

PROGRAMME

All of the activities are free! If you'd like to join in with something – simply go to the place where it's happening at the advertised time and join in. Places may be limited for some activities and will be offered on a first come, first served basis.

Children should be accompanied by a responsible adult at all times.

Disabilities will be accommodated where possible. Please ask the workshop leader for more information.

PLEASE NOTE: This programme is subject to change without notice.

THE FOYER

Guided Tours 11:00am and 12:45pm

Ever wanted to see backstage at the Corn Exchange? Join us for a tour of the venue where we let you know all its hidden secrets and give you the chance to stand on the stage itself!

Duration: 45 mins Suitable for all ages

Access to some areas is by stairs only

Please sign up in advance in the foyer for this activity

The History of the Corn Exchange All day

Take a look at our display of archive press cuttings, photographs and documentation covering the Corn Exchange's long history. Discover its former uses and whether it really ever was a Corn Exchange.

Cambridge and County Folk Museum All Day

Find out more about the museum and watch the art of rag-rugger being demonstrated.

THE KING'S ROOM (1st floor, only accessible by stairs)

Create your own Ghost Story (Helen Mort)

10:15am, 11:15am, 12:15pm & 1:15pm

A poetry and creative writing workshop exploring ghost stories and why we love to tell them. A chance to create your own urban myths and strange tales. Simply bring your imagination!

Duration: 45 mins Suitable for all ages

ST. JOHN'S BAR (1st floor, accessible by stairs or lift)

Dance, Dance, Dance (Maria Sanderson) 10:00am & 10:30am

A creative dance workshop for all ages, all abilities and all bodies! In twenty minutes we will have fun, get dancing and learn to make up some moves of our own.

Duration: 20 mins Suitable for all ages

Learn Russian (Anglia Ruskin University) 11:15am

Want to write your name in Cyrillic, find out about the 'matroyshka' and the names of the Russian cities on the Trans-Siberian route? Join us for a colourful session with Russian music and games.

Duration: 45 mins Suitable for ages 14yrs+

Open your heart and sing! (Anne Ryan) 12:15pm

Discover your own voice by taking part in this voice workshop that connects with the heart of a song. All abilities welcome.

Duration: 45 mins Suitable for all ages

Fencing Workshop (TBC) 1:10pm

A chance to have a go at this fast paced, historic sport for yourself in pairs.

Duration: 50 mins Suitable for ages TBC

STAGE

Junk Puppetry (Gomito) 10:15am

Learn how to create weird and wonderful creatures out of absolutely anything. Then master the skills of puppetry performance with local theatre company Gomito Productions.

Duration: 45 mins Suitable for ages 6yrs+

Fencing Demonstration (TBC) 11:30am

See the art of fencing demonstrated by local experts!

Duration: 15 mins Demonstration only

Martial Arts Demonstration (Carisma) 11:45am

Watch local martial arts club Carisma demonstrate a range of kickboxing and multi-combat skills, all performed by members of this Cambridge club.

Duration: 30 mins Demonstration only

Canne de Combat (Cambridge Academy of Martial Arts)

12:15pm & 1:15pm

Canne de Combat is a traditional French stick fighting art consisting of striking techniques, blocks, feints and combinations. It is a long range, graceful art, involving stylish striking and athletic movement.

Duration: 15 min demo, 30 min workshop Suitable for ages 8yrs+

AUDITORIUM

Table Tennis (Cambridge & District Table Tennis League) All Day

Have a go at table tennis with your friends for an opportunity to receive some coaching tips and improve your technique.

Suitable for ages 8yrs+

Squash (England Squash & Racketball Regional Office) All Day

Squash is a fast and exciting racket sport that is enjoyed by players of all ages and abilities. Come and talk to our experienced coach and test your speed, agility and coordination using our Mini Squash equipment.

Suitable for ages 4yrs+

Military Fitness & Agility (Army Physical Training Corps) All Day

Think you're fit enough for the army? Why not try a fitness test or some simple circuit training to see if you're as fit as you think you are?

Suitable for ages 10 – 40yrs

Circus Skills (Chris Farrow) All Day

Have a great time learning circus skills with the Dreaded Juggler and see how good you are at clowning around.

Suitable for ages 8yrs+

Tai Chi (Cambridge Kung Fu) 10:00am

A sequence of movements and relaxed exercises to develop & facilitate a deep understanding of both internal & external body movements.

Duration: 45mins Suitable for ages 16yrs+

Kids Kung Fu for 4-6year olds (Cambridge Kung Fu) 11:00am

Games designed to develop co-ordination, balance and awareness. All whilst having lots of fun!

Duration: 45mins Suitable for ages 4-6yrs

Kids Kung Fu for 6-9 year olds (Cambridge Kung Fu) 12:00pm

Games designed to develop co-ordination, balance and awareness. All whilst having lots of fun!

Duration: 45mins Suitable for ages 6-9yrs

Adults Self Defence (Cambridge Kung Fu) 1:00pm
Basic ideas & techniques that are quick and easy to learn & understand.
Practical skills taught in a relaxed atmosphere.
Duration: 45 mins Suitable for ages 16yrs+

Row, row, row your boat! (LA Fitness) All Day
Try out your muscles on our rowing equipment and put your fitness to the test. Could you be good enough for the Bumps?
Suitable for ages 10yrs+

Stage Fighting (Sky Blue Theatre) 10:00am, 11:30am and 1:00pm
An opportunity to learn how the professionals make their stage fights look so realistic, with a chance to try your hand at some stage punches and tumbles of your own!
Duration: 30 mins Suitable for ages 10yrs+

Mask Acting (Sky Blue Theatre) 10:45am, 12:15pm and 1:45pm
Mask acting is used in theatre performances throughout the world. Have a go at hiding your identity and experience life behind the mask for yourself in this performance workshop.
Duration: 30 mins Suitable for ages 10yrs+

THE GREEN ROOM & DOWNSTAIRS DRESSING ROOMS

Stage Costumes (Classworks Theatre) All Day
Fancy becoming Lady Macbeth, Henry VIII or Robin Hood for half an hour? Scour the dress rails of Classworks Theatre's extensive wardrobe and dress up for a giggle, a photo or complete transformation ... if you never knew it existed - you do now! (Also available for hire)
Suitable for ages 11yrs+ Professional photographer available

DRESSING ROOM 4 (1st floor, only accessible by stairs)

Spooky Make-Up (Avril Iles) 10:15am
Learn characterisation for stage and screen using a variety of techniques. In this workshop, learn how to create spooky characters.
Duration: 45mins Suitable for ages 8yrs+

Ageing Make-Up (Avril Iles) 11:15am
Explore the art of ageing make-up making you look much older than you really are!
Duration: 45mins Suitable for ages 8yrs+

Casualty Effects Make-Up (Avril Iles) 12:15pm
Discover how casualty cuts, bruises and grazes really are made.
Duration: 45mins Suitable for ages 8yrs+

1940s Period Make-Up (Avril Iles) 1:15pm
Step back in time to the 1940s for Hollywood glamour during the Blitz.
Duration: 45mins Suitable for ages 8yrs+

Professional photographer available in the GREEN ROOM

DRESSING ROOM 5 (2nd floor, only accessible by stairs)

Book-Mark & Sketchbook Making (Georgina Cook)
10:15am, 11:15am, 12:15pm & 1:15pm
Watch experienced artist Georgina Cook demonstrate how to make your own beautiful book-marks and sketchbooks using a range of art & craft techniques.
Duration: 15 min demo followed by time to make your own
Suitable for all ages

PARKER'S PIECE - 1908 OLYMPICS
1908 OLYMPIC RE-ENACTMENT

3.00pm Introductions and welcome from the Master of Ceremonies.

3.15 pm 1908 re-enactment Celebration
ONE MILE RACE

3.45 pm 1908 re-enactment Celebration
TUG OF WAR

4.15 pm 1908 re-enactment Celebration
4 x 440 yard RELAY

4.45 pm Lord Mayor of Cambridge presents the medals

5.00 pm Closing Ceremony