

BIG FREE FATHER'S DAY EVENT IN STIRLING

When: Sunday 19 June 2016

Where: **MXP Fitness Training Centre** - 5 Borrowmeadow Rd, Stirling, FK7 7UW
[Google Map Directions](#)

With a mixture of activities for all the family, there's loads to get involved in!

Where	When	What's Happening?
Various Areas (indoors)	10:00 – 16:00	'Dad of the Day' Challenges
Arena 1 (indoors)	10:00	Welcome
	10.20	Sumo Suits "Smackdown" 1
	11.15	Brush and Bobble Challenge 1
	11.45	Fitness games
	13.30	Sumo Suits "Smackdown" 2
	14.00	Brush and Bobble Challenge 2
	16.00	Awards Ceremony
Arena 2 (indoors)	10:00 – 16:00	Glasgow Science Centre 'Bodyworks' exhibitions and stands
Arena 3 (indoors)	10:00 – 16:00	Cage: Big Balloon Treasure Hunt
	10:00 – 16:00	Vitalite 'Smoothie' Bike
Food Area (indoors)	12.00 - 16.00	Food with Voucher (registered guests only)
Outside	10:00 – 15:00	Fire Engine
	10:00 – 15:00	Bouncy Castle
	10:00 – 15:00	Face Painting
	11.30	Tug o' War: Mums vs Mums
	13.30	Tug o' War: Dads vs Dads
	15.30	Tug o' War: Dads Vs Mums

To find out more about Year of the Dad visit

www.yearofthedad.org

Fathers Network Scotland, The Melting Pot, 5 Rose Street, Edinburgh EH2 2PR

