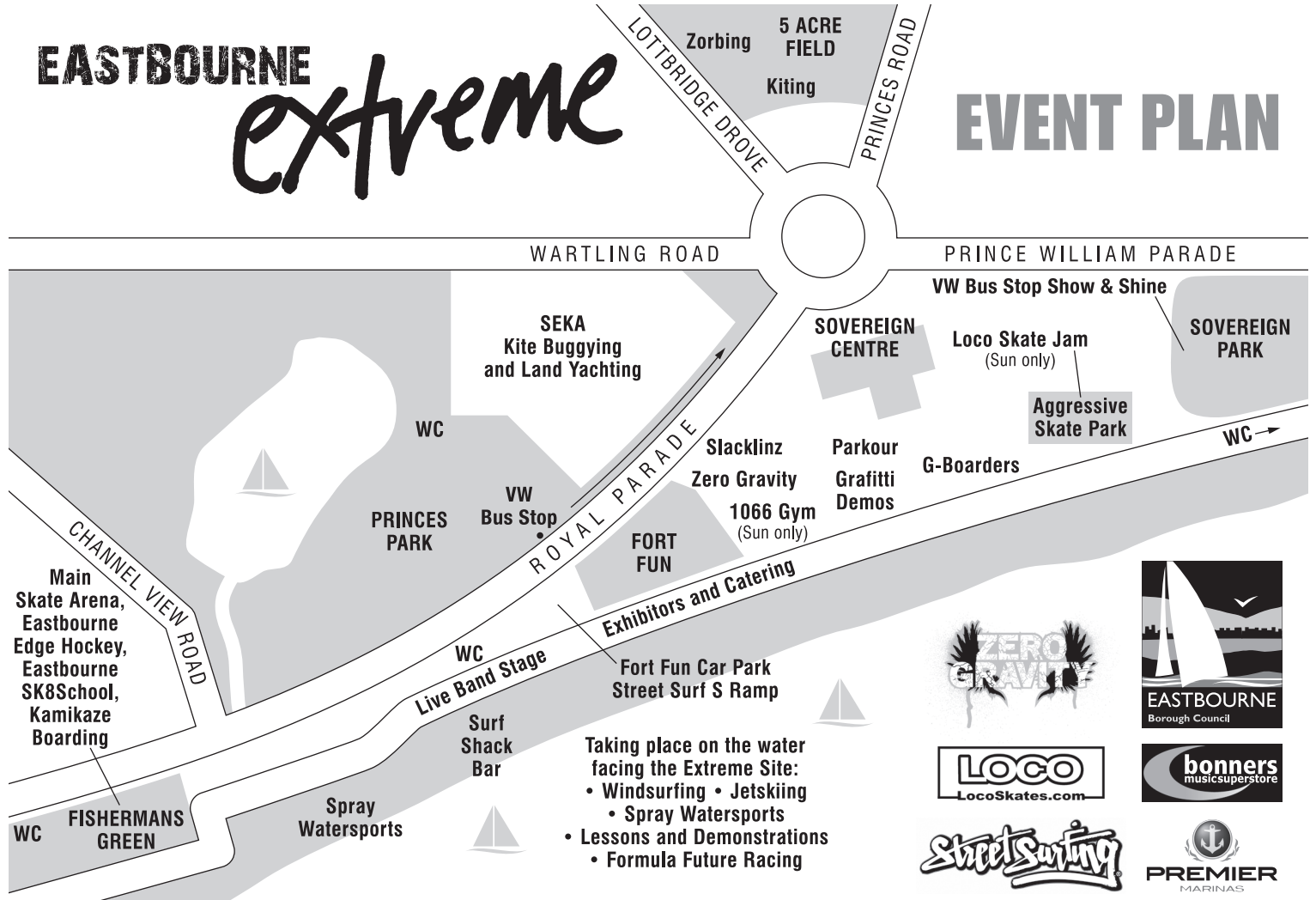


EASTBOURNE *extreme*

EVENT PLAN



- Taking place on the water facing the Extreme Site:
- Windsurfing • Jetskiing
 - Spray Watersports
 - Lessons and Demonstrations
 - Formula Future Racing





Saturday 16th July 2011

AGGRESSIVE SKATE PARK BMX and Skate Competition

- 9.30-11.00 Open Park
- 11.00-12.00 Scooter & Skate Board comp
- 13.00-14.00 BMX qualifying heats
- 15.00-16.30 BMX Final
- 16.30 onwards Free Skate/Open Park

BATTLE OF THE BANDS

Finalists will be competing from 11.30

BRIGHTON KITE FLYERS AND KITE WEEKENDERS (Five Acre Field)

Tasters and demos throughout the weekend

EASTBOURNE SK8SCHOOL (Fishermans Green)

Main Arena

- 10.00 Slalom Warm Up
- 11.00 Teaching Demos; 3 Tier Skate Lessons
- 12.00 Open Skating
- 13.00 High Jump and Limbo
- 14.00 Basket Ball
- 15.00 Slalom Finals
- 16.00 Dance Demos and Classes
- 17.00 Family Roller Disco

Eastbourne Edge Hockey

- 9.00 Tournament begins/Have a Go Session
- 11.00 Beat the Goalie and Fastest Shot
- 12.00 Under 10 Training
- 13.00 Free Skate
- 14.00 Beat the Goalie and Fastest Shot
- 15.00 Under 13 Training
- 16.00 Free Skate and Have a Go Scrimmage
- 17.00 14-18 Match Play

Street Skates

- 9.00 Breakfast Skate
- 10.00 Return Dash
- 18.00 Street Skate
- 19.00-22.00 Redoubt Roller – roller disco at the Redoubt Fortress

Throughout the weekend **Ride n Joy** will provide snacks, drinks and Skaters picnics.

KENT LAND YACHTING CLUB (Princes Park)

Tasters and demos throughout the weekend

NATURAL FITNESS CENTRE CLASSES

- 9.00-16.00 Shiatsu massage
- 11.00-16.00 Relaxation with Crystals
- 12.00 Pilates
- 12.00-15.00 Foot massage
- 12.30 Join in a beach coral session
- 13.00 Drama workshop
- 13.00-16.00 Quantum Laser (muscle release)
- 13.30 Meditation intro
- 14.00-16.00 Physiotherapy info
- 14.00 Injury prevention clinic
- 14.30 Yoga on the Beach
- 15.00 Yoga Balance (for all)

PARKOUR AND FREE RUNNING (Lawns behind Monarch House)

Urban Shadows, In-Motion and Fusion: Demos and tasters 11.00-14.00 and 16.00

SOUTH EAST KITING ASSOCIATION (Princes Park)

Variety of kite flying tasters and power kiting demonstrations from 11.00-16.00

SPRAY WATERSPORTS (On the promenade opposite Princes Park)

Windsurfing tasters from 11.30-12.30 and 16.00-17.00 plus sailing tasters 10.00-11.00 and 14.30-15.30 (£10 per person)

SURFKRAFT (Beach opposite Spray Watersports)

'Extreme One-hour Classic' races*, free 'masterblaster' and relay races (for all) plus Stand-Up Paddleboard comp.

* (£10 pre-entry fee, entry subject to availability on the day)

UK FORMULA FUTURE POWER BOATS 11.30-12.30 and 14.30-16.30

ZERO GRAVITY (Fort Fun Arena) Displays at 12.00, 13.30, 15.30 and 17.30

Sunday 17th July 2011

1066 GYM (Lawns behind Monarch House) Turn up and book a go on the inflatable tumble mats

AGGRESSIVE SKATE PARK Loco Skate Beach Jam

Pro and Amateur inline skate competition 11.00-17.00 (must register prior to the event to compete)

BATTLE OF THE BANDS

Finalists will be competing from 11.30

BRIGHTON KITE FLYERS AND KITE WEEKENDERS (Five Acre Field)

Tasters and demos throughout the weekend

EASTBOURNE SK8SCHOOL (Fishermans Green)

Main Arena

- 10.00 Open Skating
 - 11.00 3 Tier Skate Lessons
 - 12.00 Open Skating
 - 13.00 Jousting and Assault Course
 - 14.00 Skills Tests, Tricks Coaching and Best Trick Competition
 - 15.00 Roller Derby Demo
 - 16.00 Dance Demos and Classes
 - 17.00 Family Roller Disco
- #### Eastbourne Edge Hockey
- 9.00 Free Skate and Have a Go Matches
 - 10.00 Beat the Goalie and Fastest Shot
 - 11.00 Tournament continues and Free Skate
 - 12.00 Under 10 Training
 - 13.00 Under 10 Match and Free Skate
 - 14.00 Beat the Goalie and Fastest Shot
 - 15.00 Free Skate and Matches
 - 16.00 Awards

Street Skates 9.00 Breakfast Skate 10.00 Return Dash

Throughout the weekend **Ride n Joy** will provide snacks, drinks and Skaters picnics.

G-BOARDERS (Lawns behind Monarch House)

Demonstrations will take place throughout the day

KENT LAND YACHTING CLUB (Princes Park)

Tasters and demos throughout the weekend

SOUTH EAST KITING ASSOCIATION (Princes Park)

Variety of kite flying tasters and power kiting demonstrations from 11.00-16.00

SURFKRAFT (Beach opposite Spray Watersports)

'Extreme One-hour Classic' races*, free 'masterblaster' and relay races (for all) plus Stand-Up Paddleboard comp.

* (£10 pre-entry fee, entry subject to availability on the day)

PARKOUR AND FREE RUNNING (Lawns behind Monarch House)

Urban Shadows, In-Motion and Fusion: Demos and tasters 11.00-14.00 and 16.00

UK FORMULA FUTURE POWER BOATS 11.30-12.30 and 14.30-16.30

VW BUS STOP (Lawns behind Monarch House and on Princes Park)

Displaying all day long

ZERO GRAVITY (Fort Fun Arena) Displays at 11.30, 13.00, 14.30 and 16.00

Please note – All times on this schedule are subject to change and many activities are weather dependent

