns & Prints**

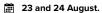
#### **Printing Wallpaper**



# 21 and 22 August.

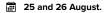
Design your own wallpaper taking inspiration from the ribbons and Medieval floor styles displayed in Phill Blake's Street art installation in our Work on Walls exhibition. We will be making prints using polystyrene tiles and block printing ink to create our own repeated patterns and design a unique handmade wallpaper.

#### Mono Printing Wildlife Cards



Take inspiration from Annatomix's use of wildlife taxidermy and natural history, displayed in our Work on Walls exhibition. Discover the delights of mono-printing and try your hand at making your own wildlife prints from shaped polystyrene tiles. Print your wonderful designs on to custom made cards and hand write a message. Finally learn the art of envelope folding and send your cards to friends or family members.

#### Cardboard Collagraphs



Master the art of block printing by using natural and man-made recycled materials to design your unique stamp. Then print the stamp to form a street art scene, using the technique of collagraph printing.



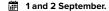
#### **Positive Statements**



30 and 31 August.

Bring to life positive statements and affirmations using colourful card to create positive block word statements over a canvas of newspaper/magazines.

#### Friendship Bracelets



For the final activity of summer, try your hand at making cool colourful woven friendship bracelets as a symbol of kindness. Gift them to old and new friends.





# Children's Summer Activities

Join us for a fun packed summer full of themed weeks

- Centre AT7, The Alan Higgs Centre, Xcel Leisure Centre, Moat House Leisure and Neighbourhood Centre
- 24 July 1 September.
- (L) Centre AT7, The Alan Higgs Centre, Xcel Leisure Centre: Mondays to Fridays 9.00am - 4.00pm. Moat House: Tuesdays to Fridays, 10.00am - 3.00pm. Themed Weeks: Schools Out!, Movie/Book, Rescue, World Cup, Nature/Animal, Adventure.
- Centre AT7, The Alan Higgs Centre, Xcel Leisure Centre: Standard - £16 per day | Go CV+ - £15 per day Whole Week - £65.

Moat House: Standard - £10 | Whole Week - £35.

Visit in-centre. HAF Places available, visit: www.coventry.gov.uk/HAF.

For more information, visit: cvlife.co.uk/childrens-activities/.

5 - 11 years.







# 5 - 12 YEARS



# **Lunt Roman Fort**

#### Heroic Horses

- 25, 26, 27 July and 1, 2, 3 August.
- 10.00am 12.00pm and 1.00pm 3.00pm.
- Under 4s FREE, Adult £3.75, Concessions £3.00 (child/carer/student/GO CV card). Bookable in advance.
- 5-12 years, but all are welcome.

Craft your own wheeled horse toy and take it for a canter around the fort! All materials are provided.



#### Catapulta!

- 8. 9. 10. 15. 16 and 17 August.
- ( 10.00am 12.00pm and 1.00pm 3.00pm.
- Under 4s FREE, Adult £3.75, Concessions £3.00 (child/carer/student/GO CV card). Bookable in advance.
- 5-12 years, but all are welcome.

Repel all invaders with a working Onager (donkey) catapult, named for its fierce kick! All materials are provided.

# **Lunt Roman Fort**

#### **Beautiful Beads**

- 22, 23, 24, 29, 30, 31 August.
- 10.00am 12.00pm and 1.00pm 3.00pm.
- Under 4s FREE, Adult £3.75. Concessions £3.00 (child/carer/student/GO CV card). Bookable in advance.
- 5-12 years, but all are welcome.

Craft your very own melon bead necklace, based on an ancient example discovered at the Lunt itself!



26 and 27 August 10.00am - 4.00pm £10.00 adults. £5.00 children (4 - 16 years). Under 3s / Essential carer FREE Go CV and Go CV+ discounts available\*.

Join us for the Lunt's most spectacular event of the vear, when the fort truly comes to life! Marvel at displays from living history re-enactment groups, take to the field as part of our interactive Battle Drill and explore our Roman village.



Book your place: www.luntromanfort.org/events

\*Please note that Go CV and Go CV+ are different cards, and you will need to display a valid card along with your ticket to enter on the day

# 11 - 16 YEARS





#### MiCLab Youth Club STEM car science

- # 4 August Concept and Design. 11 August - Materials and Wheels Power. 25 August - Power and Testing Technologies.
- (1) 10.00am 3.30pm.
- £12, admission to museum is included in ticket price, parents are welcome at no additional cost. Lunch voucher of value £8 included\*. Pre-book online | Ask reception on the day.
- 11 16 years

Join STEM expert Rob Bennett this summer when he helps participants increase their STEM skills and uncover the engineering and scientific concepts around vehicles at Coventry Transport Museum. Enjoy unique full-day experiences of exploring our collections, finding out about the wider impact of vehicle manufacturing, hands-on experience developing new concepts and designs for future technology and a social lunch in our museum café.\*



## MiCLab Youth Club Engineering artists, artistic engineers

- 2 August Model Making.
- 9 August Leather and felting with wheels. 23 August - Solar power and sculpture.
- (L) 10.00am 3.30pm.
- **€** £12, admission to museum is included in ticket price, parents are welcome at no additional cost. Lunch voucher of value £8 included\*. Pre-book online | Ask reception on the day.
- 11 16 years

Led by local artist Julia Snowdin, these sessions offer a unique full-day experience of exploring our collections at Coventry Transport Museum, discovering art techniques that are linked to the process of vehicle manufacturing, hands-on experience using this technique and a social lunch in our museum café.\*

iii 15 & 29 August.

(1) 10.00am - 3.30pm.

● £12, admission to museum is included in ticket price, parents are welcome at no additional cost. Lunch voucher of value £8 included\*. Pre-book online | Ask reception on the day.

11 - 16 years

Local animation company, Let's Animate, returns to Coventry Transport Museum this summer for two unique full-day experiences of exploring our collections, finding out about the world of animated films, hands-on experience making a short animated film and a social lunch in our museum café.\*



MiCLab Youth Club Stop-Motion-Animation

#### Herbert Art Gallery & Museum

# **ART MASTERCLASS**

#### **Illustrative Street Art** with Jessica Hartshorn

- 28 July, 4 August.
- ( 10.00am 3.30pm.
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventrv.gov.uk/HAF.
- 11 16 years

Work with local illustrator and mural artist Jessica Hartshorn, to explore different types of street art and use this to inspire your own work. Experiment with stencils to create speedy splat artwork and paint street art designs on both small and large scales.

#### Window Displays with Window Artists

- # 8 August.
- ( 10.00am 3.30pm.
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventry.gov.uk/HAF.
- 11 16 years

To coincide with their installation on display for the Works on Walls exhibition, Luke & Anna (aka Window Artists) will explore creative ways for young artists to develop a personal response to art, using symbolic nature and imagery. For emerging young artists this is a great way to use storytelling to connect with their own personal narrative, whilst learning new techniques and skill sets from amazing artists.

#### **Character Design** Poscas with Roots 0121

- 11 August
- (1) 10.00am 3.30pm.
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventry.gov.uk/HAF.
- 11 16 years

Illustrator and artist Roots 0121 will be giving an exciting Masterclass in the art of character design. inspired by their installation as part of the Work on Walls exhibition this summer. Take home your creations as well as a boredom busting goody bag gifted by Roots.

\*Bring in old T-shirts/trainers/wooden boxes etc to customise and bring a new lease of life to during the workshop.



WORK ON WALLS

- 1 August.
- (1) 10.00am 3.30pm.
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventry.gov.uk/HAF.
- 11 16 years

Emerging artists will have an amazing opportunity to contribute to an urban city scape mural produced by renowned Bristol artist Andy Council.

#### Canvas Street Art with Roo

- 9 August
- ( 10.00am 3.30pm
- £10 per child or FREE for HAF eligible children Pre-book online For HAF, visit: www.coventry.gov.uk/HAF
- 11 16 years

Join this street art masterclass, led by community street artist Roo. Young artists will be guided through drawing exercises, use professional art materials create work on canvas.



© The ∆rtist Katie-O

#### Street Art Murals with Katie-O

- # 15, 22 August
- (1) 10.00am 3.30pm
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventry.gov.uk/HAF
- 11 16 years

Join local street artist, Katie-O, to develop an understanding of why street art is important and how can we use it to enrich areas rather than promote vandalism. Become inspired to express yourself and create individual work plus collaborate for a group mural for display.



Photograph © inpressimages. The Artist, Roots 0121

#### Character Design **Spray Paint with Roots 0121**

- 25 August
- ( 10.00am 3.30pm.
- £10 per child or FREE for HAF eligible children Pre-book online. For HAF, visit: www.coventry.gov.uk/HAF.
- 11 16 vears

In the freestyle graffiti session, Roots will share her expertise about the basics of spray can control and how to create different effects when painting. Participants will apply their newly learned skills to bring their character sketch to life. Roots is gifting all young artists a boredom busting goody bag at the end of the session.

# **4D LAND SPEED RECORD SIMULATOR** AT COVENTRY TRANSPORT MUSEUM

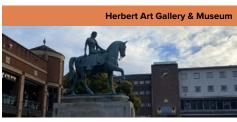
Experience the thrill of breaking the World Land Speed Record on our 4D Land Speed Record Simulator!

Take your seat, buckle up, and discover for yourself what it's like to drive faste



Background Image © Max van den Oetelaar

# 16+



Photography © Ellie Cook

#### Whose City? - Divided Selves: Legacies, Memories, Belonging Post-war Public Art and the Politics of **Public Space**

🗂 29 July.



- 12.00pm 1.00pm.
- FREE | Book online in advance.
- 16+

This walking tour will consider the contested nature of public space in relation to works of post-war public art, analysing the way in which such works prescribe boundaries of inclusion and exclusion. The audience is invited to engage in an open dialogue about public art and civic representation.

# Coventry Transport Museum



Photography © Joseph Bailey - fivesixphotography

## Tape loop Workshop: BeepBoop x CFON

26 August.



£50 | Book online in advance.

Learn techniques of making different length tape loops and experiment with speed moded tape decks.

# **BIRTHDAY PARTIES**



#### STEMtastic Birthday Party!

NEWI

- **Coventry Transport Museum**
- Available on weekends only, Please contact to check availability.
- Saturdays and Sundays: 10.30am - 12.30pm and 2.00pm - 4.00pm
- £200 for 2 hours for up to 20 children, £5 for additional children (maximum capacity of 30 children). Optional catering and party bags. available as additional extra costs.

Enquire about birthday parties, please contact: partybookings@cvlife.co.uk

2 3-11, but all are welcome.

Celebrate your child's birthday through the joy of play with our PlayHEM birthday party sessions as party goers explore engineering and creative problem-solving in a relaxed, open-ended play environment. Led by our expert Learning team, these interactive parties encourage STEM-based learning through a range of unique resources.

#### Soft Play Party

- Centre AT7, Xcel Leisure Centre
- Every Day.
- Subject to availability during term time and half term. Please check website.
- Centre AT7: Weekday (Monday - Friday) - £120 per slot Weekend (Saturday - Sunday) - £155 per slot

**Xcel Leisure Centre:** Weekday Party (Monday - Friday) - £85 Weekend Party (Saturday / Sunday) - £120

Bookings can be made online at bookings.cvlife.co.uk, visit in-centre Or call: Centre AT7 - 024 7666 5530. Xcel Leisure Centre - 024 7685 6956.

Maximum age for Centre AT7 is up age 10 and Xcel Leisure Centre is up to age 8. Maximum of 40 people in attendance. Customers to provide their own food.

#### **Dippy the Dino Parties**



Available on weekends only, please contact to check availability.

- 10.30am 12.30pm and 1.30pm 3.30pm Sundays: 1.30pm - 3.30pm
- £200 for 2 hours for up to 20 children, with optional catering and party bags available as additional extra costs.

Enquire about birthday parties, please contact: partybookings@cvlife.co.uk

3-11, but all are welcome.

Give your child's birthday party a Jurassic twist, with our Dippy the Dinosaur themed celebrations. Children will love this unique experience in a museum setting, where they will encounter the Nation's favourite dinosaur from the Natural History Museum and take part in activities led by our ROARsome Learning Team.

#### **Swimming Party**

- Centre AT7. Xcel Leisure Centre
- Saturdays at Centre AT7: 2.00pm 2.45pm Sundays at Xcel Leisure Centre: 4.15pm - 5.00pm.

Duration - 45 min in the pool followed by half an hour to eat at Centre AT7 or 1 hour room hire for eating at Xcel Leisure Centre. Customers to provide their own food.

Centre AT7: £130 Xcel Leisure Centre: £100

> Bookings can be made online at bookings.cvlife.co.uk. visit in-centre Or call: Centre AT7 - 024 7666 5530 Xcel Leisure Centre - 024 7685 6956

Suitable Ages - Under 15 years. Max Number - 20 people including the supervising adults.

# COVENTRY TRANSPORT

#### Free entrance for GoCV card holders

Our normal opening hours:

Monday - Sunday (including bank holidays)

**10.00am - 5.00pm** (last admission 3.00pm)



A WORLD-CLASS COLLECTION A WORLD-CLASS EXPERIENCE

Coventry Transport Museum houses the largest publicly owned collection of British vehicles on the planet and tells the story of a city which changed the world through transport. Visitors can expect captivating displays, interactive galleries, and highly immersive exhibitions - a day to remember.



# RESTORE YOUR MANA

Mana Spa, located at The Wave in the city centre, is the place for relaxation and realignment.

The modern and contemporary spa offers:

- Tranquil treatments
- Memorable experience days
- Luxurious 25m pool with loungers
- Soothing heat rooms spa pool, sauna, steam and aromatherapy rooms.

FOR MORE INFORMATION AND TO BOOK YOUR EXPERIENCE VISIT WWW.MANASPA.CO.UK

at The Wave



# **50+ ADULT COMMUNITY EVENTS**



### Back in Time Reminiscence Memory Box Sessions

- In the community, at group homes/community settings.
- Bookable in advance.
   £30 for Coventry based locations.
   £45 for Warwickshire locations.
- **೨** 50+, but all are welcome.

Celebrate and share memories through the immersive stimulus of objects, photos and other prompts from Herbert Art Gallery & Museum collections. An ideal activity for a trip down memory lane and a chance to reminisce.



#### Awaken the Arts

- Available for group bookings, bookable in advance.
- Bookable in advance.
  Pay as you wish on the day.
- ♣ 50+, but all are welcome.

Join us for an informal discussion and exploration of our visual arts collection. These sessions are designed for those in need of additional support, due to health, wellbeing support, memory or concentration loss.

# FITNESS IS A LIFESTYLE 'ALL INCLUSIVE' MEMBERSHIPS, PLUS 'EXCLUSIVE' BENEFITS FROM ONLY £23 PER MONTH Membership offers access to: City wide venues 300+ state-of-the-art fitness stations JUNIOR BOLT ONS with access to entertainment apps AVAILABLE 4 swimming pools FOR UNDER 12S • 175+ classes per week AND 12-15 YEARS 4 health suites (sauna, steam and jacuzzi) **PLUS MUCH MORE!** Join online or in-centre at www.cvlifestyles.co.uk



#### Create and Craft Café

- First Tuesday of the month | 1 August.
- (1) 10.30am 12.00pm.
- **€** £5.00 per person | cards preferred, but cash accepted. | Drop in.
- 60+. but all are welcome.

Take part in our monthly Create and Craft café to meet with like-minded people who enjoy making, crafting and creativity. Each month, guided by a member of our friendly museum team, we will provide craft resources, conversation and a hot drink and something sweet too!



# Functions, Meetings and Conferences

No matter what the occasion or event is, we have a wide variety of spaces and rooms across all CV Life Venues.

For more information, contact: venues@cvlife.co.uk









CENTRE A 7



Moat House







**MANA** SPA



Herbert







LYNT Røman børt



THE ALAN HIGGS CENTRE





www.cvlife.co.uk