

# KEEN2GO

## SUMMER 2020

20TH JULY - 28TH AUGUST

TRAVEL

SOCIAL

ACTIVE



WE'RE BACK  
FOR SEASON  
TWO!



4 SPORTS

2 TEAMS

1 CHAMPION

# KEEN2GO CUP II

FOOTBALL

ROUNDERS

TENNIS

BOULES

JOIN US FOR A WHITE HOT SUMMER OF SPORTS AND GAMES AS WE LOOK TO CROWN OUR MULTI-SPORTS CHAMPIONS. TEST YOUR METTLE, BECOME A VITAL MEMBER OF THE TEAM AND KEEP FIT AND HEALTHY IN PURSUIT OF THE SECOND KEEN2GO CUP.

WE FINISH THE SEASON WITH A CELEBRATORY BBQ - SO WIN, LOSE OR DRAW, WE'RE ON THE BURGERS AND 'SLAW!

THURSDAY

17:00 - 20:00

23 JULY - 27 AUGUST

ROBBIE@KEEN2GO.ORG

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## MESSAGE FROM THE DIRECTOR



I hope you and your families are all safe, well and looking forward to another fantastic summer with us at Keen2Go.

Needless to say it's been an incredibly uncertain time here as the country overcomes the Covid-19 outbreak. We've left it later than usual to reveal our summer programme and even now must highlight the possibility that sessions may change or be cancelled as Government advice updates.

This programme has proven difficult to put together, but we believe we have created a diverse and exciting schedule that meets all our safety obligations. We expect restrictions to ease as we move through the summer and have designed our programme to reflect this as we build towards some of our favourite trips and activities towards the end of the holiday period.

At the time of writing, regulations currently limit group sizes to six people - meaning we can only run sessions for a maximum of four members in any one location. We are of course hopeful that this may be relaxed by the start of our schedule, but for now must note the possibility of places being limited.

Our Explorers session involves getting out and active in the park - expect plenty of long walks, feeding the ducks and social activities. Our Monday afternoon sessions are geared more towards sports and games. First up we have football and cricket - Howzat?!

Look out for the return of the Keen2Go Cup - one of the highlights of last summer - and our new Race to Rome Bootcamp.

Over the course of the lockdown, we've smashed

the Three Nations exercise challenge by converting exercise times and distances to miles and creating a cumulative total which after just over month totalled the distance from the Phoenix Centre to Edinburgh via Cardiff! Now we're on our way to Rome and need your help. The Race to Rome Bootcamp lets members complete their exercise together in a supportive, fun and inclusive environment - Let's do this!

Our travel days return with trips to the coast (including Brighton and Littlehampton), Legoland Windsor and Hampton Court Palace amongst others and after last year's success we hope to bring back the celebratory end of summer barbecue.

We are in strange times, but we are striving to make the best of it and save the summer from total washout. I'd like to take this opportunity to thank every one of you for your support and understanding at this time and give a massive shoutout to everyone who has been keeping us and others company on our daily Zoom calls and weekly cooking classes.

I am so proud of all of you and the amazing community we have become. Without you Keen2Go simply would not be possible.

Please get in contact to discuss any sessions or make any bookings - I look forward to kicking the summer off in style.

Stay safe,  
Robbie Keen



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@KEEN2GOLTD

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COMPANY NO.  
11330823

20 - 24 JULY

WEEK ONE



20 - 24 JULY

WEEK ONE



We kick the Keen2Go summer off with our active day and the Race to Rome Bootcamp at Beddington Park. The Explorers take to the park first for some leisurely walks and duck feeding before those more geared towards sport take on football and cricket. The Bootcamp sees members engage in circuit training and fitness workouts to get their hearts racing. Tuesday evening sees the return of the big staff v members challenge, whilst Wednesday and Thursday see members off to Boxhill and Brighton respectively. We're really looking forward to the opening ceremony of the second Keen2Go Cup on Thursday evening!

WEDNESDAY

09:30 - 15:30  
TBC

ACTIVE DAY:  
BOXHILL ADVENTURE

16:30 - 19:30  
TBC

KEEN STUDIOS:  
ART, DESIGNING & GAMING

THURSDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
BRIGHTON (BEACH ONLY)

17:00 - 20:00  
BEDDINGTON PARK

KEEN2GO CUP:  
OPENING CEREMONY

FRIDAY

09:30 - 15:30  
BEDDINGTON PARK

SOCIAL DAY:  
TEAMBUILDING CHALLENGES

MONDAY

09:00 - 12:00  
BEDDINGTON PARK

ACTIVE DAY:  
EXPLORERS

12:30 - 15:30  
BEDDINGTON PARK

ACTIVE DAY:  
FOOTBALL AND CRICKET

16:00 - 17:30  
BEDDINGTON PARK

RACE TO ROME BOOTCAMP

TUESDAY

15:00 - 21:00  
BEDDINGTON PARK

TUESDAY SOCIAL:  
KEEN2GO V STAFF CHALLENGE

27 - 31 JULY

WEEK TWO



27 - 31 JULY

WEEK TWO



After a brilliant start to the programme, we move on to week two. Our active Mondays continue with Explorers in the morning, followed by tennis and boules for our sports stars in the afternoon and week two of the Bootcamp. On Tuesday we enjoy a party in the park - complete with music, games and food. We look forward to welcoming the Ladybirds back for their first session of the summer and Friday after the Keen2Go armada sets sail along the stream at Beddington Park.

MONDAY

09:00 - 12:00  
BEDDINGTON PARK

ACTIVE DAY:  
EXPLORERS

12:30 - 15:30  
BEDDINGTON PARK

ACTIVE DAY:  
TENNIS AND BOULES

16:00 - 17:30  
BEDDINGTON PARK

RACE TO ROME  
BOOTCAMP

TUESDAY

15:00 - 21:00  
BEDDINGTON PARK

TUESDAY SOCIAL:  
PARTY IN THE PARK -  
DISCO, PARTY GAMES & DINNER

WEDNESDAY

09:30 - 15:30  
TBC

ACTIVE DAY:  
PAINSHILL & PIZZA

16:30 - 19:30  
TBC

KEEN STUDIOS:  
ART, DESIGNING & GAMING

THURSDAY

09:00 - 16:00  
TBC

TRAVEL DAY: CHESSINGTON  
WORLD OF ADVENTURES

17:00 - 20:00  
BEDDINGTON PARK

KEEN2GO CUP

FRIDAY

09:30 - 15:30  
BEDDINGTON PARK

SOCIAL DAY:  
BOAT RACE AND GAMES

17:30 - 20:30  
BEDDINGTON PARK

LADYBIRDS:  
PICNIC AND GAMES

3 - 7 AUG

WEEK THREE



3 - 7 AUG

WEEK THREE



Week three sees us hit the rounders field on Monday and hit some massive drives at Top Golf on Tuesday. Our trips out see us visit the beautiful Hever Castle and down to the coast at Littlehampton. We finish the week with a camp fire at West Lodge - complete with marshmallows and a little sing song. Keen Studios continues strong on Wednesday evening and the Keen2Go Cup rolls on to the midway point in the season - which way will it go this year?

WEDNESDAY

09:30 - 15:30  
TBC

ACTIVE DAY:  
HEVER CASTLE

16:30 - 19:30  
TBC

KEEN STUDIOS:  
ART, DESIGNING & GAMING

THURSDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
LITTLEHAMPTON

17:00 - 20:00  
BEDDINGTON PARK

KEEN2GO CUP

FRIDAY

09:30 - 15:30  
WEST LODGE

SOCIAL DAY:  
CAMP FIRE AT WEST LODGE -  
BBQ, MARSHMALLOWS,  
SINGING AND CRICKET

MONDAY

09:00 - 12:00  
BEDDINGTON PARK

ACTIVE DAY:  
EXPLORERS

12:30 - 15:30  
BEDDINGTON PARK

ACTIVE DAY:  
ROUNDERS AND BOULES

16:00 - 17:30  
BEDDINGTON PARK

RACE TO ROME  
BOOTCAMP

TUESDAY

15:00 - 21:00  
TBC

TUESDAY SOCIAL:  
TOP GOLF AND CRAZY GOLF



**10 - 14 AUG**

**WEEK FOUR**

**10 - 14 AUG**

**WEEK FOUR**

We hit up the cinema and bowling lanes on Tuesday of week four and show off our artistic flair with some art in the park on Friday. Between the two we're off for a mooch around Morden Hall Park and return to the seaside, this time in Worthing. Our Ladybirds are back in action to round off the week with a picnic dinner and games in the park. The bootcamp remains on the menu for anyone tough enough to continue after the first three grueling weeks - no pain, no gain!

**MONDAY**

**09:00 - 12:00  
BEDDINGTON PARK**

**ACTIVE DAY:  
EXPLORERS**

**12:30 - 15:30  
BEDDINGTON PARK**

**ACTIVE DAY:  
FOOTBALL AND CRICKET**

**16:00 - 17:30  
BEDDINGTON PARK**

**RACE TO ROME  
BOOTCAMP**

**TUESDAY**

**15:00 - 21:00  
VALLEY PARK**

**TUESDAY SOCIAL:  
BOWLING AND CINEMA**

**WEDNESDAY**

**09:30 - 15:30  
TBC**

**ACTIVE DAY:  
MORDEN HALL PARK**

**16:30 - 19:30  
TBC**

**KEEN STUDIOS:  
ART, DESIGNING & GAMING**

**THURSDAY**

**09:00 - 16:00  
TBC**

**TRAVEL DAY:  
WORTHING**

**17:00 - 20:00  
BEDDINGTON PARK**

**KEEN2GO CUP**

**FRIDAY**

**09:30 - 15:30  
BEDDINGTON PARK**

**SOCIAL DAY:  
ART IN THE PARK**

**17:30 - 20:30  
BEDDINGTON PARK**

**LADYBIRDS:  
PICNIC AND GAMES**

17 - 21 AUG

WEEK FIVE



17 - 21 AUG

WEEK FIVE



On Monday we lace up our sneakers for basketball games and challenges before a more relaxing but possibly more intense game of boules. Tuesday sees the return of the party in the park - music, games, party food - while our trips see the group venture over to Richmond Park on Wednesday and Hampton Court on Thursday. We've certainly learnt to appreciate our parks a lot more in recent times. The Keen2Go Cup reaches its penultimate week the Keen Studios crew continue to work on their creative projects.

WEDNESDAY

09:30 - 15:30  
TBC

ACTIVE DAY:  
RICHMOND PARK

16:30 - 19:30  
TBC

KEEN STUDIOS:  
ART, DESIGNING & GAMING

THURSDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
HAMPTON COURT & BOAT

17:00 - 20:00  
BEDDINGTON PARK

KEEN2GO CUP

FRIDAY

09:30 - 15:30  
BEDDINGTON PARK

SOCIAL DAY:  
GAMES IN THE PARK

MONDAY

09:00 - 12:00  
BEDDINGTON PARK

ACTIVE DAY:  
EXPLORERS

12:30 - 15:30  
BEDDINGTON PARK

ACTIVE DAY:  
BASKETBALL AND BOULES

16:00 - 17:30  
BEDDINGTON PARK

RACE TO ROME  
BOOTCAMP

TUESDAY

15:00 - 21:00  
BEDDINGTON PARK

TUESDAY SOCIAL:  
PARTY IN THE PARK

24 - 28 AUG

WEEK SIX



24 - 28 AUG

WEEK SIX



It's the last week of summer, unfortunately. If it was anything like last year it would have absolutely flown by. Let's go out with a bang! Trips out include the much requested Legoland Windsor, Thorpe Park and Brighton. The grand finale of the Keen2Go Cup will take place on the hallowed turf of Beddington and we round it all off with a BBQ at West Lodge. Summer done for another year, but rest assured we've been planning some awesome activities for September!

WEDNESDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
THORPE PARK

THURSDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
BRIGHTON

17:00 - 20:00  
BEDDINGTON PARK

KEEN2GO CUP

FRIDAY

TBC  
WEST LODGE

END OF SUMMER BBQ

MONDAY

09:00 - 16:00  
TBC

TRAVEL DAY:  
LEGOLAND

16:00 - 17:30  
BEDDINGTON PARK

RACE TO ROME  
BOOTCAMP

TUESDAY

09:30 - 15:30  
TBC

SOCIAL DAY:  
TRAMPOLINING  
AND PIZZA HUT



**TOGETHER  
WE GROW**

**KEEN2GO LIMITED**